

Hope begins here.



COUNCIL ON ALCOHOL AND SUBSTANCE ABUSE

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## YOUTH PREVENTION TIPS FOR ADULTS – VOLUME 1

### SOME OF OUR PROGRAMING:

#### Children's Programs: K-5th Grade

##### SECOND STEP

Teaches social-emotional skills aimed at reducing impulsive and aggressive behavior.

#### Adolescent Programs: 6th-12th Grade

##### LIFE SKILLS

Proven to help increase self-esteem, develop healthy attitudes, and improve their knowledge of essential life skills.

#### Adult Programs: Ages 18+

##### SHAWNA HAS A SECRET (Ages 21 and older)

An interactive educational training that focuses on your ability to identify the signs of substance use, mental/emotional distress and issues that may signal to you that a young person that you care about and love, may want your help. Trained professionals guide you through Shawna's room. A brief discussion about what you uncovered' will follow.

READ MORE, [HERE](#):



### TALK. THEY HEAR YOU. 5 CONVERSATION GOALS: TALKING WITH TEENS ABOUT ALCOHOL AND OTHER DRUGS – MINI BROCHURE

A mini brochure for parents and caregivers on the five goals to keep in mind when having conversations about alcohol and substance use with their teens. To read more about these or to order two free 50 packs, [click here](#) or scan the QR code.



#### SEARCH INSTITUTE BLOG

One of our favorite resources in prevention! The team at Search Institute have been studying youth for over 40 years and have developed some amazing insight on how relationships impact resilience, behaviors and so much more! Definitely worth checking out!



#### FROM THE PARTNERSHIP TO END ADDICTION:

What School Professionals Need to Know  
to Help Protect Young People  
A guide about Alcohol.



#### TODAY'S GOALS/INTENTIONS ARE:

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#### CALLING ALL PODCAST LOVERS!

Check out our latest podcast episode  
online at [www.casa-trinity.org](http://www.casa-trinity.org),  
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## YOUTH PREVENTION TIPS FOR ADULTS – VOLUME 2

### SOME OF OUR PROGRAMING:

#### Children's Programs: K-5th Grade

##### LIFE SKILLS

Proven to help increase self-esteem, develop healthy attitudes, and improve their knowledge of essential life skills.

#### Adolescent Programs: 6th-12th Grade

##### TOO GOOD FOR DRUGS / SOCIAL PERSPECTIVE

Develops and applies social and emotional learning skills for conflict resolution, bullying prevention, anger management, and respect for self.

#### Adult Programs: Ages 18+

##### ACTIVE PARENTING

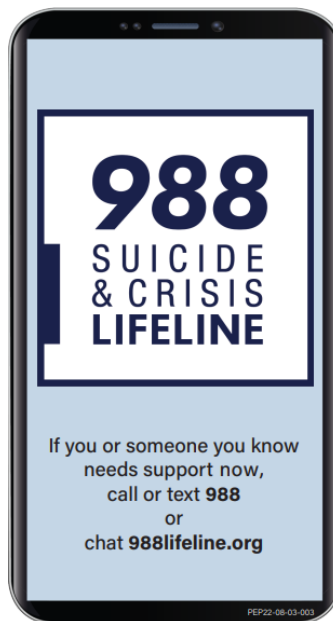
Helps parents of children learn to raise responsible, courageous children able to resist negative peer pressure.

READ MORE, [HERE](#):



### SELF-CARE TIPS AT YOUR DESK FROM THE NYS OFFICE OF MENTAL HEALTH

Self-care isn't the same for everyone—it can be any action you take to ensure you stay healthy and functioning regardless of what is happening in your personal or work life. More importantly, self-care should be a daily ritual or routine, not something you fit in when it's convenient for you. When you're stressed out or anxious, it can be hard to process information, refocus your thoughts and regulate your emotions. Here are some coping strategies and/or skills that require no special equipment or training and very little time out of your day.



**WHEN LIFE GETS TOUGH, THERE IS HOPE. THE #988LIFELINE IS HERE FOR YOU, WHENEVER YOU NEED SOMEONE TO TALK TO.**

People call, text, and chat 988 to talk about:

- Thoughts of suicide
- Drinking too much
- Anxiety
- Sexual identity
- Drug use
- Feeling depressed
- Mental and physical illness
- Loneliness
- Trauma
- Relationships
- Economic worries, and more

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### APPROACHES TO EXPRESSING CARE

Ten approaches that can be integrated into classroom or program activities that build the Express Care element of the developmental relationships framework.

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## YOUTH PREVENTION TIPS FOR ADULTS – VOLUME 3

### SOME OF OUR PROGRAMING:

#### Children's Programs: K-5th Grade

##### BOUNCE BACK

Focuses on social problem solving, psychoeducation, and relaxation, while adding additional components, such as feelings identification and positive activities.

