

## **MEDICATION TAKE BACK PROJECT**

This project is an opportunity for the public to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs for safe disposal. Please contact us for dates in your community or how you can help.

## **OVERDOSE PREVENTION AND EDUCATION PROGRAM**

This program aims to increase awareness on overdose prevention and plan for prevention strategies specific to the needs of the community.

## **PROFESSIONAL DEVELOPMENT/ COMMUNITY PRESENTATIONS**

The Council offers a variety of prevention programs and presentations to the community, please contact us to discuss your presentation needs.

**FOR MORE INFORMATION  
ON ANY OF THESE PROGRAMS CONTACT:**

**DIANE CATHERWOOD  
215-230-8218 x 3185  
dcatherwood@councilsepa.org**

## **OUR MISSION**

To provide resources and opportunities to reduce the impact of addiction, trauma and other related health issues for the entire community. We accomplish this through prevention, consultation, education, advocacy, assessment, intervention and recovery support services.

The Council of Southeast Pennsylvania, Inc. provides services within Southeastern Pennsylvania to provide education and increase awareness of Alcohol, Tobacco and Other Drugs (ATOD) to youth and adults. We accomplish this through speaking engagements, presentations, health fairs, school based groups, family strengthening programs, and information dissemination, to name a few.



**The Council of Southeast Pennsylvania, Inc.  
The Bailiwick Office Campus  
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Fax: 215-230-8205**

**Information/Advocacy Line  
1- 800-221-6333**

**For more information visit our website at:  
[www.councilsepa.org](http://www.councilsepa.org)**



Funding for many prevention programs in Bucks County is made possible by the Bucks County Drug and Alcohol Commission, Inc., through an agreement with the Pennsylvania Department of Health, Bureau of Drug and Alcohol Programs.

**THE COUNCIL OF SOUTHEAST  
PENNSYLVANIA, INC.**

## **PREVENTION PROGRAMS**



**Prevention, Intervention, &  
Addiction Recovery Solutions**

**Information/Advocacy Line  
1-800-221-6333  
24 hours a day / 7 days a week**

## PROGRAMS

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### SCHOOL-BASED GROUPS

*Botvin LifeSkills Training (LST)* was developed by Dr. Gilbert J. Botvin, an internationally known expert on drug abuse prevention. LST is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risk behaviors. LST promotes healthy alternatives to risky behaviors through activities designed to teach students the necessary skills to resist social pressures to engage in the use of substances, help develop greater self-esteem and self-confidence, effectively cope with anxiety, increase awareness of consequences of substance use and enhance cognitive and behavioral competency to reduce and prevent a variety of health risk behaviors.

*Too Good For Drugs (Too Good)* was developed by the Mendez Foundation and is a comprehensive drug abuse prevention program designed to mitigate risk factors and build protection within the child. Too Good develops a framework of social and emotional skills through the development of goal-setting, decision-making, and effective communication skills in addition to peer pressure refusal, pro-social bonding, conflict resolution, and media literacy. Too Good builds the basis for a safe, supportive, and respectful learning environment.

Funding is available, through the Bucks County Drug and Alcohol Commission, to provide cycles to elementary and middle school student at no cost to the participants or the schools themselves.

### FAMILY STRENGTHENING PROGRAMS

*Guiding Good Choices* is a National Registry of Evidence-Based Programs and Practices (NREPP) recognized, evidence-based drug prevention program that seeks to give parents the skills they need to help reduce their children's risk for using alcohol and other drugs. The goal of Guiding Good Choices program is to prevent substance abuse among teens by teaching parents effective family management and communication skills before their children enter adolescence. The target audience for this program is parents of children in grades 4-8, ages 9-14.

### NATIONAL ALCOHOL SCREENING DAY

National Alcohol Screening Day® (NASD) is an annual event that provides information about alcohol and health as well as free, anonymous screenings. NASD's yearly screenings help normalize the process of regularly checking personal use of alcohol, and keeping current about individual health and safety where alcohol use is concerned. Screenings aid in early detection of alcohol use disorders. Event sites are located across the nation in community, health care, college, military and employment settings.

### INFORMATION DISSEMINATION

The Council has been the host of information dissemination throughout Bucks County for the past 35 years. We accomplish this through providing a large variety of substance abuse information, materials and resources that are accurate and consistent with current knowledge of sound approaches to prevention, intervention and treatment. Information is disseminated to public and private agencies, organizations and individuals through internet activities and including, but not limited to, community groups, youth organizations health fairs, and religious and social organizations.

### LEAD ON!

This event is a county-wide youth leadership conference open to all Bucks County school students from grades 6-12. Rewarding pro-social involvement is one of many known protective factors, which buffer against and offset risk factors for alcohol, tobacco and other drug use. Lead On! addresses issues relative to the Search Institute's 40 Assets of protective factors and rewards students, advisors and schools for their initiative in youth leadership prevention activities, reinforcing characteristics among the 40 Assets.

### CENTRAL BUCKS DRUG FREE PROJECT – A DRUG FREE COMMUNITIES COALITION

The Central Bucks Drug Free Project is a community anti-drug coalition that seeks to reduce and prevent drug use and underage drinking by youth in Central Bucks

### AIM INTERVENTION PROGRAM

#### Youth Ages 12-19 First Occurrence

#### Goal:

**Decrease the risk factors associated with alcohol, tobacco, other drugs (ATOD) use**

For adolescents who are early experimenters with alcohol and other drugs, the AIM program provides information presented in a nonjudgmental atmosphere, and can be an effective modality for encouraging behavioral change. The program for youth in this age range employs a non-confrontational style of interaction based on the principals of **Motivational Enhancement Therapy and Cognitive Behavioral Therapy.**