

SPIRIT staff is involved with many big events that are enjoyed by students and parents alike.

- **Muffins for Moms**
- **Donuts for Dads**
- **Daddy/Daughter Dance**
- **Mother/Son Pirate Adventure**
- **Farm Bureau Safety Day**
- **PTO School Carnival**
- **Captain Magic & Harlem Swish Comedy Basketball Team**
- **Monthly Principal's Peace-builder Luncheon**
- **Honorary Soaring Eagles Basketball Team**
- **University Extension Teen Adventure Challenge**
- **NMCAA Back to School Fair**
- **Knox County Interagency Health Fair**
- **NMCAA Youth Summit**
- **Knox County Homecoming Parade**



P.O. Box 767 900 E. LaHarpe
Kirksville, MO 63501-0767

"Supporting Healthy Lifestyles"



**Preferred
Family Healthcare**

"We're a good family to know."

S.P.I.R.I.T.



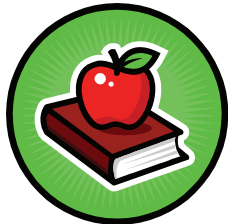
*Ensuring the best opportunities
for youth in Knox County.*

SPIRIT Initiative

Preferred Family Healthcare is proud to continue as a provider in the Missouri Substance Abuse Prevention, Intervention and Resources Initiative (SPIRIT). Once a pilot project, this school-based substance abuse prevention program will remain in Knox County R-1 School District and four other districts in the state.

At Knox County R-1 a range of evidence-based prevention curricula (see “Prevention Curricula”) is taught in grades Kindergarten through 12. Watch for school and community events where SPIRIT staff and students are taking the lesson “out of the classroom” and bringing it to real life experiences.

For more information on the SPIRIT program at Knox, visit our website at: www.pfh.org/SPIRIT2/index.htm



**Edina Office: Phone (660)397-2390
Fax (660)397-3422**

Goals of Missouri SPIRIT Initiative:

- 1 To maximize every school-aged child’s readiness to learn as a result of being free from the harmful effects of alcohol and substance abuse;
 - 2 To delay age of first use of alcohol, tobacco, and other drugs;
 - 3 To promote safety in Missouri’s classrooms by reducing the incidence of substance abuse and related acts of violence;
 - 4 To strengthen and support families in order to minimize the risks for youth substance abuse;
 - 5 To intervene early with children at greatest risk for substance abuse;
 - 6 To refer children with substance abuse problems to appropriate treatment services to prevent further adverse consequences;
 - 7 To ensure that strategies for school-based services are cost-effective, with measurable goals and outcomes.
-

Prevention Curricula:

- **PeaceBuilders** (K-5) is an elementary school-based project to reduce physical and verbal aggression by creating a “culture of peace” within the school environment. Throughout the school year students are taught to interact socially in a positive way through various methods such as modeling, role-playing, and self-monitoring. PeaceBuilders has six main principles: Praise People, Give Up Put Downs, Notice Hurts, Right Wrongs, Seek Wise People, and Help Others. It also focuses on Banish Bullying.
- **Life Skills Training Program** (6-8) consists of a 3-year prevention curriculum intended for middle school or junior high students. The content focuses on the following three major content areas: drug resistance skills and information, self-management skills, and general social skills.
- **Project Towards No Drug Abuse** (9) is an interactive program designed to help high school youth resist substance abuse. It also teaches them increased coping and self-control skills by making them aware of misleading information that facilitates drug use. It helps students develop skills that help them bond to lower-risk environments, plus helps them understand the physical consequences that drug use may have on their lives.
- **Reconnecting Youth** (9-12) is a school-based prevention program that targets young people who face academic challenges and may drop out of school as a result. These students may also suffer from depression and/or substance abuse. The program equips students with skills to build resiliency and curb the early signs of substance abuse.