

Catholic Charities Steuben/Livingston Prevention Services Program Listing

Program Name	PreK	K-4th	Middle School	High School	College Students	Teachers & other professionals	Parents	Community
Active Parenting 1,2,3,4								
Active Parenting NOW								
Active Parenting of Teens								
BASICS Intervention								
Boys Circle								
Boys Groups, Custom								
Bully Free Living								
Catch My Breath								
Class Action								
Custom Design*								
Drunk, Drugged, Distracted Driving								
Girls Circle								
Girls Groups, Custom								
Guiding Good Choices								
Lifeskills Curriculum								
Living-Well Tobacco Free								
Not On Tobacco (NOT)								
Positive Action								
Project Alert								
Referrals								
Resource Lending Library								
Second Step								
Teen Intervene								
Tobacco/Nicotine Cessation								
Tobacco Free Living								
TGFD - Drug Prevention								
TGFV - Violence Prevention								

**you will find a listing some topics we can present. If you have a specific topic, reach out, if we cannot help you, we will help you find a service that can!*

Evidence Based Programs (EBP)

We are dedicated to assisting our community in choosing healthy safe and drug free alternatives through science and research-based educational programs and referral services. We provide opportunities for the community to learn about preventing alcohol and other drug problems through age-appropriate programs. “Programs which have been reviewed by experts in the field according to accepted standards of empirical research. Evidence-based programs are conceptually sound and internally consistent, have sound research methodology, and can prove that effects are clearly linked to the program itself and not to extraneous events” (SAMSHA, 2005).

*Non-EBP and Custom Design Programs

Each presentation is specifically developed in order to meet the current trends and needs of the intended audience. Many of these can be adapted from curricula designated as an EBP but time might not allow for a full EBP presentation, etc. The length of each presentation varies. Programs are based on your time, topic and audience needs. You will find a more detailed description under Custom Design Programs further in this packet.

Program Descriptions

1, 2, 3, 4, Parents

Length: Six hours in 3-6 sessions

Population: Parents and caregivers of children ages 1-4

Description: This program teaches stages of development and more. It is a multicultural video and discussion program for a parent that includes development stages, bonding, discipline, encouragement, choice and consequences and more.

Publisher: Active Parenting

Active Parenting Now!

Length: Six hours in 3-6 sessions

Population: Parents and caregivers of ages 5-12

Description: In this program, parents will enhance or gain techniques that will help them develop cooperation, responsibility and self-esteem in their children. They'll also learn positive, non-violent discipline techniques so they can avoid power struggles and enhance communication.

Publisher: Active Parenting

Active Parenting of Teens

Length: Six hours in 3-6 sessions

Population: Parents and caregivers of teenagers

Description: Kids today seem to mature earlier than ever and class leaders have found that this program is welcomed by parents. You will find advice to calm fears as your children grow into independent adults. Some topics are technology, discipline, communication; drugs use prevention, sexuality, depression, suicide, violence prevention, brain development and much more.

Publisher: Active Parenting

BASICS – Brief Alcohol Screening and Intervention of College Students

Length: Two – 50 minute sessions

Population: 18-24 year old college students

Description: BASICS is a harm-reduction intervention for college students. Students often conform to patterns of heavy drinking they see as acceptable, while holding false beliefs about alcohol's effects or actual alcohol-use norms. BASICS is designed to help students make better decisions about using alcohol. The program's style is empathic, rather than confrontational or judgmental. It aims to 1) reduce alcohol consumption and its adverse consequences, 2) promote healthier choices among young adults, and 3) provide important information and coping skills for reducing risk.

Designer: University of Washington, School of Medicine

Boys Circle

Length: Eight-ten – 50 minute sessions

Population: Males 9-14

Description: The group will work to identify social-emotional messages, experiences, attitudes, and smart options for growing up male in our culture. Topics include healthy competition, bullying, recognizing, and expressing emotions, role expectations, self-confidence, and teamwork are highlighted through games and team challenges.

