



FOCUS Monthly Newsletter
November 2022



FOCUS

PEOPLE CAN BE SO QUIET ABOUT THEIR PAIN
THAT YOU FORGET THEY ARE HURTING. THAT IS
WHY IT IS SO IMPORTANT TO ALWAYS BE KIND.

THEFOCUSPROGRAM.COM

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LIMITED QUANTITY AND SIZES
AVAILABLE OF THE 2022 ReFOCUS
RALLY T-SHIRTS!

Contact [sjones@
thefocusprogram.com](mailto:sjones@thefocusprogram.com) if you were
unable to attend the ReFOCUS Rally and
would like to purchase a T-shirt.

Only \$10.00 (+Shipping Cost).

BE
known for being
..... KIND
• EVERYDAY •

SAVE THE DATE

- November 15, 2022 - Great American Smokeout
- December 1, 2022 - World AIDS Day
- September 20, 2023 - 2023 FOCUS Rally



November is Vaping Prevention Month. According to the CDC, over 2 million middle and high school students reported vaping in 2021.* There is a great need to change these statistics, and we are pleased to share lesson resources that are easy to implement and will Make A Difference in your prevention efforts!

CATCH, or Coordinated Approach To Child Health, is an evidence-based prevention program created by youth prevention researchers, practitioners and a youth advisory board. CATCH has years of proven effectiveness, and lessons follow a peer-led teaching approach.

The **CATCH My Breath Program** (*CVS Health and Discovery Education*) is for grades 5-12, and there are 4 lessons for each grade group. You are provided with lesson plans, learner outcomes, detailed directions, and all materials including Google Slides/Powerpoint presentations, vocabulary and optional Physical Education cross-curricular lesson plans. Create your own **FREE** account by visiting [CATCH My Breath-Vape Education Program](#). [Grades 7-8 Sample Lesson](#)

In addition, CVS Health has 3 Virtual Field Trips. You and your students can participate by visiting:

[Be Vape Free: Heroes Virtual Field Trip](#)

[Be Vape Free: Heroes Educator Guide](#)

[Just the Facts: Be Vape Free Virtual Field Trip](#)

[Just the Facts: Be Vape Free Educator Guide](#)

[Be Vape Free: Clearing the Air Virtual Field Trip](#)

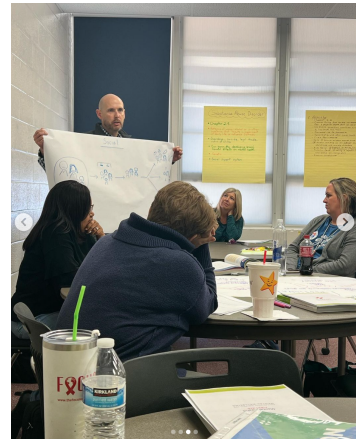
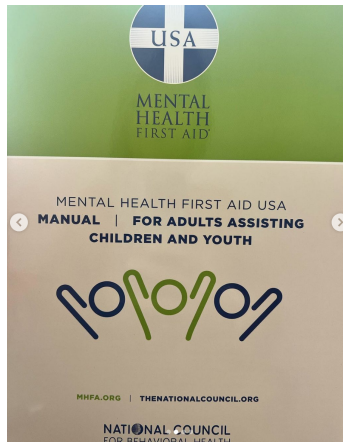
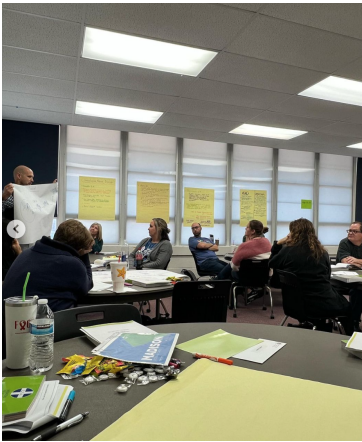
*Center for Tobacco Products, Food and Drug Administration, Silver Spring, Maryland; 2Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion, CDC.



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Thanks to those who attended the Youth Mental Health First Aid Training on Friday, November 4 at the Shelby County Instructional Service Center in Alabaster, AL. The training was hosted by [@alabamafocus](#) and led by Kim Bailey and Jennifer Bailey.



Register Your School with FOCUS!

Welcome to all our new and renewed schools for the 2022-2023 school year! As a reminder, we request that all registered facilitators renew each year to update information. Please take a moment and click on the link below to submit your registration.

