

## Focus Area Tip Sheet

### Content Relevant to: All Clinical & Alternative Clinical CAHCs and School Wellness Programs

Below is a list of evidence-based interventions commonly used by the CAHC program. This list is sorted by focus area and is not all inclusive. This resource is meant to assist a CAHC in selecting an evidence-based intervention that has successfully been implemented in other CAHC settings. Focus areas should be chosen based on the current needs assessment results. Please contact your assigned consultant with any questions.

#### **ALCOHOL/TOBACCO/ OTHER DRUG PREVENTION**

CANDIS  
Lifeskills  
Michigan Model for Health  
Not On Tobacco  
Positive Action  
Project Alert  
Project Northland  
SPORT  
The Fourth R  
The Project Toward No Drug Abuse

#### **ASTHMA**

Open Airways  
Roaring Adventures of Puff

#### **HIV/AIDS/STI PREVENTION**

Abstinence Works  
Be Proud Be Responsible  
Cuidate  
Healthy and Responsible Relationships  
Making A Difference  
Making Proud Choices  
Puberty the Wonder Years  
Rally Against Peer Pressure  
Reducing The Risk  
Safer Choices  
Sister 2 Sister (Teen)  
The Fourth R

#### **NUTRITION AND PHYSICAL ACTIVITY**

Catch Kids Club  
Cooking Matters  
Do More Watch Less  
Foodplay  
Girls on the Run  
Health At Every Size  
Healthy Classroom, Healthy Schools  
Jump Into Foods And Fitness  
Kids In The Kitchen  
Linking Lessons  
Marathon Kids  
Michigan Model  
MI Harvest Of The Month  
Planet Health  
Project Healthy Schools  
Show Me Nutrition  
SPORT

#### **PREGNANCY PREVENTION**

Abstinence Works  
Girls Only  
Healthy and Responsible Relationships  
Making a Difference  
Making Proud Choices  
Puberty the Wonder Years  
Rally Against Peer Pressure  
Reducing the Risk  
Safer Choices  
Sister 2 Sister  
The Fourth R

## **SUICIDE PREVENTION**

### **LEADS**

Signs of suicide

CARE (care, assess, respond, empower)

Look, Listen, Link

## **VIOLENCE PREVENTION**

Lifeskills

Good Behavior Game

**PATHS**

Second Step

Safe Dates

## **TRAUMA**

Bounce Back

CBITS ((Cognitive Behavioral Interventions for Trauma in Schools)

Supports for Students Exposed to Trauma

Seeking Safety

## **DEPRESSION/ANXIETY**

Michigan Model for Health

Interpersonal Psychotherapy - Adolescent Skills Training (IPT-AST)

Teaching kids to cope

**EMOTIONS: Coping Kids, Managing**

Anxiety and Depression

Coping Cat

CBITS (Cognitive Behavioral Interventions for Trauma in Schools)

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## **CLINICAL INTERVENTIONS**

If selecting a clinical or mental health Clinical Intervention (CI), all current standards of practice for care and treatment surrounding the topic are assumed part of clinical or mental health services provided via CAHC MPR #2 and SWP MPR #1. The clinical intervention must include the following:

- Be in an approved Focus Area
- Minimum of two outcome objectives that are above and beyond standards of care (see definition below)
- Minimum number of sessions:
  - If clinically focused, include a minimum of three (3) sessions
  - If mental health focused, include a minimum of four (4) sessions
- Number of participants should reflect needs assessment/risk assessment findings, patient population and unduplicated user count

Above and beyond is defined as in **addition** to or **far beyond what is required** for clinical individual practice (i.e., higher level of care). It is a creative way to impact the individual broadly (peers, family, school, community, systems) and/or can impact the greater population (e.g., grades, sex, sexual orientation, area of concern/diagnosis, etc.).

Clinical Interventions will be reviewed and approved by the Clinical or Mental Health Consultants. After review, more sessions, additional participants, and/or more detail(s) may be required.