Designer: One Circle Foundation

Bully-Free Living for Middle School Students

Length: 1 hour

Population: Middle school students

Description: A ready-to-use interactive PowerPoint presentation that helps young people understand various forms of bullying, psychological effects of bullying on each person involved, ways to handle and prevent bullying, and sources of help and support.

Publisher: Channing-Bete

CATCH My Breath Vaping Prevention Program

Length: 4 lessons, 30-40 minutes each

Population: Grades 5-12

Description: This program equips students with the knowledge and skills they need to make informed decisions about the use of e-cigarettes, including JUUL and disposable devices. CATCH My Breath utilizes a peer-led teaching approach and meets National and State Health Education Standards.

Publisher: The University of Texas Health Science Center at Houston (UTHealth) School of Public Health

Class Action

Length: 6-8 Sessions

Population: High School/ College

Description: This is a real-world social and legal consequences prevention program involving the topics of teens and alcohol. Topics include: Drinking and Driving, Fetal Alcohol Syndrome, Drinking and Violence, Date Rape, Drinking and Vandalism, School Alcohol Policies, Drinking and Hazing, Binge-Drinking.

Publisher: Hazeldon

Gambling Awareness – A program for stakeholders such as parents, educators, addictions professionals, etc.

Length: 1 70-90 minute session

Population: stakeholders such as parents, educators, addictions professionals, etc.

Description: This presentation covers a wide range of gambling information including stats, prevention techniques, overlapping of gaming and gambling, brain change, and so much more. This presentation is perfect for anyone working with youth and those in recovery.

Designers: NYS Office of Addiction Services and Supports (OASAS) and the NYS Council on Problem Gambling

Girls Circle

Length: Eight-ten – 50 minute sessions

Population: Females 9-18

Description: The program's primary goals are to 1) encourage genuine self-expression and voice; 2) develop healthy relationships and identities; 3) counter harmful gender stereotypes that distort female identity and self-worth; 4) develop healthy emotional coping and decision-making skills; 5) generate awareness and accountability; and 6) empower girls to pursue their full potential.

Designer: One Circle Foundation

Girl's Group/ Boy's Group

Length: 30 minutes - 1 hour

Population: Any school age group

Description: This is a custom design program that is coordinated with someone in the school and is open to girls/ boys to attend a program that is just for them. Topics vary depending on age of group, size of group and needs of the group.

Guiding Good Choices

Length: 5 sessions, online or in-person

Population: Parents of children ages 6-18

Description: Guiding Good Choices (GGC) is a multimedia, family-competency training program that promotes healthy, protective parent–child interactions and reduces children’s risk for early substance use. Prosocial family bonding is developed by targeting three goals: 1) increasing the frequency of opportunities for prosocial involvement in the family, 2) strengthening the child’s skills for prosocial involvements (e.g., participating in family activities and governance) and resisting peer pressure; and 3) recognizing and rewarding child behaviors that conform to family rules and expectations and using appropriate consequences for rule violations. The program targets families of children in elementary school.

Designer: University of Washington – Communities that Care

Life Skills Training

Length: Eight sessions of 30 minutes

Population: Grades 3-12

Description: Life Skills Training gives student the tools to resist drugs, alcohol and tobacco. Topics include tobacco, media, assertiveness, social skills, self-esteem, decision making, communication skills, and stress management.

Publisher: Cornell University and Princeton Health

Living Well Tobacco Free

Length: Eight sessions of 45-60 minutes

Population: Anyone

Description: Helps smokers to quit as well as treating tobacco use and dependence. Topics include the negative impact of tobacco, how to quit, relapse prevention and stress management. The goal is to get a group to set a recovery date together, to be support for one another through their quit attempt.

Publisher: American Cancer Society

Not-On-Tobacco

Length: Ten sessions of 30-60 minutes

Population: Teens

Description: Not On Tobacco (N-O-T) is a voluntary program for teens who want to quit smoking. It is the most researched, most widely used and most successful such program in the United States. Topics discussed include why people smoke, addiction, impact of smoking and quitting on the mind and body, how to quit, relapse prevention and stress management.

