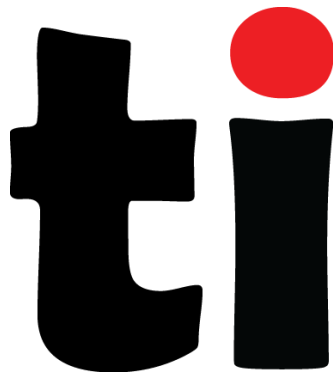


LINDSEY MEYER TEEN INSTITUTE

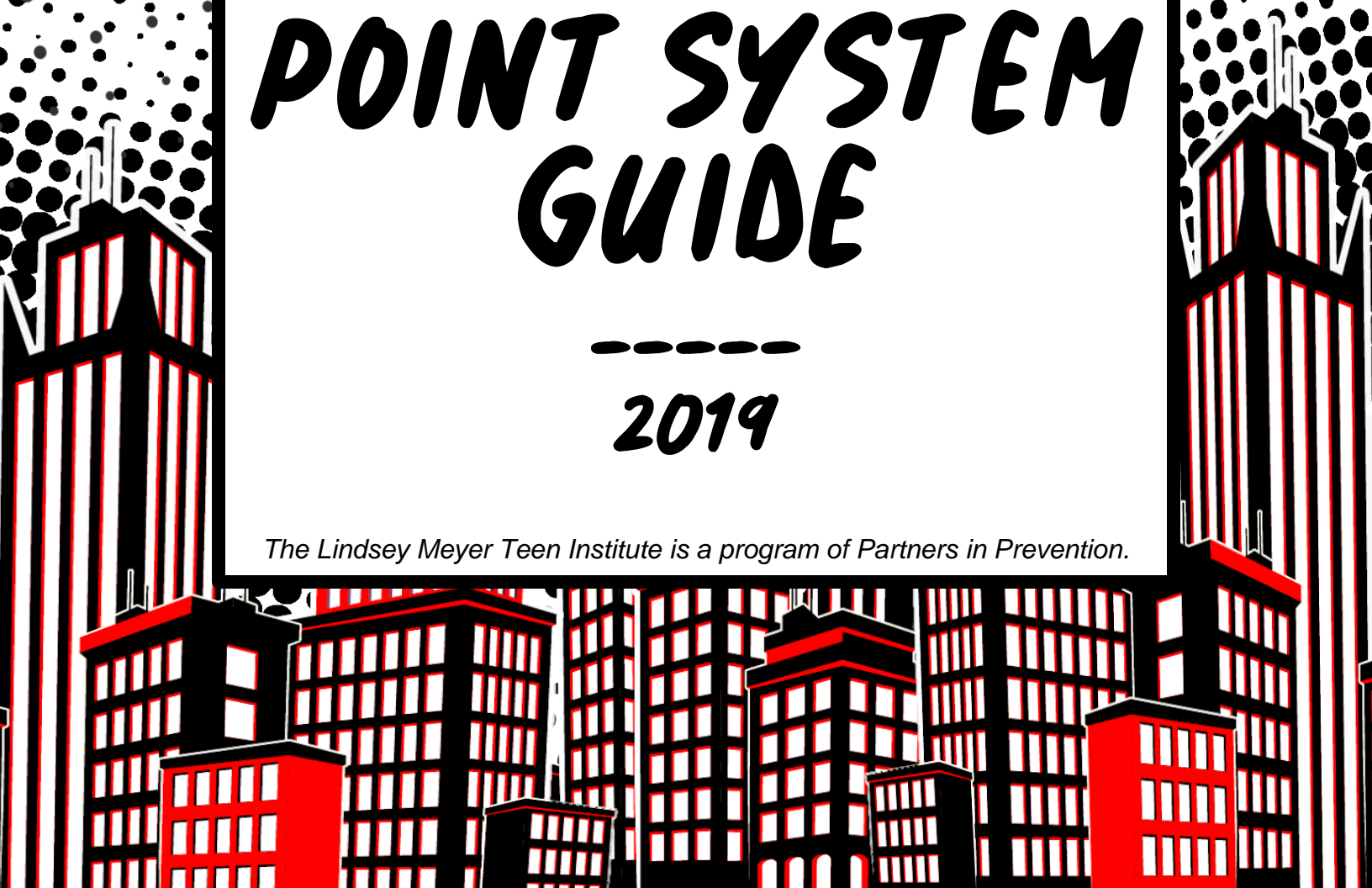


**ACTION
GROUP
POINT SYSTEM
GUIDE**



2019

The Lindsey Meyer Teen Institute is a program of Partners in Prevention.



