

Tips and Alerts

Oneida County Prevention Council Bulletin

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Office Hours

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www.WhenTheresHelpTheresHope.com



Prevention Council Highlights

Center for Family Life and Recovery, Inc. is home to the Oneida County Prevention Council. The Prevention Council engages the youth in the community with multiple tools to teach them about the dangers of drug and alcohol use. The primary tools used by the Prevention Council are Evidence-Based Programs, which are proven through research to be highly successful.

Second Step is an Evidence-Based Program for students in kindergarten to eighth grade. This program teaches and enhances socio-emotional skills, which gives students confidence to solve problems and to say no to drugs and alcohol. The program delivery and number of sessions differs by grade, and includes interactive videos, songs and partner activities.

Also, *Project Towards No Drug Abuse* (TND), another Evidence-Based Program, has previously been delivered in summer programs and after school programs. With twelve sessions, TND's goal is to reduce the use and abuse of drugs amongst students. This program is specifically designed for middle and high school students.

The newest Evidence-Based Program that the Prevention Council has adopted is *More Than Sad*. This program differs from the other two because it is primarily focused on mental health. The curriculum consists of two DVDs, both of which educate students on the differences between bipolar disorder, depression and anxiety, while also educating on risk factors that can lead to suicide. This curriculum is for students and education professionals, and can be completed in one session.

With the programs that have been previously delivered, the Prevention Council has seen a great increase in knowledge of socio-emotional skills amongst students, as well as their knowledge of the dangers of drugs and alcohol.

Did you know?

1. CFLR, Inc.'s Prevention staff welcomes the opportunity to engage students in your school or program in preventative programming focused on social skill building and substance prevention education.
2. *Second Step* and *Too Good for Violence* utilize puppets in lessons for younger children as an exciting way to keep them focused and engaged.
3. By attending CFLR, Inc.'s "Speak the Truth: Recovery Event Celebration" on September 12, you can learn about these programs and other CFLR, Inc. programs and services.

If you are interested in learning more about how you can get one of these programs in your school, or if you have any questions, please contact Judith H. Reilly, Community Programs Director, at jreilly@cflrinc.org.