



## GUIDE TO FREE PREVENTION PROGRAMS IN BUCKS COUNTY

In Bucks County, Pennsylvania, a variety of free prevention programs are available to support the community in addressing critical issues such as mental health, substance abuse, and youth development. These programs empower individuals and families, providing essential resources and education to foster healthier lifestyles and prevent crises.

The landscape of prevention initiatives in Bucks County is rich and diverse, catering to different age groups and needs. Organizations offer peer-led educational programs focusing on mental health awareness and coping strategies, ensuring participants can access support regardless of formal diagnoses. Similarly, other organizations provide comprehensive substance abuse prevention training, targeting youth and adults through community engagement and evidence-based practices. Moreover, local entities emphasize social-emotional learning and family support, equipping young people with the skills necessary to navigate challenges related to bullying, substance use, and mental health.

These programs not only aim to prevent negative outcomes but also strive to build resilience within the community. This guide outlines some of the various free prevention programs in Bucks County, highlighting their objectives, target audiences, and how individuals can access these valuable resources.

Whether you are a parent seeking support for your child or an individual looking to enhance your understanding of mental health and substance use issues, this guide will serve as a comprehensive resource for navigating the wealth of opportunities available in the county.

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# THE COUNCIL OF SOUTHEAST PENNSYLVANIA, INC.

## Program Contacts:

CATCH My Breath & INDEPTH  
COPE  
FASD Awareness  
PAYS Data Analysis  
Project CONNECT

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Program Name	Target Behaviors Grade	Program Description	Duration	Pre & Post?
<b>CATCH MY BREATH</b>	Secondary Level	Best-practices youth vape prevention program to equip students with the knowledge and skills they need to make informed decisions about the use of vaping devices.	4, 40-min. sessions	
<b>COPE</b>	K-12	COPE (Creating Opportunities for Personal Empowerment) helps young people develop the skills necessary to stop negative thoughts, and start thinking and acting in more positive ways.	7, 45-min. sessions	
<b>FASD Awareness</b>	Open to all	Presentation to raise awareness and educate pregnant women, women of childbearing age, and the general population about Fetal Alcohol Spectrum Disorder (FASD) about preventable birth defects, developmental disabilities, and behavioral health problems associated with alcohol consumption during pregnancy	1 hour	
<b>INDEPTH</b>	Vape policy violations at Secondary Level	Alternative for students who face suspension for violation of school tobacco, vaping, or nicotine use policies	4, 50-min. sessions	
<b>PAYS Data Analysis</b>	All Bucks Schools	Support to Bucks County schools to interpret and present their 2023 PAYS data to their community	As needed	
<b>Project CONNECT</b>	Vape policy violations at Secondary Level	Project CONNECT®, a <u>nicotine</u> cessation and reduction program, is specifically designed to motivate participants to make positive choices, including changing their <u>nicotine use</u> , attitudes, and behaviors.	4, 1-hour sessions	

# THE COUNCIL OF SOUTHEAST PENNSYLVANIA, INC.

## Program Contacts:

SBIRT, Teen Intervene, YMUPTF, Speaking Engagements  
The Blues Program



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Ask your SAP Liaison

Program Name	Target Behaviors Grade	Program Description	Duration	Pre & Post
<b>SBIRT</b>	BH & MH Providers, Health Professionals	Training, resources, and technical assistance are provided to use and understand the CRAFFT 2.1+N and CUDIT-R screening tools for alcohol and cannabis use.	As Needed	
<b>The Blues Program</b>	8th - 12th grade	The Blues Program is a group-based prevention program for 4-8 teens in grades 8th-12th (aged 14-19) with symptoms of depression and anxiety. In six hours of sessions, students learn cognitive behavioral strategies with a simple focus: change how you think and what you do to feel better.	6, 1-hour sessions	
<b>Teen Intervene</b>	Policy violations/ANOD Early Intervention at Secondary Level	Teen Intervene is a brief, early intervention program for 12- to 19-year-olds who display the early stages of alcohol or drug involvement. The program aims to help teens reduce and ultimately eliminate their substance use.	3, 1-hour sessions	
<b>Youth Marijuana Use Prevention Task Force (YMUPTF)</b>	Open to Bucks Community	This advisory board includes current representatives from various sectors of the community to prevent/reduce the harm associated with under 21 access to current marijuana products (delta 8) and future products that will surface as "adult use legalization" is moved forward by legislation.	Monthly	
<b>School - based packages</b>	Open to all	Schools that would like to address student use of alcohol, marijuana, and vape/e-cigarettes will be offered a package that includes speaking engagements, information dissemination, and a school-based curriculum. Topics may include but are not limited to, alcohol, marijuana, nicotine prevention, vaping prevention, AOD awareness, and drug trends	As needed	



