

## PREVENTION EDUCATION (CON'T)

### SPORT PREVENTION PLUS WELLNESS

**Prevention Plus Wellness (PPW)** is a 1 or 6 session prevention education providing a motivational intervention designed for use by all adolescents, integrating substance abuse prevention with health promotion to help adolescents minimize and avoid substance use while increasing physical activity and other health-enhancing habits, including eating well and getting adequate sleep.

### keepin' it REAL (kiR)

**keepin' it REAL** is a scientifically proven effective substance use prevention and social and emotional competence enhancing program designed to focus on the competencies linked to preventing substance abuse. This program reduces substance use overall. Students learn to assess risk, value their perceptions, feelings, and communicate effectively which has improved their responsible decision-making skills overall.

## OUR COMMUNITY INVOLVEMENT

- ❖ Steuben County Prevention Coalition
- ❖ Steuben Steering Committee
- ❖ Marijuana Prevention Task Force
- ❖ Underage Drinking Task Force
- ❖ Finger Lakes Prevention Provider Network
- ❖ Youth Impact Centers of Chemung and Steuben
- ❖ Community information sessions (covering gambling and substance use topics) - held four times per year at the Corning Youth Center

## CONTACT INFORMATION

For more information, please contact:  
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If you are a Steuben County-based youth center, after-school program, or in-school program looking to request services for prevention counseling, Teen Intervene, or prevention education, please contact the Youth and Prevention Services Director or fill out an online request form at: [www.familyservicesociety.org](http://www.familyservicesociety.org).

*Funded by the New York State Office of Addiction Services and Supports, United Way of the Southern Tier, Steuben County Youth Bureau, and Steuben County Department of Social Services.*



## PREVENTION SERVICES

A Prevention Program licensed by the New York State Office of Addiction Services and Supports (OASAS)

### Services Offered

Prevention Counseling  
Early Intervention  
Group Intervention  
Prevention Education

### Community Involvement

Providing alcohol, substance use and gambling awareness services in Steuben County

## PREVENTION COUNSELING

**Prevention Counseling** consists of up to 15 individual sessions (held weekly; 30-60 minutes in duration). Participants will establish the skills necessary using problem-resolution and social-emotional learning activities. They will learn **self-management** (i.e., managing emotions, controlling impulses, and setting goals) and **social awareness** (i.e., seeing things from other people's perspectives, showing empathy, appreciating diversity, improving relationship skills, communication, cooperation, and conflict resolution).

### EARLY INTERVENTION: TEEN INTERVENE

**Teen Intervene** is a brief, early intervention program for 12-to-19-year-olds who display the early stages of alcohol or drug involvement. Integrating stages of change theory, motivational enhancement, and cognitive-behavioral therapy, the intervention aims to help teens reduce and ultimately eliminate their substance use.

### GROUP INTERVENTION: SUPPORT FOR STUDENTS EXPOSED TO TRAUMA (SSET)

**SSET** is a school-based group intervention for students who have been exposed to traumatic events, designed to teach cognitive and behavioral skills such as problem-solving, psychoeducation, and relaxation.

### PREVENTURE

Preventure is a school and community-based intervention prevention program, for ages 12-17 aimed to reduce alcohol & substance use while improving emotional well-being. This program is designed for two 90-minute workshops that motivate teens to understand their own personality types that may lead to unwanted behavioral interactions and reactions.

## PREVENTION EDUCATION

**Prevention Education** is defined by the NYS Office of Addiction Services and Supports as a proactive, research-based, data-driven process using proven effective strategies and programs to reduce or prevent alcohol and other drug abuse in families, individuals, and communities.

*We offer prevention education with the goal of increasing protective factors in youth to resist substance use. These services are provided year-round in elementary, middle, and high school settings, after-school settings, and summer youth programs in the Steuben County area. Prevention education is offered at all grade levels to provide a skills-focused curriculum that reduces risk factors and improves the well-being of youth by improving social, emotional, and physical health.*

### REFUSE, REMOVE, REASONS (RRR) HS

Refuse, Remove, Reasons High School Education Program (RRR) is a substance abuse prevention program that is designed to reduce high school students' favorable attitudes towards Alcohol, Tobacco, and Other Drugs (ATOD); decrease their misperception of normative peer ATOD use, and increase their refusal skills for ATOD use.

### BOTVIN LIFESKILLS TRAINING

**Life Skills Training (LST)** is a school-based program for grades K-10 that aims to prevent alcohol, tobacco, and marijuana use along with violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors.

### TOO GOOD BY MENDEZ FOUNDATION

**\*Too Good for Drugs (TGFD)** is a school-based prevention program for kindergarten through 12th grade that builds on students' resiliency by teaching them how to be socially competent and autonomous problem solvers. This is designed to benefit everyone in the school by providing needed education in social and emotional competencies and by reducing risk factors and building protective factors.

### \*Too Good for Drugs and Violence High School

(TGFDV-HS) is a school-based, universal substance abuse prevention program that is designed to teach students skills and attitudes that enhance well-being and reduce the use of alcohol and drugs.

### SECOND STEP SERIES

Second Step is a universal, classroom-based program for children grades K-8, designed to increase school success and decrease problem behaviors by promoting social-emotional competence and self-regulation. The curriculum emphasizes skills that strengthen students' ability to learn, have empathy, manage emotions, and solve problems. It also has an add-on Bully Prevention program for grades K-5.

### OLWEUS BULLY PREVENTION

Olweus Bully Prevention Program (OBPP) is used for ages 6-18 in schools, classrooms, and at an individual level that includes methods to reach out to parents and the community for involvement and support. These efforts are designed to improve peer relations and make school a safer and more positive place for students to learn and develop.