

# prime for life®

An Experience. Changing Lives.

A motivational approach to exploring risk perception, choices, and values.



## UNIVERSAL

For ages 11+ and most prevention needs.



## MOTIVATIONAL

Start with the *why* and dive into the *what* and *how* of change.



## JUDGMENT-FREE

Evidence-based and designed to promote new thinking and collaboration.

Prime For Life guides participants toward a meaningful understanding of how lifestyle-related health problems, like those associated with alcohol and drug use, develop. It clearly presents insight gathered from more than 1,800 research studies, exploring problems that occur, what we can do to prevent them, and why sometimes we need help. This instructor-led, media-enriched course provides

specific guidance regarding personal choices, the management of resistance, support for change, and planning for success. It emphasizes both the role of empathy and the importance of collaboration. It's for the curious, the concerned, and for those making high-risk choices. Prime For Life is adaptable, and shorter variations of this motivational risk-reduction program make it an experience anyone can benefit from.



## NCOESC OFFERS PREVENTION AND INTERVENTION PROGRAM FOR STUDENTS *via zoom*

This program is available for not only students who have struggled with vaping, but also for those who may present as at-risk for engaging in use of alcohol or other drugs.

- A maximum of 15 students grades 8-12 in each session
- Students must attend both days
- Students must be supervised by local school personnel
- Schools must get permission from the students' guardians in order to participate in the Prime for Life program
- Students should be on their own computers with headphones OR one computer projected for multiple students in the classroom

Schools should email [pd@ncoesc.org](mailto:pd@ncoesc.org) to register students for Prime for Life. Please register 2 weeks in advance to allow time to get the materials to the schools.

### Grades 6-8 Students

October 19-20 or February 1-2  
8:00 AM - 12:00 PM

### Grades 9-12 Students

November 2-3 or February 22-23  
8:00 AM - 12:00 PM

The Prime for Life program is free to schools in Crawford, Marion, Richland, Sandusky, Seneca, Union, Wyandot, and Hancock counties through the Family and Community Liaison grant.

For specific questions regarding the Prime for Life program, contact Amanda Gase, LSW, LCDC III at (419) 447-2927 ext. 128 or [agase@ncoesc.org](mailto:agase@ncoesc.org), who will be the instructor.