

Descriptions of Safe and Drug Free Program Offerings

ABI Substance Abuse Class: This intervention class is designed to assist students in:

- Offer students and families information about the negative impact of substance use and abuse
- Enable students to make informed decisions should they be presented with situations of making choices about substance use
- Explore the social, health, financial, and legal consequences of his/her personal decision-making
- Support families in understanding the complex nature of substance use/abuse
- Prescription drug safety

The Student Development Office has contracted with Professional Counseling Services, Inc., a private practice specializing in adolescent addictions, to provide substance abuse educational services.

ABI Tobacco Education Class: This research based intervention class is designed to assist students in:

- Explore student behaviors related to tobacco use
- Study the effects of tobacco use and educate students about tobacco addiction
- Support healthy alternatives to smoking
- Assist students in making the change to a non-smoker

Kari Stickney, a certified staff member of Douglas County Schools, trained in the American Lung Association Alternative to Suspension Program, will provide tobacco cessation services.

Alcohol Education “Rethinking Drinking” Class: This intervention class is designed to assist students in:

- Restorative justice based program
- Increase resiliency and protective factors to eliminate alcohol consumption
- Offer students and families information about the negative impact of alcohol use and abuse
- Enable students to make informed decisions should they be presented with situations of making choices about alcohol use
- Explore the social, health, financial, and legal consequences of his/her personal decision-making
- Support families in understanding the complex nature of alcohol use/abuse

The Student Development Office has partnered with Restorative Works to provide alcohol education services.

Anger Management Class: This intervention class is designed to assist students in:

- Coping skills and stress management techniques
- Cognitive-behavioral techniques (how thoughts, feelings and behaviors are connected)
- Conflict styles and resolution
- Communication skills-“I” messages and fair fighting information
- Types of violence (bullying, dating violence, etc.), and alternatives
- Personal boundaries (i.e. proper cell phone use)

The Student Development Office has partnered with Professional Counseling Services to provide anger management services. Classes for Spanish speaking students are available.

On-Site Say It Straight: Say It Straight (SIS) Training promotes wellness, self-awareness, personal and social responsibility, good communication skills, positive self-esteem, and positive relationships. At the same time, it attempts to prevent risky or destructive behaviors such as alcohol, tobacco, and other drug use; violence, teen pregnancy; and behavior leading to HIV/AIDS. School administrators, psychologists or social workers identify a group of students who will benefit from an on-site six week class. The Student Development Office has contracted Sabina Kilpatrick to provide SIS training.

All Safe and Drug Free programs are voluntary. In order to maintain small class sizes, start dates may be delayed. Students will be registered in the first available class.

Referrals are accepted from the following resources:

- Parents
- Administrators
- Students
- Community Agencies
- Justice System
- School Mental Health Staff
- School Counselors