

Youth

Promoting healthy communities through alcohol and other drug (AOD) prevention

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, media literacy and finding a *Natural High* lifestyle.

Life>Drugs

Learn basic facts and potential impacts to health and the adolescent brain from alcohol, cannabis and opioids/fentanyl. Refusal strategies and the value of living a drug-free lifestyle are also discussed through an interactive scavenger hunt worksheet.

For a more in-depth focus on marijuana/cannabis, try our *What's the Big Deal?* workshop.

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

Engage and empower youth to design and implement activities to engage their peers in dialog about substance use prevention; Raise awareness and correct misperceptions.

Youth Leadership Conference Planning

Learn about planning successful events, empowering others to get involved and free resources available to you. Create and share messages that support student health and wellness.

Parents

Single Session Workshops (1 hour each):

Marijuana/Cannabis

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.

Rx for Prevention

Learn about prescription misuse and simple steps to manage medication in the home to keep your family safe.

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.

In Focus: Fentanyl

This drug is 50 times stronger than heroin. It is being illegally made and found in a variety of substances, sold on social media sites and can cause poisoning and overdose. Learn prevention strategies and resources that will help keep families safe.

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.