

Youth

Single Session Workshops (45 minutes each):

Designed for middle and high school youth. Workshops include fun and engaging activities.

There's More to the Story

Explore the influence of the media and social norms on our perceptions and decisions around substance use. Enhance skills for goal setting, decision making and finding a *Natural High* lifestyle.

Marijuana and Vaping. What's the Big Deal?

Learn basic facts of marijuana, the potential impacts of marijuana use to health and the adolescent brain as well as refusal strategies and types of peer pressure.

Teens and the Media: What Advertisers Don't Tell You

Take a look at what alcohol and tobacco advertisers do not want you to know.

Multi-Session Workshops (10 sessions, 1 hour each):

Too Good For Drugs

Empower youth to meet the challenges of life by fostering confidence and building resiliency to prevent substance use. This program is designed for middle and high school students and has been proven to reduce student risk factors and increase protective factors. Each lesson includes a fun learning activity.

Media Detective

Unravel the meaning behind alcohol and tobacco advertisements and media messages to delay or prevent the onset of use. This program is designed for 3rd-5th grade students and has been proven to effectively reduce children's use of alcohol and tobacco. Lessons include activities that are engaging and motivational.

Youth-Led Prevention Activities

By designing and implementing prevention activities, youth will gain skills in leadership, public speaking, community engagement and learn how to build a healthier school/community. Youth are supported through this process by an experienced prevention professional.

Parents

Single Session Workshops (1 hour each):

Marijuana and Vaping

Identify emerging products and gain insight into the consequences and prevention of underage use.

Got Assets? For Parents

Learn about the Search Institute's Developmental Assets® and ways to support healthy youth development. Parents will learn how the Assets provide the building blocks that help young people grow up to be healthy, caring and responsible.

Parenting In Today's Society

Equip parents with tools for empowering their youth and strengthening family connections.

Educators

Single Session Workshops (1 hour each):

Fun Failure

Encourage students to enjoy the process of learning and overcoming obstacles to achieve success.

Red Ribbon READY

Celebrate Red Ribbon with fun and engaging activities in October and learn how to integrate substance use prevention all year.

Got Assets? For Educators

Become familiar with the connections between the Search Institute's Developmental Assets® and how they can be used to foster youth leadership and success.

To schedule a workshop

Call or email: (714) 834-4058, ADEPT@ochca.com

Looking for something different? We can modify our services to suit the needs of your school or community. Programs can be provided virtually or in person.