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# PREVENTION WORKS

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Educate ■ Collaborate ■ Motivate

## PROGRAMS & SERVICES

### PAX Good Behavior Game (GBG)

- Set of evidence-based strategies called "Kernels" & a classroom game that increase self-regulation & cooperative behaviors.
- The PAX GBG consists of proven instructional & behavioral health strategies used daily by teachers & students.
- PAX Educators partner with teachers & schools

### Too Good For Drugs

- An evidence-based alcohol & other drug prevention program.
- Topics focused on promoting healthy norms include: goal setting, decision making, conflict resolution, managing emotions, communication, drug awareness, & more!
- 8-10 sessions (30-40 minutes)

### Prevention Plus Wellness (SPORT)

- Evidence-based prevention, multiple behavior program integrating substance use prevention & fitness promotion to help adolescents minimize & avoid substance use

### Awareness Presentations

- Hidden in Plain Sight
- Electronic Nicotine Delivery Systems (ENDS)
- Shatter the Myths
- Alcohol Literacy Challenge
- Stress Management
- Children Living in a Chemically Dependent Home

### Life Skills Training (LST)

- Addresses most of the important factors leading to adolescent use of one or more drugs by teaching a combination of health information & general life skills.
- Lessons include: self-image, decision making, smoking & alcohol, conflict resolution, coping with anxiety & anger, & more!
- 6-15 sessions (40 minutes)



### Parenting Classes

- Triple P Parenting (0-12)
- Triple P Parenting - Teens (12-19)
- Triple P Primary Care
- Tailored to address the specific challenges, while building on the general skills that apply to any parent
- Topics include: Developing good bedtime routines, managing fight and aggression, dealing with disobedience, haste-free shopping with children

### Teen Intervene

- Brief intervention with adolescents experimenting with substance use or other risky behavior.
- The program can also include the participation of the teen's parents or guardians.
- Referral to treatment & other community resources may also be provided.

### Support for Students Exposed to Trauma (SSET)

- A school-based group intervention for students who have been exposed to traumatic events.
- Utilizes cognitive and behavioral skills such as social problem solving, psychoeducation, and relaxation.
- Skill-building techniques to reduce current problems with: anxiety or nervousness, withdrawal or isolation, depressed mood, acting out in school, impulsive or risky behavior.

### Children Living in a Chemically Dependent Home

- Children who experience substance abuse within the home.
- Education on how addiction affects their loved one, & the skills they need to cope & make healthy decisions for themselves.
- Individual/Group support sessions
- Can be an awareness presentation for teachers, faculty & staff.

Prevention Works (formerly known as CASAC) is a contract agency of the Chautauqua County Department of Mental Hygiene and the New York State Office of Addiction Services & Supports. We are a United Way Agency, supported by funds from the United Ways of Chautauqua County.



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## ADDITIONAL DETAILS

### PAX Good Behavior Game (GBG)

- This is an environmental intervention tool that seeks to augment a teacher's existing classroom strategies, not replace them. Like any core subject, behavior must be learned, & PAX seeks to teach it in a nurturing environment that is established through its trauma-informed approach.

### Life Skills Training (LST)

- One of the most requested variants of this program, LST: Transitions, targets high school seniors & college-age students. It seeks to provide answers to the many questions they have during one of the most volatile transition periods of their lives. This lesson series teaches skills essential to becoming a competent adult.

### Teen Intervene

- We've partnered with several schools in the county to make Teen Intervene a mandatory next step for students caught engaging in substance use on school property. This individualized 3-5 session program can take place at either of our two office locations, or on-site at any given school.

### Awareness Presentations

- **Hidden in Plain Sight:** Scavenger hunt for hidden drugs/paraphernalia & references; signs & symptoms of use; strategies for parents/teachers only
- **Electronic Nicotine Delivery Systems:** Vaping education; nicotine & brain development; media influence
- **Shatter the Myths:** Basic drug awareness & prevention education; can be customized; HS/College students; staff/personnel
- **Alcohol Literacy Challenge:** Reviews the difference between pharmacological effects & placebo effects & efforts by alcohol companies to portray positive alcohol experiences in advertisements.
- **Stress Management:** Life skills as they relate to stress management & growth mindset. Learn about the "flavors of stress", identify the causes of stress, & review coping skills.
- 60-90 minute presentations
- Can be used for students, parents & teachers

### Too Good For Drugs

- Games & skits are present at each level of this grade-specific curriculum available for grades K-12.
- Younger students even get to interact with our article-inspiring team of puppets!

### Prevention Plus Wellness (SPORT)

- This 40-minute presentation can be tailored for a variety of grade levels. Its single session nature makes it a great fit for health & wellness days. The energy & sugary drink engaging activities make it perfect for when you want to give your students a small dose of prevention!

*For more information about the programs or services we offer, contact **Laurie Reynolds**, Associate Director/ Director of Program Services at 716-664-3608 ext. 236 or [laurie@preventionworks.us](mailto:laurie@preventionworks.us)*