In this guide, you will find different activities, programs, or actions you and your Action Group can participate in to earn points. LMTI has awards that are given out to Action Groups based on their efforts throughout the year. These awards are based on the principles of **KMAC: Knowledge, Motivation, Action, and Change**. We believe that the Knowledge you gain from your week with LMTI can Motivate you and your group to take Action within your communities and create a positive Change. These points will be divided into different categories based on a set of criteria listed below:

Knowledge

Points for the knowledge award will be based around the sharing of information regarding healthy lifestyle choices. This can be about drug & alcohol prevention, mental health awareness, safe relationships, etc.

Points gathered in this category will make your group eligible to receive the Knowledge Award.

Motivation

Points for the motivation award will be based around your groups dedication to creating an outstanding prevention group for your school and/or community.

Points gathered in this category will make your group eligible to receive the Motivation Award. The recipient of this award will receive 1 scholarship for the next Summer Leadership Conference.

Action

Points for the action award will be based around your groups commitment to creating and participating in events and programs that promote prevention and awareness.

Points gathered in this category will make your group eligible to receive the Action Award. The recipient of this award will receive 1 scholarship for the next Summer Leadership Conference.

Change

Points for the change award will be based around your groups involvement in activities that involve cross-age teaching and peer-to-peer prevention methods.

Points gathered in this category will make your group eligible to receive the Change Award. The recipient of this award will receive 1 scholarship for the next Summer Leadership Conference.

Action Groups who display a comprehensive range of programming and activities will be eligible for the **Lindsey Rose Meyer Memorial Award**. The recipient of this award will receive 3 scholarships for the next Summer Leadership Conference.

Action Group Webinars

Groups will receive 25 “Motivation” points for any Action Group Webinar that at least one member of the group attends. Webinars will take place in the months of September, November, January, March, May, and July and will cover a variety of topics.

Youth Board Meetings

Groups will receive 25 “Motivation” points for any Youth Board Meeting that at least one member of the group attends. These Board meetings will take place in October, April, and August.

Social Media

Groups will receive various points for interacting with LMTI's social media and posting to their own groups social media accounts.

Task	When?	Points Awarded	Max Points	Award
Share National Suicide Prevention Week Post from LMTI Account	September	10 Per Post	50	Knowledge
Share Mental Health Awareness Week Post from LMTI Account	October	10 Per Post	50	Knowledge
Share Red Ribbon Week Event	October	10 Per Post	50	Knowledge
Share Great American Smokeout Day Information	November (Third Thurs.)	10 Per Post	50	Knowledge
Share National Drug & Alcohol Facts Week Post from LMTI Account	January	10 Per Post	50	Knowledge
Share Alcohol Awareness Month Post from LMTI Account	April	10 Per Post	50	Knowledge
Share Distracted Driving Awareness Month Post from LMTI Account	April	10 Per Post	50	Knowledge
Share Mental Health Awareness Month Post from LMTI Account	May	10 Per Post	50	Knowledge
Share National Prevention Week Post from LMTI Account	May	10 Per Post	50	Knowledge
Post Information Related to Any other Awareness/Prevention Day Listed in This Manual	Anytime	10 Per Post	30 Per Month	Knowledge
Post A Picture Wearing LMTI Gear	Anytime	5 Per Post	25 Per Month	Motivation
Post About Your Action Group	Anytime	5 Per Post	25 Per Month	Motivation

Prevention Portal

Groups will be awarded various points for implementing the activities located in LMTI's Prevention Portal. Suggestions for times of the year to do each of these events is located in the instructions for each activity.

Activity	Points Awarded	Award
Please Don't Risk It	50	Knowledge
Please ID Me	50	Knowledge
Sticker Shock	50	Knowledge
Video PSA	50	Knowledge
Poster Campaign	50	Knowledge
Town Hall	50	Action
Mission imPOSITIVE	50	Action
Environmental Scan	50	Knowledge
Positive Post-It Notes	50	Action
Project Safe Rx	50	Knowledge
Park Clean Up	50	Action
Dirty Laundry	50	Knowledge
Coming Soon: Choose To Love	50	Action
Coming Soon: Prescription Take Back	50	Action
Coming Soon: R U OK Day?	50	Action
Coming Soon: It's In My Phone	50	Knowledge
Coming Soon: Interactive Poster	50	Action
Any Alternative Event	50	Action

Awareness Events or Meetings

Groups will be awarded points for implementing events or themed action group meetings based around various awareness and prevention days, weeks or months. For implementing a school or community event, groups will receive **50 points**. For implementing a themed action group meeting, groups will receive **25 points**.

If an organization or other group in your school or community is already hosting an event or meeting for an awareness or prevention day, week or month, your group will receive **25 points** for attending as an Action Group.

