

Catholic Charities Steuben/Livingston Prevention Services
Steuben Council on Addictions

Program Description Guide

Program Name	EBP	PreK/K	1st	2nd	3rd	4th	5th/ 6th	7th/ 8th	9th/ 10th	11th/ 12th	Teachers/ Staff	Parents	Community Members
Active Parenting Programs	X												
Bully Free Living													
Class Action	X												
Custom Design*													
Drunk, Drugged & Distracted Driving													
Girls/Boys Groups													
Life Skills	X												
Living Well Tobacco Free													
Not-On-Tobacco for Teens													
Parenting Wisely	X												
Project Alert													
Project Towards-No-Tobacco													
Referrals													
Resource Lending Library													
Second Step	X												
Talk About Touching													
Teen Intervene	X												
Tobacco Cessation													
Tobacco Free Living													
Too Good for Drugs	X												
Too Good for Violence	X												

*there is a listing of some custom programs that can be presented, if you have a topic, most likely we can present on it for you.

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.

EBP – Evidence Based 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).

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

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

Parenting Wisely

Length: Two to 3 hours

Population: Parents and caregivers of ages 3-18

Description: As a computer based program that can be done at home or at a public place where there is Internet access. "Parents choose from different video enactments of typical family struggles, from teenagers playing loud music to trouble in school and more. After viewing the conflict, users must choose from a list of options representing different levels of effectiveness. Each behavior is portrayed and then critiqued through an interactive question and answer session. The in-depth tutorials highlight the parenting skills depicted and give further insight into beneficial behavior. Each session is then concluded with a quiz, further engraining the information."

Publisher: Family Works

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

Teen Intervene:

Length: Two to three 1 hour sessions

Population: Teens

Description: Teen Intervene is an intervention program for students who are at risk for substance abuse, whether they have started using or not. 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

Too Good for Drugs

Length: Seven sessions of 30-60 minutes

Population: Grades K-HS

Description: Too Good for Drugs 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

Too Good for Violence

Length: Seven sessions of 30-60 minutes

Population: Grades K-HS

Description: Too Good for Violence K-8 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

Additional Programs

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.

Manufacturer: Channing-Bete

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.

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

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

Project TNT (Project Towards-No-Tobacco Use)

Length: Ten sessions of 30-50 minutes

Population: Middle School Students

Description: Project TNT is a school-based prevention project designed to delay the initiation and reduce the use of tobacco by middle school children. Topics include effective listening and communication, self esteem, assertiveness and refusal skills, media literacy, social activism and the consequences of tobacco use.

Publisher: University of South California

Smoking Cessation Classes

We offer a 7-week tobacco cessation program utilized by the Mayo Clinic and the Tobacco Cessation Center at Arnot Health. This program looks at motivation to change, steps towards change, roadblocks, NRT's and more.

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.

Manufacturer: Committee for Children

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

Custom Design Programs

Each presentation is specifically developed in order to meet the current trends and needs of the intended audience. The length of each presentation varies. Programs are based on your time, topic and audience needs.

Potential Topic Ideas *(not limited to the following)*

- Adolescent Drug Trends
- Active Listening
- Anger Management
- Boundaries
- Budgeting/ Money Management
- Bullying (kids program)
- Bullying (for adults and parents)
- Caffeine Awareness
- Cheating, Stealing
- Co-Dependency
- Communication
- Consequences and Responsibility
- Critical Thinking/ Logical Thinking
- Cyber-Safety
- Decision Making/ Healthy Choices
- Dignity for All Students Act
- Diversity/ Stereotyping
- Drivers Ed – (drunk, drugged, distracted driving awareness)
- Drug and Alcohol Updates
- Eating Disorders
- Fetal Alcohol Spectrum Disorders
- Following Directions
- Friendship
- Gambling Awareness
- Goal Setting
- Gossip/ Rumors
- Healthy Lifestyles
- Healthy Relationships
- Heroin Awareness
- Hygiene
- Impacts of Family Substance Abuse on the Developing Child
- Increasing Self-Awareness
- Independence
- Introduction to Tobacco Cessation
- Kinship Speakers – people in recovery sharing their life’s story with others
- Lying/ Honesty
- Manners
- Maturity
- Methamphetamine Awareness
- Middle School Transitions
- Nutrition
- Peer Pressure
- Personal Safety
- Positive Recovery Activities
- Positivity
- Relapse Prevention
- Respect
- Responsibility
- Self Esteem
- Self-Injurious Behaviors in Adolescents
- Signs/Symptoms of Use
- Social Skills
- Stress Management
- Summer Safety
- Synthetic Drugs
- Talking to kids about the tough stuff
- Team Building
- Thankfulness/ Gratitude
- Tobacco (Smoking and Chewing)
- Working with Difficult Students

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 drinking and 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.

Drug Free Communities (DFC)

Our agency houses the Drug Free Communities Coordinator who oversees 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 5-15 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 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 Steuben Council office at any time.

Training

We offer trainings throughout the year, relating to prevention and substance abuse/use. 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 provide 2 districts 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 located at:

- Hammondsport High School
- Haverling Middle/High School

*For information on any of these programs and services please call
Steuben Council on Addictions at (607) 968-4123*

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