**Worksheet for Preventing and Addressing Substance Misuse:**

***What Parks and Recreation Departments Can Do***

**Scenario:** An 11-year-old boy in your summer camp has been having bad behavior all day. While playing a sporting activity he hit another young person with a ball hard enough that they started crying. During lunch he threw some food at a different young person and when confronted by staff, he yelled and swore at them.

* What actions would staff in your P&R Dept most commonly take to address this behavior?
* What happens most commonly when a child demonstrates this kind of behavior regularly?

**Brain Development and ACEs:**

In what ways is the science of brain development and childhood trauma toxic stress already a part of youth programming at your P&R Dept?

What elements of brain development and toxic stress are new to you?

Is there anything you might want to change about your programming based on any new information?

**Strategies for Prevention:**

A close up of a logo

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Assets and Agency:

* Skill building and SEL
* Restorative practices for resolving conflict
* Developmental relationships

Contribution:

* Community service
* Leadership development
* Youth input for programming

Enabling Environment:

* Coaches and staff are positive role models
* Trauma-responsive approach
* Inclusive of all kinds of young people
* Clear and consistent norms and expectations about health, relationships and forms of engagement
* Connections to local behavioral health providers for support

**![A screenshot of a cell phone

Description automatically generated]()Scenario Review:**

* Using a trauma-responsive, restorative approach, how might staff handle this situation?
* What programming or practice changes could staff make to prevent this kind of behavior in the future?
* What additional training might staff need to use this approach?
* What policy changes might need to be made in order to have the approach become common practice?

**Strategies for Addressing Substance Misuse:**

**Creating safe public spaces**

**Creating a Recovery Ready Community**

* Reduce stigma by using destigmatizing language
* Recruit and hire people in recovery
* Market services to people in recovery
* Provide substance free community building events
* Signs to limit public substance use
* Community Sharps Program

**Harm Reduction strategies**

* Narcan availability in Rec Centers and Public Buildings
* Training public facing staff in Narcan administration

**Toolkit**: <https://pttcnetwork.org/centers/new-england-pttc/product/new-england-pttc-launches-new-parks-recreation-department-toolkit>