

Alliance of Coalitions for Healthy Communities

HIGH SCHOOL



Prevention Programming

Programs

- **Nourished**

This program provides students with tools for creating a balanced diet and developing a positive body image. This is done by learning about the nutrition in our food and how it affects our body, mind, and wellbeing and how your environment can impact body image. This program consists of three 40-minute lessons.

Topics include: Lesson 1: Fuel Your Body, Lesson 2: Fuel Your Mind, Lesson 3: Developing a Positive Body Image.

- **Catch My Breath**

This evidence based vaping prevention program consists of four unique lessons that are approximately 35 minutes each. It is designed for students in grades 9-12. *Topics include: Lesson 1: Designed for Addiction, Lesson 2: What Could Go Wrong?, Lesson 3: Co-Create and Hack the System, Lesson 4: Take Control of Your Life.*

- **Prime For Life**

This is a self-evaluation based program that allows participants to dive deep into how high-risk choices with substance use can impact different aspects of life. It includes four, one hour lessons and can be used as a prevention tool, as well as an intervention for students who are displaying at-risk behaviors.



Presentations

- **Underage Drinking Prevention**

An interactive one hour presentation designed to teach students about the impact of alcohol on the body and brain, how to manage peer pressure and how to cope with stress and anxiety in a healthy manner.

- **Marijuana Use Prevention**

An interactive one hour presentation designed to teach students about the impact of marijuana on the developing teen brain, the effects of high potency marijuana and how to be safe as it relates to the growing prevalence of marijuana products that can often be difficult to identify.

- **Prescription Drug Safety**

This 45 minute presentation educates students about the diverse world of prescription drugs, including a crucial focus on the powerful synthetic opioid, fentanyl. Students gain knowledge on how these medications work, potential risks, and education aimed at understating risks associated with experimentation.

- **Vape Education and Prevention**

An interactive one hour presentation designed to teach students the truth about vaping, healthy coping habits as well as resources for quitting vape.

- **Transitions (High School to College)**

A 30 minute presentation designed to be a stand-alone or add-on to a longer presentation or event. This presentation teaches students skills that they can use to help them smoothly transition from high school to college.



ALLIANCE
OF COALITIONS
for Healthy Communities

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Federal, State, and/or County funding has been provided through the Oakland Community Health Network-Substance Use Disorder Services to support the project costs