

**LIFE SKILLS TRAINING**, a SDFS exemplary program, is a substance abuse/violence prevention program that provides students with necessary skills to resist social pressures; helps them develop greater self-esteem, self-mastery and self confidence. The program enables students to effectively increase their knowledge of the immediate consequence of substance abuse. Students referred through the court system and/or our Student Assistance Program will participate in this program provided by Central Michigan Counseling Agency. Surveys will show an increase in their awareness of negative effect of ATOD.

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**STRENGTHENING FAMILIES PROGRAM** is a SDFS exemplary program. This program is designed to reduce adolescent ATOD use. The program is delivered within parent, youth and family sessions using narrated videos that portray typical youth and parent situations. Sessions are highly interactive and include role-playing, discussions, learning games and family projects designed to improve parenting skills, build life skills in youth and strengthen family bonds. Services for this program are provided by Central Michigan Counseling Service to families referred by our court system and/or our Student Assistance Program. Surveys will show an increase in awareness of the negative effect of ATOD.

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**TOO SMART TO START** is a public education initiative sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) to provide research-based strategies and materials to professionals and volunteers at the community level to help them conduct an underage alcohol use prevention program. The hallmark of the Too Smart To Start initiative is its flexibility in the way in which it can be implemented. As such, the initiative lists several partner programs which can be used as the framework for implementation. Our school uses the mentoring model of the PRIDE YOUTH PROGRAMS (one of the programs listed with TOO SMART TO START). One essential component is a personal pledge to a drug free life style. Members from the 7th and 8th grade take a once a week one hour class and are educated to do skits, monologues, and workshops for 200+ grade 1-6 students in our school district. Refusal skills, awareness of drug effects, and positive role modeling are key components. 7th and 8th grade members take an extensive pre and post survey developed by PRIDE OF AMERICA, and will show a 75-100% commitment to remaining drug free. Members use will be compared with non-members use in the annual PRIDE survey.

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**CLASS ACTION** is a SAMSHA model program. The Substance Abuse Prevention Educator will present this program over a 10 week period to all 10th grade students. This program looks at the legal aspects of ATOD use and how use of ATOD can affect the students' future. Pre/post surveys will be given showing an increase in the perceived effects of ATOD.

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**PROJECT ALERT**, a SDFS exemplary program, is a comprehensive intervention for ATOD geared to 7-8th graders. The Substance Abuse Prevention Educator will conduct one hour sessions, weekly at the Middle School for 11 weeks. Pre/post surveys will be used to determine the effectiveness of the program. Surveys will show an increase in the perceived effects of ATOD.

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**PROTECTING YOU/PROTECTING ME** is on the SAMHSA Model Program list. It is an alcohol-use prevention curriculum for elementary students designed to reduce alcohol-related injury and death. Our Substance Abuse Prevention Educator will conduct one hour, weekly sessions with students in grades 4-6. Pre/post surveys will be used to determine the effectiveness of the program. Surveys will show an increase in the perceived effects of alcohol.

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**PROJECT SUCCESS** is a SAMSHA model program. The Substance Abuse Prevention Educator will present this program over an 8 week period to all 9<sup>th</sup> grade students through the Health class. This program is used to help students identify and resist pressures to use substances, correct misperceptions about the prevalence and acceptability of substance use, and understand the consequences of substance use. Pre/Post surveys will be given to evaluate the success of the program. The goal is for students to show an increase in the perceived harm of ATOD use.