

BEACON

MENTAL
HEALTH

Prevention Programs Guide



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Beacon Mental Health (formerly Tri-County Mental Health Services) is the Prevention Resource Center (PRC) serving Clay, Platte and Ray Counties in Missouri. Through an incredible network of engaged partners, diversified funding, and certified prevention staff, we are able to facilitate and provide the following programs:

Community-Based Programs and Services

Coalition Network



Local Prevention Coalitions

Fifteen prevention coalitions exist across the Northland, covering every community in Clay, Platte, and Ray Counties. Each of these groups are open to new members and involvement is encouraged from parents, schools, businesses, law enforcement, health agencies, youth community leaders, and religious institutions. Beacon's prevention staff foster and facilitate these coalitions, providing technical assistance to ensure that coalitions are equipped with knowledge and resources to be effective.

► [Find your local coalition](#) or visit www.NorthlandCoalition.com.



Northland Coalition

Through community involvement, leadership, and the sharing of resources, the Northland Coalition gathers diverse stakeholders to promote and encourage the positive, healthy, and safe lifestyle decisions of our youth throughout Clay, Platte and Ray Counties at a regional level.

- Website: www.NorthlandCoalition.com
- Facebook: [Facebook.com/NorthlandCoalition](https://www.facebook.com/NorthlandCoalition)
- Join the Northland Coalition mailing list: <https://tinyurl.com/NorthlandCoalitionNewsletter>

Trainings, Conferences and Professional Development for Adults



Northland Prevention Conference

At this exciting one-day conference, hosted annually at the end of February or beginning of March, coalition members and concerned adults in our communities gain tools, resources, and knowledge that fuel effective prevention efforts across the Northland.

► Join the PRC mailing list to stay up-to-date on upcoming events:
<https://tinyurl.com/BeaconPRCNewsletter>

**Join Beacon's PRC
Newsletter list here:**



Youth Mental Health First Aid

YMFA teaches non-clinicians how to identify, understand, and respond to signs of mental illness and substance use disorders in youth. The 6-hour training gives these adults the skills they need to reach out and provide initial support to youth ages 6 to 18 and help connect them to appropriate care. Trainings are hosted throughout the year, or private trainings for groups of 15 or more are available by request.

- Join the PRC mailing list for upcoming training dates: <https://tinyurl.com/BeaconPRCNewsletter>
- Contact prevention@beaconmh.org to schedule a training for your agency.



Professional Development and Training

Beacon prevention specialists cater presentations and education to your audience on various topics related to preventing youth substance use or suicide, building resilience/protective factors, and promoting youth mental wellness.

► Contact prevention@beaconmh.org to schedule a training for your agency.

Community-Based Programs and Services

Ongoing Programs and Campaigns Targeting Adults



Parent Up

Parent Up is a program coordinated by Beacon Mental Health (formerly Tri-County Mental Health Services, Inc.) and Northland prevention coalitions to empower and equip KC Northland parents to care, connect, communicate, and pay careful attention to their child in order to prevent teen substance use.

- Website: www.ParentUpKC.com ➤ Facebook: Facebook.com/ParentUp
- For print and media materials, email prevention@beaconmh.org ➤ [Parent Up Flyer](#)



Roots of Resilience

Roots of Resilience works to educate the adult community about the impact of protective factors that combat toxic stress and its link to substance use. Through a messaging campaign, training, and small group study, our coalitions use Roots of Resilience to mobilize adults to build resilience in all youth and buffer the impact of toxic stress through the themes of: Making Connections, Modeling and Teaching Self-Care, and Challenging Growth.

- Website: www.RootsofResilienceKC.com ➤ Facebook: Facebook.com/RootsofResilienceKC
- [Roots of Resilience Flyer](#) ➤ [Roots of Resilience Action Guide Flyer](#)



Meaningful Meals

Kids who have meals with their family on a regular basis are less likely to engage in risky behaviors, including substance use. The Meaningful Meals campaign resources help spread this hopeful message and build the feasibility for families to have more meaningful meals. Presentation and informational materials include postcards, handouts, conversation cards, and an Unplugged Box activity.

- Website: www.ParentUpKC.com/Meaningful-Meals ➤ Facebook: Facebook.com/ParentUp
- [Meaningful Meals Campaign Flyer](#)
- Contact prevention@beaconmh.org for print and media materials.



Handle With Care

The Northland Handle with Care initiative improves communication between first responders and schools in Clay, Platte, and Ray Counties. First responders provide alerts to specific school district personnel when a child is present at a traumatic event so schools can better buffer and support students.

- Contact prevention@beaconmh.org for more information.
- [Handle With Care Overview Flyer](#)



Responsible Retailer Merchant Training and Surveying

Local alcohol and tobacco retailers play an important role in reducing youth access to age-restricted products. Beacon Prevention staff work to increase collaboration, training, and age-checking resources and signage for local retailers so they can be a line of defense for our youth.

- Contact prevention@beaconmh.org for more information or materials.



Vape Free Schools Guide

A comprehensive resource with recommendations for preventing and addressing vaping in schools.

- Contact prevention@beaconmh.org for access to the resource.

Programs and Services Targeting Youth



Youth With Vision

Youth With Vision (YWV) is a student-led organization made up of 8th-12th graders from 14 different school districts in Clay, Platte, and Ray Counties. YWV members work with numerous community partners to ensure that their programs and peer-focused prevention messages are available to all parts of Clay, Platte, and Ray County. YWV also advocates at the state and local level for policies and laws that protect the health and safety of our youth.

