



First American State Bank Fitness Festival, Community Asset Project and the CCSD Wellness Office

Frequently Asked Questions

What is the community Asset Project (CAP), Inc. and what do they do

- CAP is a community board that works in partnership with the CCSD Wellness Office to support the 40 developmental assets framework and a variety of programs/initiatives that fulfill their mission to help youth reach their full potential and stay drug-free.
- Grounded in research and created by the Search Institute, the 40 developmental assets represent the relationships, opportunities and personal qualities that young people need to make healthy decisions and grow up to be competent, caring and responsible adults.
- CAP has been working in partnership with the Cherry Creek School District Wellness Office for over 20 years.

How does the First American State Bank Fitness Festival (FASB FF) benefit CAP and CCSD?

- Since the start of the FASB FF, the event has raised more than \$675,000 for the CAP/CCSD Partnership. This money goes directly back to schools in a variety of ways to support both the mission of CAP and CCSD goals and initiatives. Below are a few examples:
 - ❖ LifeSkills Training - a proven and award winning substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. This comprehensive program provides adolescents and young teens with the confidence and skills necessary to successfully handle challenging situations. Rather than merely teaching information about the dangers of drug abuse, LifeSkills Training promotes healthy alternatives to risky behavior through activities designed to:
 - Teach students the necessary skills to resist social (peer) pressures to smoke, drink, and use drugs
 - Help students to develop greater self-esteem and self-confidence
 - Enable students to effectively cope with anxiety
 - Increase their knowledge of the immediate consequences of substance abuse
 - Enhance cognitive and behavioral competency to reduce and prevent a variety of health risk behaviors

- ❖ Signs of Suicide - (SOS) helps youth recognize the signs of suicide and depression and respond effectively using the ACT (Acknowledge, Care and Tell) model. SOS is the only school-based program demonstrated to reduce attempts by 40% and increase help seeking behaviors. The main teaching tool is a video that incorporates peer intervention as part of its implementation strategy. Other components include student educational materials and stickers to reinforce the program's messages, a strong parental component including an educational newsletter and training materials for faculty and staff.
 - ❖ Positive Behavior Support (PBS) - a school-wide system of support designed to establish and communicate clear and positively stated expectations, teach and encourage prosocial skill development and recognize students for meeting expectations
 - ❖ WEB and Link Crew - middle school and high school transition programs that welcome incoming 6th and 9th graders and make them feel comfortable throughout the first year of their middle school/high school experience. Members of the 8th, 11th and 12th grade classes are trained to act as positive role models, motivators, leaders and teachers who guide the 6th and 9th graders to discover what it takes to be successful in middle school/high school
 - ❖ Mini Grants: Through a mini-grant application process, funds are made available to CCSD schools to support psychological wellness and social-emotional learning in their buildings
- In addition to being a successful fundraiser, the FASB FF promotes a healthy lifestyle and lifelong wellness. The recent addition of the Cherry Creek Fitness Challenge is specifically designed to further align this community event with the district's Comprehensive Wellness Strategy and the work schools do on a daily basis to educate the whole child.

How is the work measured?

- Effectiveness is measured through parent and community partnership/participation, the district's Climate, Safety and Wellness Survey and through evaluations administered and submitted by individual schools.

How many youth are affected by this school/community partnership?

- Over 50,000 youth plus their families and friends are affected by our school/community partnership.

How many staff members are affected by this initiative?

- Focused support on positive youth development, prevention, comprehensive wellness and school safety/climate benefit the more than 7, 000 CCSD employees by creating socially and emotionally sound learning and working environments.