# BUCKS IU

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Program Name	Target Behaviors Grade	Program Description	Duration	Pre & Post
<p><b>Peer Leadership Program</b></p>	<p>Middle and/or High School Students</p>	<p>The Peer Leadership Program provides students with an opportunity to work with fellow peers or lower classmen as mentors; providing support in social situations. The goal of the Peer Leadership program is to provide a platform for these students to model and cultivate positive character traits. Peer Leaders may also be called upon to serve in other leadership capacities at different events in school and often provide a prevention lesson (bullying, drugs/alcohol) to younger grades. The session will provide practical strategies and tools that students can immediately incorporate in their classrooms and school buildings. Research shows that Peer Leaders have a great ability to influence peers and younger students, including, their decisions, their behaviors and their perceptions.</p>	<p>4 hours (2 - two hour sessions)</p>	
<p><b>Suicide Prevention- Q.P.R.</b></p>	<p>High school students and/or adults</p>	<p>QPR stands for Question, Persuade, and Refer - 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.</p>	<p>60-120 minutes</p>	






# JEWISH FAMILY & CHILDREN SERVICES

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Program Name	Target Behaviors Grade	Program Description	Duration	Pre & Post
Signs of Suicide (SOS)	Middle and High School Students	This whole classroom evidence based suicide prevention program presents age- appropriate video presentations and discussions based on the concept of <b>ACT- Acknowledge</b> feeling, <b>Care</b> about the other person and <b>Tell</b> a Trusted Adult. There is an accompanying parent and teacher training component offered.	One (hour and 1/2 sessions) or Two (45min) sessions	
Youth Problem Gambling Awareness	Middle and High School Students	This whole classroom interactive presentation has a choice of three different themes/topics based on student interest: <b>Basic Youth Gambling</b> addressing warning signs and connection to substance use disorder behaviors, luck vs. skill, lottery and casino/online gaming, <b>Sports Betting &amp; Fantasy Sports</b> addressing the growing popularity and ever-changing rules of sports betting and <b>Technology &amp; Gambling</b> addressing the emerging trends of video gaming/gambling and E-sports.	One 45 minute presentation	
Cope & Thrive	Middle and High School Students	Presented as a small group, this program is designed to help children and teens cope with anxiety, stress and depression by teaching them how to develop the skills needed to stop negative or unhelpful thoughts and start thinking, feeling and behaving in more positive ways. Sessions include lessons on positive thinking, coping skills, problem solving, impacts of social media on mental health, discussions about depression, anxiety and suicide prevention, and self monitoring through journaling.	8 week sessions that meet once a week for 30-45 minutes	

Program Name	Target Behaviors Grade	Program Description	Duration	Pre & Post
<b>Too Good For Drugs and Violence</b>	Elem and Middle School Students	Too Good for Drugs and Violence Afterschool is an evidence-based violence-prevention/character education program that improves student behavior and minimizes aggression. It helps students learn the skills they need to get along peacefully with others. The program promotes a “CAREing” approach to violence prevention which includes lessons on conflict resolution, anger management, respect for self and others, drug awareness and community involvement, and effective communication.	10 sessions (1 hour per session)	
<b>Positive Action</b>	Elem and Middle School Students	Positive Action is a six-session program for youth that teaches valuable life skills about self concept, positive actions for your mind and body, treating others the way you want to be treated, telling yourself the truth, improving yourself, and promoting positive and healthy lifestyles.	6 sessions (1 hour per session)	
<b>Strengthening Families Program 10-14</b>	10-14 year olds with their families	Strengthening Families 10-14 is a seven-session program for families with young adolescents that aims to enhance family protective and resiliency processes and reduce family risk related to adolescent substance abuse and other problem behaviors.	7 sessions (2.5-3 hours per session)	
<b>Teens and Technology</b>	Middle and High School Students	With a focus on <u>digital citizenship and the links between gaming and gambling</u> , this program helps students learn to keep themselves and other safe when it comes to online gambling. Session 1 focuses on practicing good digital citizenship: showing empathy for others, evaluating the accuracy of online information, protecting their privacy, avoiding cyberbullying and maintaining a healthy balance between online and offline activities. Session 2 focuses on the parallels between gaming and gambling. The topic of how behavioral science is used to keep people playing and show students how video game creators stack the odds against the players, just like a casino does takes place as well.	1 hour (2 sessions)	