#### Adolescent Programs: 6th-12th Grade

##### SPORT

Program designed to increase wellness-enhancing behaviors including physical activity, sports participation, healthy eating, getting adequate sleep, and practicing stress control.

#### Adult Programs: Ages 18+

##### TRIPLE P – POSITIVE PARENTING PROGRAM

A parenting and family support system designed to prevent – as well as treat – behavioral and emotional problems in children and teenagers.

READ MORE, [HERE](#):



### TALK. THEY HEAR YOU: ANSWERING YOUR CHILD'S TOUGH QUESTIONS – FACT SHEET

This fact sheet is related to the public service announcement from SAMHSA's "Talk. They Hear You." campaign for parents on answering questions their kids may have about alcohol and substance use. To read more, [click here](#) or scan the QR code.



### FROM THE PARTNERSHIP TO END ADDICTION:

A resource center where you can learn more about today's Marijuana. From basic information, prevention and risk indicators.



### QUIT TALK – RESOURCES TO HELP TEENS QUIT SMOKING OR VAPING

Smokefree TXT service: Sign up online at [teen.smokefree.gov](http://teen.smokefree.gov) or [truthinitiative.org](http://truthinitiative.org)  
Text QUIT to IQUIT (47848)

Text QUIT to 706-222-QUIT to leave JUUL or your e-cigarette

Text QUITNOW to 202-759-6436 to quit cigarettes

Download Apps: Livestrong | Quit That!



### MONITOR. SECURE. DISPOSE.

Something that the prevention world is very passionate about, is proper medication disposal. For schools, that can be tricky. Which is why we offer DETERRA Drug Disposal Pouches to schools for no cost. This packet breaks down patches, pills and even cough syrup. Reach out to our prevention department today to get some for your home, workplace or community!

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## YOUTH PREVENTION TIPS FOR ADULTS – VOLUME 4

### SOME OF OUR PROGRAMING:

#### Children's Programs: K-5th Grade

##### TOO GOOD FOR DRUGS / SOCIAL PERSPECTIVE

Promotes social skill development and resiliency to promote learning readiness.

#### Adolescent Programs: 6th-12th Grade

##### TEEN INTERVENE

A brief early intervention program for 12-to 19-year-old individuals who display the early stages of alcohol or drug involvement.

#### Adult Programs: Ages 18+

##### RESILIENCE AND THRIVING

LEARN RESILIENCE SKILLS and go from Coping to Thriving the Resilience & Thriving: The Secret Power of Stress course provides easy-to-use and practical skills for identifying and reducing stress at home and work.

READ MORE, [HERE](#):



*Never  
STOP  
Learning!*

### STRESS MANAGEMENT FOR STUDENTS – FROM THE NYS OFFICE OF MENTAL HEALTH

We know student life can be stressful and we want to offer ways to help you manage that stress. Remember, help is always available when things feel too tough to handle.



### RELATIONSHIP-RICH SPACES FOR ALL YOUTH

Relationships with caring adults are especially important for young people, and yet data routinely show that they don't experience them as often or as intensively as they should.

### TODAY'S MARIJUANA IS NOT 1960'S MARIJUANA...

Learn more about how it has changed over the years, along with some other really great resources from Johnny's Ambassadors. An organization dedicated to saving youth from the harms caused by marijuana.



### WHEN TALKING TO YOUTH ABOUT THE MEANING OF FRIENDS, ENCOURAGE THEM TO LOOK FOR THOSE WHO:

- Help them become their best self
- Leave them happier after spending time with them
- Help them achieve their most important goals
- Lift them up, challenge, inspire, and hold them accountable
- Friends who see the potential in them that they may not even see in yourself
- Friends who are making positive choices

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## YOUTH PREVENTION TIPS FOR ADULTS – VOLUME 5

### SOME OF OUR PROGRAMING:

#### Children's Programs: K-5th Grade

##### SPORT

Program designed to increase wellness-enhancing behaviors including physical activity, sports participation, healthy eating, getting adequate sleep, and practicing stress control.

#### Adolescent Programs: 6th-12th Grade

##### VOICES AND GIRLS CIRCLE

Helps adolescent girls deal with a variety of issues that include bullying, the pressures of social media, early puberty, gender exploration and binge drinking.

#### Adult Programs: Ages 18+

##### PAX TOOLS

Evidence-based, trauma-informed strategies to improve cooperation and self-regulation with youth.

READ MORE, [HERE](#):



### TALK. THEY HEAR YOU: TALKING TO KIDS ABOUT ALCOHOL AND OTHER DRUGS: 5 CONVERSATION GOALS – FACT SHEET

This fact sheet contains the background and history of SAMHSA's "Talk. They Hear You." national prevention campaign for parents and other caregivers. To read more, [click here](#) or scan the QR code.



