

## Evidence Based Programs

### Too Good For Drugs

- An evidence-based alcohol & other drug prevention program, focused on promoting goal setting, decision making, conflict resolution, managing emotions, communication, drug awareness, & more!
- Can be implemented virtually\*\*
- 8-10 sessions at 30-40 minutes

### PAX Good Behavior Game (GBG)

- A set of evidence-based strategies used in the classroom to teach children the skill of self-regulation.
- PAX experts partner with school districts to increase successful outcomes.



Find Our Referral Form Here



[www.preventionworks.us](http://www.preventionworks.us)

## BULLYING PREVENTION PARENTING SUPPORT GROUPS SOCIAL EMOTIONAL LEARNING LIFE SKILLS EMOTIONAL INTELLIGENCE SUBSTANCE USE PREVENTION REFERRAL TO AGENCIES



For more information about the programs or services we offer, contact

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or visit [www.preventionworks.us](http://www.preventionworks.us) and follow us on social media!



# PREVENTION WORKS

Educate ■ Collaborate ■ Motivate

*Our mission is to build a safe and healthy environment by effectively educating the community on positive life choices*

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## Evidence Based Programs

### Prevention Plus Wellness (SPORT)

- Evidence-based prevention, multiple behavior program integrating substance use prevention & fitness promotion to help adolescents minimize & avoid substance use
- One session at 40 minutes



### Life Skills Transitions

- Program helping young adults navigate the transition into the workforce and/or higher education
- Lessons include: personal self-management, skills, general social skills, and drug resistance skills
- 6 sessions at 40 minutes

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## Awareness Presentations For Youth

- **Bullying Presentation:** Reviews types of bullying; physical, verbal, cyber- bullying, relational aggression; concepts such as bystanders, why people even bully, and strategies for victims.
- **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
- **Alcohol Literacy Challenge:** Difference between pharmacological effects & placebo effects; efforts by alcohol companies to portray positive alcohol experiences in advertisements
- **Communication Skills:** Life skills for effective communication; verbal and non-verbal communication, assertiveness, active listening, & conflict resolution skills
- **Inclusion & Diversity:** The importance of cultural diversity & inclusion, where everyone has a voice & can be empowered to create an environment that is peaceful, productive, happy, and healthy
- **Coping with Negative Emotions:** Different stressors in life, as well as other negative emotions; practicing coping skills
- **YOUth Decide:** Risks & consequences associated with gambling behavior; education on media literacy



## Intervention Services

### Teen Intervene

- Brief intervention with adolescents experimenting with substance use or other risky behavior
- Referral to treatment & other community resources may also be provided
- 3-6 sessions at 40 minutes

### Children of Caregivers With Substance Use Disorders

- Education on how addiction affects their loved one, and the skills needed to cope and make healthy decisions
- Individual/Group support sessions
- Can be an awareness presentation for teachers, faculty & staff

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

- Group intervention for students who have been exposed to traumatic events
- Utilizes cognitive and behavioral skills such as social problem solving, psychoeducation, and relaxation
- 8-10 sessions at 30-40 minutes

