

St. Clair County Health Department Prevention Programming Menu

Behavioral Health

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.

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.

Vaping/Opioid Education

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

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.

Healthy Living

Healthy Lifestyles

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

Hygiene

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

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.

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Healthy Relationships

Contraception 101

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

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).

Safe Dates *(evidence-based)*

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

Sexually Transmitted Diseases (STDs)

- 1 lesson to educate on signs/symptoms, risks, prevention and testing options.

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 lesson focusing on depression awareness and suicide prevention for middle school students.

**For more information on Prevention Education:
Contact (810) 987-5300 Health Education or (810) 987-1311 Teen Health**