### FROM THE PARTNERSHIP TO END ADDICTION:

Vaping: What you need to know to help protect children, teens and young adults.



Specialized services are available when you connect with the 988 Suicide & Crisis Lifeline!



Military veterans, service members, and their families



Spanish speakers



LGBTQI+ youth and people under 25



Most of us know someone who is struggling emotionally or may even be in crisis and at risk of suicide. Please share so we can all be equipped to help each other in times of need.

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## YOUTH PREVENTION TIPS FOR ADULTS – VOLUME 6

### SOME OF OUR PROGRAMING:

#### Children's Programs: K-5th Grade

##### PAX – GOOD BEHAVIOR GAME

A set of tools and common language for building skills that will create a nurturing and more regulated classroom and school.

#### Adolescent Programs: 6th-12th Grade

##### ELECTRONIC CIGARETTE/VAPE – A BRIEF INTERVENTION

Students will explore their motivations for using e-cigs, gain knowledge about the risks of vaping nicotine or other substances, set goals and find support for quitting.

#### Adult Programs: Ages 18+

##### PARENTING INSIDE OUT (PIO)

An evidence-based, cognitive-behavioral parent management skills training program that was originally created for incarcerated parents. However, this is also a great program for the community to take part in, as well!

READ MORE, [HERE](#):



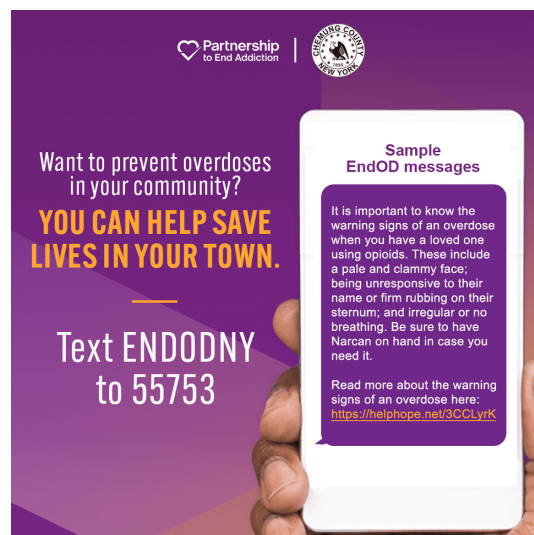
### HOW I STAY RESILIENT (PACKET) – FROM THE NYS OFFICE OF MENTAL HEALTH

A series of journal prompts to build resilience, becoming more resilient and taking care of ourselves.



The #988Lifeline is here to support you. No matter what's on your mind—and no matter when you want to talk. Connect with someone who is ready to listen and support you.

#YouAreNotAlone



*"There's possibilities for Prevention everywhere, and CASA-Trinity can really help to bring those possibilities to your community."*

*Rachel Pena, CPP  
Chief Operating Officer of  
Prevention, Strategy and  
Promotion  
CASA-Trinity, Inc.*

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## YOUTH PREVENTION TIPS FOR ADULTS – VOLUME 7

### SOME OF OUR PROGRAMING:

#### Children's Programs: K-5th Grade

##### PAX – GOOD BEHAVIOR GAME

A set of tools and common language for building skills that will create a nurturing and more regulated classroom and school.

#### Adolescent Programs: 6th-12th Grade

##### SSET (SUPPORTING STUDENTS EXPOSED TO TRAUMA)

School-based group intervention for students who have been exposed to traumatic events and are suffering from symptoms of post-traumatic stress disorder (PTSD). SSET teaches many of the same cognitive and behavioral skills such as social problem solving, psychoeducation, and relaxation.

#### Adult Programs: Ages 18+

##### PARENTING INSIDE OUT (PIO)

An evidence-based, cognitive-behavioral parent management skills training program that was originally created for incarcerated parents. However, this is also a great program for the community to take part in, as well!

READ MORE, [HERE](#):



### FROM THE PARTNERSHIP TO END ADDICTION:

Prescription Medication and Over-the-Counter Medicine: What you need to know to help protect children, teens and young adults.



### BREATHING EXERCISES FOR ALL AGES – FROM THE NYS OFFICE OF MENTAL HEALTH

A set of YouTube videos, all geared towards various breaking exercises that can be used for any age group! A really great way to set a calm tone before or during class.



## HELP THEM SUCCEED ON AND OFF THE COURT.

**Empower young people to make good choices about alcohol.**

Being prepared to talk to young people about the risks of underage drinking and answer questions will show that you care about their overall health and wellness. For tips on how—and when—to begin the conversation, visit

[www.underagedrinking.samhsa.gov](http://www.underagedrinking.samhsa.gov)

#TalkTheyHearYou

PEP20-03-01-012



**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

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## PREVENTION PODCAST



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