

Prevention

The Prevention Program continues to contract with four drug and alcohol provider agencies that have full-time Prevention Specialist on staff. These prevention specialists provide direct prevention services in both York and Adams Counties. They work with many different community groups to reach individuals who in the past were under served and under educated about the dangers of substance abuse usage. We have found that there must be community support in order for prevention services to be effective. All of the prevention specialists are providing evidence-based programs that are research on their effectiveness in community groups. Prevention programs are provided in school settings, religious organizations, social service agencies, and juvenile justice programs. These evidence-based programs meeting the six federal categories: Information Dissemination, Education, alternative Activities, Problem Identification and Referral, Community-Based Process, and Environmental. These comprise the overall concept of services that prevent or reduce the use and abuse of alcohol, tobacco and other drugs.

The Prevention Program has added four evidence-based programs that provide students, parents and youth opportunities to interact with positive outcomes. The four programs:

- **Families That Care: Guiding Good Choices (GGC)** – is a multimedia program that gives parents of children in grades four through eight (8 to 13 years old) the knowledge and skills needed to guide their children through early adolescence.
- **Club Ophelia Training Program** – Senior girls act as mentors to small groups of girls in grades 6-8 to help them develop relationship skills, learn alternatives to bullying, and most of all, to have fun. Recurring groups are held at either schools or community organizations. In addition there is a week long camp or Camp Ophelia during the summer “Where girls don’t hurt each other”.
- **Strengthening Families Program: For Parents and Youth 10-14 (also available for Parents and youth 15-18)** is a video-based intervention designed to reduce adolescent substance abuse and other problematic behaviors in youth. The program is delivered within parent, youth, and family sessions using narrated videos that portray typical youth and parent situations. The emphasis is on parental involvement each learning about the other’s goals and aspirations planning ahead for the future.
- **Too Good For Drugs (TGFD)** – is a school-based prevention program designed to reduce the intention to use alcohol, tobacco, and illegal drugs in middle and high school students in the York and Adams County area.

We know that with all of the programs in our schools students return to environments that are toxic to their growing into young adulthood. What is learned in the classroom can be lost due to extreme pressures in home life. Parents or caring adults are key to students refraining from drug use hence the need for parental involvement in programs. Parents as well as youth are given tools to help them encourage each other in positive behavior.

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The Student Assistance Program provides students with access to assessment services provided by trained core teams staffed with school personnel and drug and alcohol counselors provided by the York/Adams Drug and Alcohol Program. The service is provided by contract, which is agreed upon by each school district. The core teams do not diagnose, treat or refer for treatment; but they may refer for an assessment for treatment. It's the parent's right to be involved in the process while the student is involved with the core team. Parental involvement is importance in the decision-making process, which affects the child 's education and is key to revolting problems.

Intervention services are provided by programs such as Treatment Alternatives to Street Crimes know better as TASC, Employee Assistance Programs (EAP), Driving Under the Influence programs (DUI), and Drug Court programs available to residents of York and Adams Counties.

Prevention Program Specialist
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