

Prevention Education

We know prevention works through survey analytics. However, it is more often through focused time and direct interaction with people that we learn about the power of our work and the fuller impact we make in their lives.

Small Groups - Life Skills:

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

Single Session Programs:

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

Multi-Session Programs:

Anger Management for Adults
Blues Program
CATCH My Breath
Botvin Life Skills (Students and Parents)
Leaps and Bounds
Project Toward No Drug Abuse
Second Step Bullying Prevention
STEP/STEP Teens
Strengthening Families/Familias Fuertes
Too Good for Drugs/Violence
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, build resilience and self-esteem. Also available as an after-school program.

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's 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 kids and parents identify resources and support systems to reduce the impact of every day 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.

info@thechc.org



Program Request
Form

HOPE (Heroin and Opioid Prevention Education)

Educates on the continuing concerns and dangers around opioids, heroin, and fentanyl. Learn to recognize signs of overdose and how to respond.

HOPE for the Workplace takes the 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.

The Lehigh Valley's leading provider of prevention programs and student mentoring.