- Website: www.YouthWithVisionKC.org
- Facebook: Facebook.com/YouthWithVisionKC
- Instagram: [@YouthWithVision](https://www.instagram.com/YouthWithVision)
- Twitter: [@YouthWithVision](https://twitter.com/YouthWithVision)
- [Youth With Vision Flyer](#)

Campaigns and Ongoing Programs



Grow Strong KC

Grow Strong KC is Beacon's life resource for teens that includes articles, tools, and information to help prevent youth substance use and improve their coping skills.

- Website: www.GrowStrongKC.com
- Instagram: [@GrowStrongKC](https://www.instagram.com/GrowStrongKC)
- Snapchat: [@GrowStrongKC](https://www.snapchat.com/add/GrowStrongKC)
- Tiktok: [@GrowStrongKC](https://www.tiktok.com/@GrowStrongKC)
- Tumblr: [@GrowStrongKC](https://www.tumblr.com/GrowStrongKC)
- [Grow Strong KC Flyer](#)



Encourage Hope & Help

Encourage Hope & Help is Beacon's suicide prevention resource for youth (ages 10-24), parents, educators, the LGBTQIA+ community, attempt survivors, loss survivors, veterans, and community members in the Kansas City area. Through presentation, information dissemination, and skill-building, we aim to prevent teen suicide.

- Website: www.EncourageHopeandHelp.com
- Instagram: [@EncourageHopeHelp](https://www.instagram.com/EncourageHopeHelp)
- Facebook: Facebook.com/EncourageHopeandHelp
- Twitter: [@EncgHopeHelp](https://twitter.com/EncgHopeHelp)
- [Encourage Hope & Help Flyer](#)



How Full Is Your Cup?

A student-to-student campaign for middle and high school students focusing on the effects of stress and the positive impact of healthy coping skills. Youth are encouraged to talk about and seek help from trusted adults for their stressors and build skills and knowledge to better care for themselves.

- [How Full Is Your Cup? Campaign Flyer](#)
- [How Full Is Your Cup? Campaign webpage](#)



This Is Quitting

In response to the vaping epidemic, Beacon Mental Health and our prevention network have partnered with The Truth Initiative to provide This is Quitting, a free text message quit program for teens who want support to quit vaping. Youth and young adults can access the KC Northland program by texting "BREAKFREE" to 88709.

- [This Is Quitting Media Toolkit](#)



Other Youth-Focused Information Campaigns and PSAs

Multiple education campaigns geared at reducing underage drinking, nicotine use, marijuana use, and prescription drug misuse are promoted to youth throughout the three-county area during the year. The goal of the campaigns is to educate teens about these important topics and encourage action or change in behavior. Throughout the campaigns the community is saturated with messages on billboards, radio/online music streaming, social media, banners, and more.

- Contact prevention@beaconmh.org to inquire about campaigns and PSAs for specific topics.

Programs and Services Targeting Youth

School-Based Curriculums and Programs



Signs Of Suicide (SOS)

Signs of Suicide, or SOS, is a school-based suicide prevention program that teaches students to recognize the signs of suicide and depression in themselves and others, and the specific actions needed to respond to those signs. TCMHS provides resources, staff training, and support for this program.

- Website: <https://tinyurl.com/MoreInfoSOS>
- Contact prevention@beaconmh.org for questions or to learn more.



Camp Mindful

Camp Mindful is a multi-day classroom curriculum created by Beacon Prevention Staff where students learn mindfulness techniques to ground their feelings and cope in a healthy way. The toolkit includes an implementation guide, five lesson plans that last 10-15 minutes each, student workbooks, videos, and evaluations.

- [Camp Mindful Overview Flyer](#)
- Contact prevention@beaconmh.org for questions or to learn more.



Hope Squad

Hope Squad is a peer-to-peer suicide prevention program. Hope Squad members are nominated by their classmates as trustworthy peers and trained by advisors. The program reduces youth suicide through education, training, and peer intervention.

- [Hope Squad Flyer](#)
- Contact prevention@beaconmh.org for questions or to learn more.

Curriculum
& Education
to Youth

Beacon Mental Health Prevention Specialists provide guidance and support to schools and others on implementing evidence-informed drug education and mental health promotion curriculum with youth.

- To inquire about a presentation to youth in your area, email prevention@beaconmh.org.

Training for Youth



Northland Youth Leadership Summit (NYLS)

Each fall, a full-day conference for middle school students and a full-day conference for high school students is developed to give student leaders the opportunity to further enhance their leadership skills through workshops and group learning. These Summits bring together area students to learn more about youth substance use and mental wellness, enrich their leadership skills, and create strategic plans to implement their own prevention programs. Speakers and workshops are broken into tracks, including prevention and leadership. The goal is to increase students' knowledge and skills so they can make a positive impact in their individual schools and organizations.

- [2023 Northland Youth Leadership Summit Flyer](#)
- Join the PRC mailing list for upcoming NYLS dates: <https://tinyurl.com/BeaconPRCNewsletter>

**Join Beacon's PRC
Newsletter list here:**



For more information or questions about any of these programs, please contact the Beacon Mental Health Prevention staff at prevention@beaconmh.org. To receive training announcements, new program offerings, updates and event notices, join the [Beacon Prevention Resource Center Mailing list](#).

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