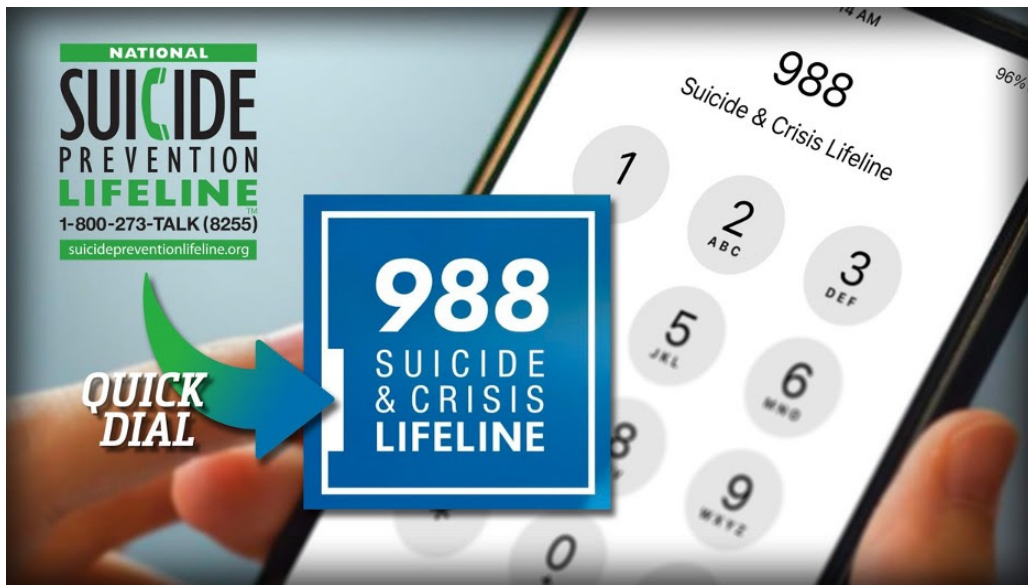
[Register Your School](#)

FOCUS Student Trainings

Kim Bailey is available for FOCUS Student Trainings. Registered FOCUS schools may now schedule face-to-face trainings on various topics including suicide prevention, stigma, tobacco prevention, dating/relationships, sexual health, HIV and other sexually transmitted infections, effective communication, and emotional wellness. Other topics may be available upon request.

Schedule now to reserve the dates you prefer. To schedule, contact Mrs. Kim Bailey at KimBaileycounseling@gmail.com or call (205) 910-3692.





New! 988 Suicide & Crisis Lifeline!

988 is now the active phone number that will route callers to the National Suicide Prevention Lifeline. This shorter number is easier to remember, and it provides free and confidential support for anyone in distress.

Be sure to share this updated information with staff and students in your school and community. Let everyone know that when they call, text or chat 988, they will be connected to trained counselors who will listen and help, 24/7. They will even assist you if you know of someone who is in distress. This can be reassuring when you are trying to assist a student or peer and need professional help.

**The previous Lifeline phone number (1-800-273-TALK) will always remain available for people in emotional distress or suicidal crisis.*

A new FOCUS student brochure is now available!

Free hard copies are available by request! Email sjones@thefocusprogram.com to place your order. A digital copy is available for printing on the FOCUS Facilitator Portal.



Empowering Students To Lead

"A leader is one who knows the way, goes the way,
and shows the way." - John C. Maxwell



f t i y @AlabamaFOCUS

Follow us on all social media platforms

www.thefocusprogram.com

FUNDED PROJECT OF 

**REMEMBER to tap in to the many resources available on the
Facilitator Portal at www.thefocusprogram.com.**

**Digital FOCUS Brochure; Implementation Guide; Videos;
Posters; Character Education Resource; PowerPoint for
FOCUS Extracurricular Implementation; HIV Teacher Training;
HIV 101; FOCUS Group Training; Certificates of Leadership
and Participating; and numerous other resources!**

Visit Facilitator Portal

Register Your School

Connect with FOCUS!

Stay up to date on everything that is
happening with FOCUS by following us on



social media! Don't hesitate, follow us today!



Monthly Health Observances

We encourage all FOCUS schools to engage in at least one health observance activity each month. Each month has some excellent choices for students on your campuses to "Make a Difference" and to encourage their peers to participate.

November

- 1-30 Vaping Prevention Month
- 15 Great American Smokeout

December

- 1 World AIDS Day
- 2-8 National Handwashing Awareness Week (Henry the Hand Foundation)



National Health Observances



COMMUNITY PARTNERSHIPS

FOCUS values continued partnerships with the following state and community organizations.

Alabama Department of Public Health
Alabama Department of Education
Addiction Prevention Coalition
Children's Policy Council
Council for Leaders in Alabama Schools (CLAS)
Blue Cross Blue Shield of Alabama



Addiction
Prevention
Coalition



Council for Leaders in
Alabama Schools



BlueCross BlueShield
of Alabama

Be Part of Making A Difference!



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