

TIP SHEET

Implementing My Generation Rx Programming

My Generation Rx program implementation is an optional deliverable for SUPS and CSUPS providers. Providers should develop programming within the format guidelines in this document and utilize the My Generation Rx toolkit available here: www.generationrx.org/toolkits/teen/ (Please note: *The Teen toolkit should be utilized. Do not use the youth toolkit when developing your sessions*).

WHAT IS MY GENERATION RX?

My Generation Rx is a collection of resources created by the Ohio State University College of Pharmacy “designed to educate teens about the importance of using medications safely, as well as teaching teens key skills to turn down invitations to misuse and positive alternatives to cope with the demands of life.” It is part of a larger collection of resources called Generation Rx, which also includes resources for other age groups.

The resources include activities for in-person programming, virtual programming and informational material for promotion and awareness efforts. All resources are free and are available at the above link. Materials are available in English and Spanish.

All SUPS and CSUPS providers may choose to utilize these resources to create 2-3 educational sessions to implement with youth in their service areas. Providers do not have to implement with a specific group of students, such as those enrolled in other YPE programs. Other suggested student groups include:

- School/extracurricular camps
- After school clubs
- Athletic teams

My Generation RX also hosts a Facilitator’s Guide as part of the toolkit, which can be accessed by [clicking here](#).

DELIVERY FORMAT

Sessions

Two to three class-length sessions (approximately 1 hour) consisting of programming developed from the My Generation Rx Toolkit. Sessions may be delivered in larger formats such as a large group assembly or smaller groups such as regular class sizes. Certain activities will be better suited to larger or smaller group sizes. Within the sessions, providers may also break out into smaller groups to facilitate particular activities.

When developing sessions, keep best practices of youth prevention education in mind:

1. Session length - approximately 1 hour or regular class period length
2. Session frequency – optimally, hold sessions 1-2 times per week and hold sessions in consecutive weeks. If more than one session is held in a week, leave as many days between sessions as possible.

Content

Providers may design the 2-3 sessions using the My Generation Rx Toolkit. However, the particular activities selected from the toolkit are at the discretion of the provider. Consider the size of the group and the delivery method before choosing activities best suited to your program's specific needs.

Reach

A minimum of 250 unduplicated youth must participate in the program within the fiscal year. All 250 youth must receive each of the 2-3 sessions.

Reporting

Weekly time and population reporting is completed in the Prevention Hub. For questions related to My Generation Rx reporting, please contact the Center for Prevention Research and Development (CPRD).

Program Scheduling

The Illinois Department of Human Services Substance Use Prevention and Recovery (IDHS/SUPR) will issue guidance each fiscal year regarding when programming can begin and expenses charged to the grant. For questions regarding budgeting, please contact Shantel High at IDHS/SUPR (Shantel.high@illinois.gov).

ADDITIONAL RESOURCES

Prevention First offers several resources related to facilitating youth prevention education programs.

[Youth Prevention Education and Classroom Management Resource Guide](#)

[Engaging with Schools During Remote Instruction](#)

[YPE Facilitation Skills – Recorded Webinar](#)

Additionally, we encourage providers to share ideas and questions with each other regarding the delivery of My Generation Rx programming on the SUPP Groupsites. You can request membership and access Groupsites at <https://pfgroupsites-sapp.groupsites.com/>