Program Name	Target Behaviors Grade	Program Description	Contact	Pre & Post
<b>Vaping Plus Prevention Wellness</b>	Middle and High School Students	Vaping Prevention Wellness is an evidence-informed intervention program. It's the country's only single session e-cigarettes prevention program designed to increase wellness-enhancing behaviors including physical activity, sport participation, healthy eating, getting adequate sleep, and practicing stress control. It can be implemented in any setting where youth are found in high schools or middle schools.	1 session (1 hour)	
<b>Girls Circle</b>	Elem, Middle, and High School Students	Girls Circle is a program designed in evidence-based approaches including Motivational Interviewing and Strength-Based practices. Girls Circle provides a structured program that addresses girls' inherent need to connect with others. Through topics, activities and environment, girls are empowered to address their needs, identify and change unhealthy behaviors, and developed and practice skills that are transferable to other aspects of their lives. Topics include, Mind, Body and Spirit, Who Am I, Body Image and Social Media, Wise and Well. Through this exploration of self, girls will be able to develop self-worth, coping and resiliency skills, interpersonal boundaries, goals, critical thinking skills and resources for safe, healthy activities.	8 sessions (1 hour per session)	
<b>Women's Circle</b>	Adult Women (18 years or older)	Women's Circle is a structured, culturally responsible program for women, designed in evidence based approaches. The program addresses women's inherent needs to connect with others. Topics include <i>Being a Well Woman</i> , <i>Identity</i> and <i>Relationships</i> . Discussion groups focus on holistic health, wellness, drug and alcohol prevention and self-discovery. A variety of creative processes such as collage, journaling, case studies and analysis along with guided visualization, stress relief and inspirational role models are utilized.	1-1.5 hours (8 sessions)	



# NOVA

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Program Name	Target Behaviors Grade	Program Description	Duration
<b>Various Program Options</b>	High School Students	NOVA offers a variety of programs to educate and enhance skills for high school students to keep themselves safe, support their peers, and encourage upstander behaviors. Programs include: Understanding Sexual Violence, Sexting & Sextortion, Human Trafficking 101, Grooming Awareness and Prevention, and Bystander Intervention. Additional program topics can be requested to fit the needs of the class.	Varies on program, can be customized for 1 class block/period or multi-session programming
<b>SHARE (Smart, Healthy, Appropriate Relationship Education)</b>	15-24 year old students with Autism or other IDD	This multisession classroom-based group program is for young people (ages 15-24) with Autism Spectrum Disorder (ASD), or other Intellectual and/or other Developmental Conditions. Through a variety of learning modalities, SHARE engages participants and provides a platform for group activities that spark conversations about self-advocacy, risk reduction, positive social connections, protective behaviors, and healthy relationships.	Full program is 10 weeks with a parent preview before starting, between 45 minutes to 1 hour. Do not need to sign up for full program
<b>PEP (Personal Empowerment Program)</b>	18+	PEP is a small group multi-session program delivered in classroom or community settings. PEP is designed to teach an individuals with Intellectual Disabilities the skills they need to stay safe and emphasize their right to safety in all areas of life. PEP is ideal for adults who need more support, or thrive in smaller learning clusters. Each program is tailored to best fit the specific needs of the group.	Full program can be between 5 and 7 sessions, depending on needs. Sessions are around 30-45 minutes

Program Name	Target Behaviors Grade	Program Description	Duration
<b>Bowl Full of Hearts</b>	4 years-3rd grade	A free social emotional learning and development program that focuses on the 10 signs of a healthy friendship. Includes an interactive story, craft, take home sheet, classroom poster and free book for each student. Program aligns with PA state learning standards for Early Childhood Education.	30-45 minutes
<b>Peace Works</b>	4th-5th grade	A free visually engaging, interactive and discussion-based program designed for each grade level. Introduces and reinforces social emotional skills.	45 minutes
<b>Choose Kind</b>	6th grade	A free interactive presentation designed specifically for 6th grade. Visually engaging, interactive, and discussion-based with elements for critical thinking and collaboration. Focus on boundary setting.	One 45 minute presentation
<b>Healthy Relationships</b>	7-12 grades	Our free program empowers students to build healthy relationships, call out violence, and advocate for themselves & their peers. Topics covered: <ul style="list-style-type: none"> <li>• Healthy friendships &amp; relationships</li> <li>• Signs of an unhealthy or abusive relationship</li> <li>• Healthy communication</li> <li>• Establishing &amp; respecting boundaries</li> <li>• How to advocate</li> <li>• Understanding consent</li> </ul>	90 minutes (or 2 45-minute sessions)
<b>TAPnS</b>	Middle School-College	A 28-session peer-to-peer program promoting healthy relationships by empowering adolescents to be advocates in their relationships and communities through peer-to-peer discussions, group activities, and engagement opportunities. Includes 4 7-week topic areas.	28 weeks total (can be used from 7-28 weeks per topic area)
<b>College IPV</b>	College/post secondary	Our program focused on education, prevention, and intervention under Title IX. We offer programs for both school staff/personnel and students. Topics covered include: Adolescent Relationship Abuse, Advocacy & intervention strategies, Campus Safety Planning, Coordinated Community Response & Campus protocols/considerations	45 minute, 90 minute, or 120 minute



