

Prevention Education

Multi-Session Programs:

Anger Management for Adults
Blues Program
Botvin Life Skills (Students/Parents)
CATCH My Breath
Leaps and Bounds
Project Toward No Drug Abuse
Second Step Bullying Prevention
STEP/STEP Teens
Strengthening Families/Families
Fuertes/Strengthening African
American Families
Student Mentoring (K-12)

Small Groups - Life Skills:

Botvin Life Skills
Lifeskills for Littles
FISH (Families in Separate Households)

Single Session Programs:

Choices, Chances, Changes
Current Drug Trends
Clean Break
Cyber Gambling Awareness for Teens
Gambling Awareness for Adults
HOPE
Social Media Awareness
Youth Vaping Prevention

Creative Clubhouse:

A Summer Art & Wellness Youth Program

An imaginative and educational experience giving elementary and middle school children a creative opportunity to explore their mental and emotional wellbeing to manage stress and anxiety, regulate emotions, and build resilience and self-esteem.

Student Mentoring

Mentoring provides social and emotional learning to students in K-12. CHC's team of trauma-informed, culturally responsive adults meet with school students in small groups or in one-on-one sessions. A core evidence-based curriculum *SPARK (Speaking to the Potential, Ability and Resilience inside every kid)* is utilized to assist children with communication, problem-solving and conflict resolution skills. *SPARK* aims to increase school connectedness, reduce risk factors, and uncover protective factors to promote emotional well-being and school success. CHC Mentors work alongside students to teach skills and strategies encompassing the five pillars of SEL. Practical hands-on activities demonstrate to students how to apply these concepts to their lives.



Student Assistance Program (SAP)

The Commonwealth of Pennsylvania's Student Assistance Program is designed to assist school personnel in identifying problems and behaviors which pose barriers to a student success, including mental health issues and misuse of drugs and alcohol. A student can be referred to the program by themselves, a family member, a friend, teachers or other school personnel. The goal of the SAP Team is to help students overcome challenges so they may achieve, remain in school, and advance in life. CHC SAP Liaisons are available to help children and parents identify resources and support systems to reduce the impact of everyday concerns.

CHC is a provider of the Commonwealth Approved SAP Training Program to certify SAP professionals.

Community and Workplace

Mock Teen Bedroom: CHC's highly requested educational resource for adults only, presented at health fairs, school nights, and community events. Visitors learn how to identify drug paraphernalia, how substances and drug use can be disguised, up-to-date information about drug trends, how to talk to children about drugs and alcohol, and available resources for help.



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Program Request Form

Current Drug Trends and HOPE (Heroin and Opioid Prevention Education)

This presentation informs on the continuing concerns and dangers around opioids, heroin, and fentanyl. Learn to recognize signs and symptoms of misuse, signs of overdose and how to respond.

HOPE for the Workplace takes the HOPE program onsite to businesses, educating on how addiction affects employee turnover, relationships and workplace culture; providing tools to keep employees healthy and safe. (Virtual program also available.)

Add **Narcan® Training** to any presentation. CHC can also customize a program for your needs.