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GOVERNOR • STATE OF OHIO

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FIRST LADY ANNOUNCES \$1.5 MILLION IN GRANTS TO BOLSTER YOUTH DRUG PREVENTION EFFORTS

Resiliency grants awarded as part of Ohio's Start Talking! youth drug prevention initiative

COLUMBUS –Ohio First Lady Karen W. Kasich today announced 22 grants totaling \$1.5 million to help strengthen school-based alcohol and other drug prevention and resiliency programming for at-risk youth in 19 Ohio counties. The Building Youth Resiliency grants are an important part of Start Talking!, Ohio's new youth drug prevention initiative.

"We applaud these communities for their commitment and collaborative approach to building youth resiliency—with the goal of reducing substance use and abuse and encouraging a healthy start for the young people of Ohio," Mrs. Kasich said. "Nurturing resilience and encouraging good behavioral health is essential to enhancing a young person's ability to resist substance use, abuse and addiction."

Building Youth Resiliency, a partnership between the Office of the First Lady, the Governor's Office of Faith-Based Initiatives and the Departments of Aging, Job and Family Services, and Mental Health and Addiction Services, targets at-risk students in grades 5-9. The resulting resiliency programming is supported by federal Temporary Assistance for Needy Families (TANF) dollars.

Resilience refers to an individual's ability to adapt to adversity and stress, and respond to difficult situations and experiences in a healthy manner. It is a protective factor that supports youth in overcoming peer pressure, relationship stresses and other hurdles that oftentimes lead to a path of drug abuse. Both national and Ohio research suggests that prevention interventions can have a positive impact on behavioral health outcomes such as substance abuse, as well as academic outcomes such as school attendance, school discipline and grades. A recent report by the National Research Council and the Institute of Medicine concludes that national, state and local leaders should shift priorities from treating disorders to preventing them in young people.

"The Governor and First Lady of Ohio have accepted the challenge and are providing the leadership required to make the shift toward focusing on prevention efforts as well

as treatment,” said Tracy Plouck, director of the Ohio Department of Mental Health and Addiction Services. “A focus on prevention will keep Ohio moving in the right direction, helping children succeed in school, learn a healthy lifestyle and ultimately strengthen Ohio’s workforce.”

Grantees were selected on a competitive basis from a pool of 38 proposals. To be eligible, applicants were required to partner with schools where 40 percent or greater of the student population qualify for the free and reduced lunch program. Awardees are required to implement programs by Sept. 2014. A complete list of awardees is attached.

For more information about Building Youth Resiliency and Ohio’s Start Talking! drug prevention initiative, visit www.StartTalking.ohio.gov.

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A map showing the distribution of grants can be found [here](#), and an overview of grant recipients can be found [here](#).