Publisher: American Lung Association

Positive Action

Length: Seven Units, 140 lessons, 15–20-minutes

Description: Positive Action provides a whole-child approach to mental health. Program includes free family lessons. Prevention outcomes include violence, substance abuse and bullying.

Project ALERT

Length: Eleven lessons of 30-60 minutes

Population: 7th and 8th Grade

Description: Project ALERT is a drug prevention program for middle school students. Studies have proven the program effective at helping young people identify and resist pressure that lead to experimentation with drugs, and at preventing teenage experimenters from becoming regular users of alcohol, tobacco or other drugs.

Publisher: Foundation for a Drug Free Tomorrow

Second Step

Length: Varying number of sessions (depending on grade level) at 30 minutes each

Population: Grades PreK - 12

Description: Second Step is a character education curriculum that addresses interpersonal violence among students. It is designed to reduce their impulsive and aggressive behavior and increase their level of social competence through empathy training, interpersonal problem solving, behavioral skill training, and anger management.

Publisher: Committee for Children

Smoking Cessation Classes

Length: Seven 60 minute sessions

Population: Anyone looking to taper or quit smoking

Description: Utilizing motivational interviewing, group and individual sessions, this program looks and walks through motivation to change, quit resources, nicotine replacement therapies, roadblocks, and more.

Designer: Adapted from the American Lung Association Quit Resources and the Mayo Clinic

Talking about Touching

Length: Fourteen sessions of 15 minutes

Population: Pre K-3

Description: This curriculum is designed to help children learn safety skills and how to protect their personal safety. Talking About Touching reinforces children addressing any issues or concerns they have about anything with parents, caregivers and/or schools staff.

Publisher: Committee for Children

Teen Intervene

Length: Two to three 1 hour sessions

Population: Teens (ages 12-19 years old)

Description: Teen Intervene is an intervention program for students who are at risk for substance abuse, whether they have started using or not. The updated format has a stand-alone tobacco intervention as well as sessions geared specifically towards alcohol or other drugs. A trained professional meets with them and has sessions on what they are using and consequences, strategies to overcome barriers and a session with a parent to help them focus on being a good model and how to help their child.

Publisher: Hazelden

Tobacco Free Living for Teens

Length: 1 hour

Population: Teens

Description: A ready-to-use interactive PowerPoint presentation that helps teens gain a clear understanding of the health and safety risks incurred by tobacco use -- including those associated with tobacco use by young people. They learn how a tobacco addiction develops, how peers and the media can influence the start of tobacco use, and how to stay smoke-free for life.

Manufacturer: Channing-Bete

TGFD – Drug Prevention

Length: Seven sessions of 30-60 minutes

Population: Grades PreK-HS and Afterschool curriculum

Description: This curriculum builds on students' resiliency by teaching them how to be socially competent and autonomous problem solvers. TGFD focuses on developing personal and interpersonal skills to resist peer pressures, goal setting, decision making, bonding with others, having respect for self and others, managing emotions, effective communication, and social interactions. The program also provides information about the

negative consequences of drug use and the benefits of a nonviolent, drug-free lifestyle. TGFD has developmentally appropriate curricula for each grade level.

Publisher: Mendez Foundation

TGFV – A Peaceable Place (violence Prevention)

Length: Seven sessions of 30-60 minutes

Population: Grades K-8 and Afterschool curriculum

Description: This curriculum is a universal, school-based violence prevention and character education program that teaches the skills and builds the character students need to treat others respectfully and get along peacefully. Lesson topics include feelings, social skills, and anger management.