# NO LONGER BOUND

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Program Name	Target Behaviors Grade	Program Description	Duration	Pre & Post
<b>Too Good for Drugs</b>	K-12	<p>The lessons introduce and develop skills for making healthy choices, building positive friendships, developing self-efficacy, communicating effectively, and resisting peer pressure and influence.</p> <p>Too Good for Drugs teaches five essential character development skills to build self-efficacy, promote healthy development, and academic success.</p>	40 minutes - 10 Sessions	
<b>Too Good for Violence</b>	K-12	<p>TGFV-A Peaceable Place and TGFV-Social Perspectives to provide students with the skills, knowledge, and attitudes they need for positive social development and supportive relationships.</p> <p>The readiness and ability to socialize, connect, and cooperate with others is essential for positive peer bonding, healthy relationship building, and advocacy for one's needs.</p>	40 minutes - 10 Sessions	
<b>Too Good for Drugs and Violence After School</b>	Ages 5-9 and Ages 10 -13	The program builds skills and strengthens healthy development in goal setting, communication, decision-making, conflict resolution, managing emotions, drug awareness, bonding and relationships and community.	30 minutes - 16 sessions	



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Program Name	Target Behaviors Grade	Program Description	Duration	Pre & Post
<b>Girl Circle</b>	Girls ages 9-14	<p>Girl Circle: Being a Girl - Ages 9 to 14            Introduces girls to the positive experience of a support circle addressing topics such as “Growing Up Female,” “Growth and Self-Care,” and “Female Role Models.” Activities include collage, affirmations, and theme-related crafts.</p> <p>Girl Circle: Friendship - Ages 9 to 14            Confronts relational aggression and shores girls up with strong interpersonal skills; knocks down barriers to pride, confidence, and empathy. Themes include topics such as “Being Included, Being Left Out,” &amp; “Feuds, Followers, &amp; Fairness.” Increases caring and relational competence.</p>	1 hour - 10 sessions	✓
<b>Too Good for Drugs with the Expansion Kit</b>	Elementary & Middle School	<p>Too Good for Drugs teaches five essential character development skills to build self-efficacy, promote healthy development, and academic success. The readiness and ability to socialize, connect, and cooperate with others is essential for positive peer bonding, healthy relationship building, and advocacy for one’s needs.</p>	40 minutes - 15 sessions	✓



# CHILD AND FAMILY FOCUS

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Program Name	Target Behaviors Grade	Program Description	Duration	Pre & Post
<b>Strengthening Families Program 10-14 (SFP 10-14)</b>	Youth between 10-14 and primary caregiver	SFP 10-14 is a seven-session evidence-based program for children ages 10-14 and their primary caregivers. The curriculum is aimed at preventing youth substance use and risky behaviors as well improving family resiliency.	7- 2.5 hour sessions	✓
<b>Gambling in Gaming</b>	Middle and High School Students	Gambling in Gaming is an evidence based gambling prevention that promotes a balanced media diet that empowers individuals to make informed choices and implement protective measures against problematic internet media use and associated mental health concerns.	1 hour session (in classroom or community)	✓
<b>Alcohol Literacy Challenge</b>	College Age and Young Adults	ALC is an evidence based program that challenges students' beliefs about the effects of drinking alcohol. Drawing on research from alcohol expectancy theory, ALC asks students to consider whether the positive experience they associate with drinking can be achieved without consuming alcohol.	1- 1 hour session	✓
<b>Leaps and Bounds</b>	Grades 3-6	By increasing students' knowledges about the risks associated with drug and alcohol use and gambling, Leaps and Bounds encourages youth to avoid risky behaviors and engage in healthy lifestyle activities.	6 Or 8 45-minute sessions	✓