

## Behavioral Health

### **CAST – Coping And Support Training** (*evidence-based*)

- 12 sessions for high risk youth to improve moods, decrease drug use and improve school performance for middle or high school students (CAST is for small, pull-out groups of 6-8 students)

### **Vaping/Opioid Education**

- 1 lesson focused on vaping or opioids for middle or high school students. Also available for staff and/or parents

### **Project Alert** (*evidence-based*)

- 11 lessons that promote non-use attitudes, beliefs and resistance strategies for middle school students

### **Second Step** (*evidence-based*)

- 13 lessons (grades 6-8) or 22 lessons (grades K-5) focused on equipping youth with social-emotional skills in order to help them thrive in school, home and the community

### **Prime for Life** (*evidence-based*)

- 4.5 – 20 hours of program that focuses on prevention, intervention, and pretreatment for substances, intended to change drinking and drug use behaviors for middle or high school students

### **LifeSkills Training** (*evidence-based*)

- 15 lessons (grades 6-7) or 10 lessons (grades 9-10) that promote essential life skills for substance abuse prevention

### **FreshStart™** (*evidence based*)

- 4 lessons created by the American Heart Association that focus on decision making and goal setting strategies to help quit smoking or vaping.

### **Emerging Drug Trends**

- 1 lesson discusses current trends in substance use and abuse among adolescents; includes information on recognizing and responding to signs of substance abuse

## Healthy Relationships

### **Safe Dates** (*evidence-based*)

- 10 lessons discussing healthy relationships for middle or high school students

### **Sexually Transmitted Diseases (STDs)**

- 1 lesson to review signs/symptoms, risks, prevention and testing options

## How to Talk to Teens: For Parents

- 1 lesson teaches parents about overcoming common barrier in their relationship with their teen. Provides parents with the tools needed to address sensitive topics ( sex, substance abuse, relationships and mental health)

## Contraception 101

- 1 lesson reviews devices and methods, pro/cons, and how to access services

## Mental Health

### LEADS – Linking Education and Awareness of Depression and Suicide (*evidence-based*)

- 3 lessons discussing symptoms of depression, warning signs of suicide, risk factors and protective factors

### SOS – Signs of Suicide (*evidence-based*)

- 1 lessons focusing on depression awareness and suicide prevention for middle school students

## Healthy Living

### Healthy Lifestyles

- 4 – 8 lessons on Holistic diet and exercise education; focuses on health of mind and body

### Taking Control of Your Health

- 1 lesson discusses making health a priority; topics include obtain health insurance, establishing primary care, and tips for talking to the doctor

### Hygiene

- 1 lesson discusses basic of personal hygiene, cleanliness, and infection prevention

## Disease Prevention & Management

### Allergies & Asthma: What Schools Need to Know

- 1 lesson overviews disease processes and management; discusses how to respond to anaphylaxis and/or asthma attack; includes EpiPen™ demonstration

### Head Lice, Bed Bugs, and Scabies

- 1 lesson reviews signs/symptoms, management, and prevention