Publisher: Mendez Foundation

Custom Design Programs

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Potential Topic Ideas (not limited to the following*)

- Active Listening
- Anger Management
- Boundaries
- Budgeting/ Money Management
- Bullying
- Bullying, What Parents Need to Know
- Caffeine Awareness
- Cheating, Stealing
- Co-Dependency
- Communication
- Consequences and Responsibility
- Critical Thinking/ Logical Thinking
- Current Drug Trends: A Guide for Concerned Adults
- Cyber-Safety
- Decision Making/ Healthy Choices
- Diversity/ Stereotyping
- Drivers Ed – (drunk, drugged, distracted driving awareness)
- Drug and Alcohol Updates
- E-cigarettes and Vaping
- Eating Disorders
- Employability and Substance Use
- Family Substance Abuse & It's Impact on Learning
- Fetal Alcohol Spectrum Disorders
- Following Directions
- Friendship
- Gambling Awareness
- Goal Setting
- Gossip/ Rumors
- Healthy Lifestyles
- Healthy Relationships/Friendships
- Hygiene
- Independence
- Introduction to Tobacco Cessation
- Weider House Speakers – Men in recovery sharing their life story
- Lying/ Honesty
- Manners
- Maturity
- Methamphetamine Awareness
- Middle School Transitions
- Nutrition
- Opioid Crisis
- Peer Pressure
- Personal Safety
- Positive Recovery Activities
- Relapse Prevention
- Respect
- Responsibility
- Self Esteem
- Self-talk patterns
- Social Skills
- Social Media: A Guide for Parents
- Stress Management
- Summer Safety
- Synthetic Drugs
- Talking to kids about the tough stuff
- Team Building

- Thankfulness/ Gratitude
- Think your drink (energy drinks and sugary drinks)
- Tobacco (Smoking and Chewing)
- Tobacco Cessation
- Working with Difficult Children

**Other topics are available upon request, if we are unable to present the topic, we will refer you to services that can.*

Additional Services

Screenings/Referrals

Steuben Council on Addictions and Bath Area Hope for Youth conduct drug, alcohol and gambling screenings for any person in need of assistance. Referrals are made to area treatment facilities when rehabilitation is necessary.

Impaired Driver Program (IDP)

The Impaired Driver Program is a seven week educational program that covers many aspects of the traffic system and drinking and driving. It is a mandated court referral program for people who are convicted of impaired driving. There are weekly classroom sessions and a screening instrument to determine if a participant should be evaluated for treatment of an alcohol or other drug problem.

Steuben Prevention Coalition

Our agency houses the Steuben Prevention Coalition, they are in charge of the Steuben County Risk and Protective surveys that are taken by all schools in Steuben County. The coordinator has created various task forces in response to these assessments to focus on various issues that were brought up by the results.

John Southard Youth Recreation Commission (JSYRC)

Together with the Village of Bath Recreation Commission and the Office of Children and Family Services, Bath Area Hope for Youth provides an array of activities for youth ages 0-15 throughout the year. The recreation program engages youth in physical, artistic, and mental/social interaction as well as providing a means for drug free activities. There is a summer youth program, Easter egg hunt and Halloween parade each year.

Resource Lending Library

We offer a wide range of videos, books, brochures and displays to the community. We also assist in gathering drug and alcohol information as needed. You may request these items or a catalog at the Bath Hope Office or the Steuben Council office at any time.

Trainings

We offer trainings throughout the year, relating to prevention and substance abuse/use as well as a variety of other topics depending on the needs of the groups we are presenting to. We are available to provide trainings to teachers, service groups, parents, human service agencies, business and industry. Call us for more details.

Prevention Counseling – we do have a BOCES CoSer Agreement available for schools

We can provide schools with prevention counseling throughout the school day. Counselors are assigned to schools as non-authoritative and non-threatening positive adult role models for students. Counseling takes the form of one-to-one contact or group counseling, role modeling, positive reinforcement, etc., depending on the student's age level and needs. Length of involvement may range from one month to a year or more, depending on the student's needs. The

Prevention Counselors are currently located at:

- Hammondsport Central School
- Haverling Central School

*For information on any of these programs and services please contact
Stacey Wing, Prevention Services Supervisor
Catholic Charities Steuben/Livingston Prevention Services
Stacey.Wing@dor.org or (607) 968-4123.*