To receive these points, you must email Ryan a description of the event/meeting and one of the following: photo from the event/meeting, screenshot of social media post about the event/meeting, or a flyer for the event/meeting. Points will be awarded to the award category which the event most appropriately fits, determined by the LMTI Staff.

Note: If you choose to complete an event from the prevention portal for any of these days, weeks, months, **you will be awarded a maximum of 75 points**.

Awareness/Prevention Event	When?	Sponsor(s)
World Suicide Prevention Day	September 10th	International Association for Suicide Prevention
National Suicide Prevention Week	September	American Foundation for Suicide Prevention, American Association of Suicidology
National Recovery Month	September	SAMHSA
Red Ribbon Week	October 23-31	National Family Partnership
National Bullying Prevention Month	October	PACER
World Mental Health Day	October 10	World Health Organization
National Teen Driver Safety Week	October (Third Week)	
Mental Illness Awareness Week/Mental Health Awareness Week	October (First Week)	National Alliance on Mental Health
Great American Smokeout	November (Third Thursday)	American Cancer Society
World Kindness Day	November 13	
National Impaired Driving Prevention Month	December	

National Mentoring Month	January	Various
National Drug and Alcohol Facts Week	January	National Institute on Drug Abuse, National Institutes of Health
Random Acts of Kindness Week	February	
National Teen Dating Violence Awareness and Prevention Week	February	Break the Cycle
World Day of Social Justice	February 20	The United Nations
National Kick Butts Day	March	The Campaign for Tobacco-Free Kids
Alcohol Awareness Month	April	National Council on Alcoholism and Drug Dependence
National Youth Violence Prevention Week	April	National Association of SAVE
National Distracted Driving Awareness Month	April	National Safety Council
National Prescription Drug Takeback Day	April 15	DEA
Mental Health Month	May	Mental Health America
National Prevention Week	May	SAMHSA
World No Tobacco Day	May 31	World Health Organization

Additional Activities

Groups will be awarded various points for any additional activities or events they complete, as listed below.

Interaction with LMTI				
Activity	When?	Points Awarded	Max Points	Award
Submit Action Plan from Summer Leadership Conference	September	25		Motivation
Send LMTI Meeting Agenda/Minutes	Anytime	25	50 per month	Motivation
Send LMTI Completed Action Plan Form (From Prevention Portal)	Anytime	25	50 per month	Action
Bring LMTI Staff to Your Action Group Meeting	Anytime	25		Motivation
Attend an LMTI Youth Advisory Board Meeting	Anytime	25		Motivation
Interaction with Community				
Activity	When?	Points Awarded	Max Points	Award
Attend Local Council Meeting	Anytime	50		Action
Present at a School or Community Board Meeting	Anytime	50		Action
Receive School/Municipal/County/State/Federal Award or Recognition	Anytime	75		Action
Submit a Press Release to a Local, State or Federal Newspaper	Anytime	50	100 per month	Action
Host a meeting/event for Parents or Adults in Community	Anytime	50		Knowledge
Create School/Community Social Media Campaign	Anytime	50		Action
Table at Community or School Health Fair	Anytime	50		Knowledge

Table at Club/Student Group Fair	Anytime	50		Motivation
Distribute Informational Pamphlet/AG Information at School or Community Event	Anytime	25	50 per month	Motivation
Attend a Conference/Training	Anytime	50		Motivation

Events and Meetings

Activity	When?	Points Awarded	Max Points	Award
Host a “Natural Highs” Event	Anytime	50		Action
Lead a Diversity Themed AG Meeting	Anytime	25		Change
Lead a Leadership Skills Themed AG Meeting	Anytime	25		Change
Lead a SPF Themed AG Meeting	Anytime	25		Change
Lead an Environmental Strategies Themed AG Meeting	Anytime	25		Change
Create Peer-to-Peer/Cross Age Teaching Curriculum	Anytime	50		Change
Host Peer-to-Peer Training	Anytime	50		Change
Host Cross-Age Teaching Event	Anytime	50		Change
Host a Prevention or Awareness Event not listed in the Prevention Portal or associated with any of the awareness days/weeks/months mentioned above	Anytime	50		TBD Based on Event

Environmental Strategies

Activity	When?	Points Awarded	Max Points	Award
Implement an environmental strategy that fits “Modifying/Changing Policies”	Anytime	50		Action
Implement an environmental strategy that fits “Changing Physical Design”	Anytime	50		Action

Implement an environmental strategy that fits “Changing Consequences”	Anytime	50		Action
Implement an environmental strategy that fits “Enhancing Access/Reducing Barriers”	Anytime	50		Action