Dimensions of Substance Prevention
School Discussion and Education Series – Hancock County

Healthy Acadia is a not for profit organization serving Hancock and Washington counties. We engage in a broad range of initiatives that build healthier communities and make it easier for people to lead healthy lives. These initiatives include: Strong Beginnings, Healthy Food for All, Active and Healthy Environments, Healthy Aging, Substance Prevention and Recovery, and Health Promotion & Management.

Our substance prevention team can offer a variety of free educational opportunities for schools. Our “Dimensions of Substance Prevention” discussion series and presentations for schools are outlined below. Our staff facilitates sessions, and the length and content of each session can be adjusted to suit your group’s objectives and/or schedule. Choose a single session, or schedule an entire series in a timeframe that works for your target audience.

For more information, or to schedule one or more sessions, please contact Tara Young, tara@healthyacadi.org or call her at 667-7171.

**Grades K-12 University of Pennsylvania Resilience Training**

This program teaches practical skills to increase persistence, well-being, and performance, strengthen one’s ability to overcome adversity or challenges, and thrive even under stress. The U-Penn Resilience Program has demonstrated effectiveness in more than 25 years of research, development, and large-scale implementation. Empirical studies have shown the program reduces problems associated with stress, anxiety and depression. Twelve modules are taught in 30 minute to 1-hour blocks. We will work with you to select the number and type of modules appropriate for your group.

**Brain Development PowerPoint Presentation and Facilitated Discussion**

This 1-hour program gives a basic overview of brain development, with a focus on what is happening at in the teen brain. Understanding what benefits and challenges each new stage brings, so young people can understand what will happen next, and how they can best meet each new opportunity for growth and development. Discussions focus on healthy stress management and the vulnerability of developing brains to substances such as alcohol, nicotine, marijuana and other drugs.
**Grades 6-8 Keepin’ it REAL* – (formerly the D.A.R.E. program)**

This is a 10-week school-based substance use prevention program for students 12-14 years old. The program uses a 10-lesson curriculum taught by trained law enforcement officers in 45-minute sessions over 10 weeks, with booster sessions delivered the following school year. The curriculum is designed to help students assess the risks associated with substance abuse, enhance decision and resistance strategies, improve anti-drug normative beliefs and attitudes, and reduce substance use. Interested schools should contact Healthy Acadia for scheduling information.

**Grades 5-12 Media Literacy Presentation and Discussion**

This presentation educates young people about advertising strategies, and engages them in thoughtful discussion and interactive activities. It is designed to promote critical thinking around media messages regarding alcohol, tobacco and drugs. This program can be delivered in 45-90 minutes.

**Grades 9-12 The Other Side of Cannabis Film and Discussion**

This documentary is an independent film project created by ordinary citizens with no political or economic affiliations or interests, other than bringing attention to the negative effects of marijuana on our youth whose brains are still forming. In order to make informed decisions regarding marijuana, it is important to know the potential risks. This film is neither about legalization nor medical marijuana treatments. This film helps teens weigh the evidence of associated risks against pervasive messaging that marijuana is safe, natural and harmless as a recreational substance. Following the film, there will be a facilitated discussion. This program can be delivered in 45-60 minutes.

**Grades 5-12 Vaping: What Youth Need to Know Presentation and Discussion**

Electronic Cigarette (e-cigarette) use and vaping have become increasingly prevalent in Maine. This presentation and discussion will answer many questions youth may have about the many physical and mental health risks associated with use, particularly when a young person’s brain is still developing. We will also look at the impact of marketing, and how tobacco companies are using the same strategies from traditional tobacco to target youth to create the next generation of users. This program can be delivered in 45-60 minutes.
Grades 9-12  *Prime For Life*®

Prime For Life® is a 4-5 hour substance prevention curriculum that is effective in changing high-risk attitudes, beliefs, risk perceptions and behaviors. This program provides middle or high school students with information about risks related to substance use, and how to make healthy choices. This would be an excellent enhancement to a health education curriculum, and can be delivered in time blocks that fit your school schedule.

* These programs are listed on the National Registry of Evidenced-based Programs and Practices (NREPP), which have been demonstrated to be effective through independent scientific review.