



## Prevention services equip students with skills to **live on a positive path**

Our goal is to keep students in school and provide them with every opportunity to talk and receive the help they need.

Ten16 Prevention Programming utilizes a variety of evidence-based programs, teaching students about the harmful effects of substance use, how to develop positive life skills and how to make better choices in difficult situations.



**Clare County Prevention Office:**  
989.802.0742 ext:1050

**Gladwin County Prevention Office:**  
989.426.8886 ext:1063

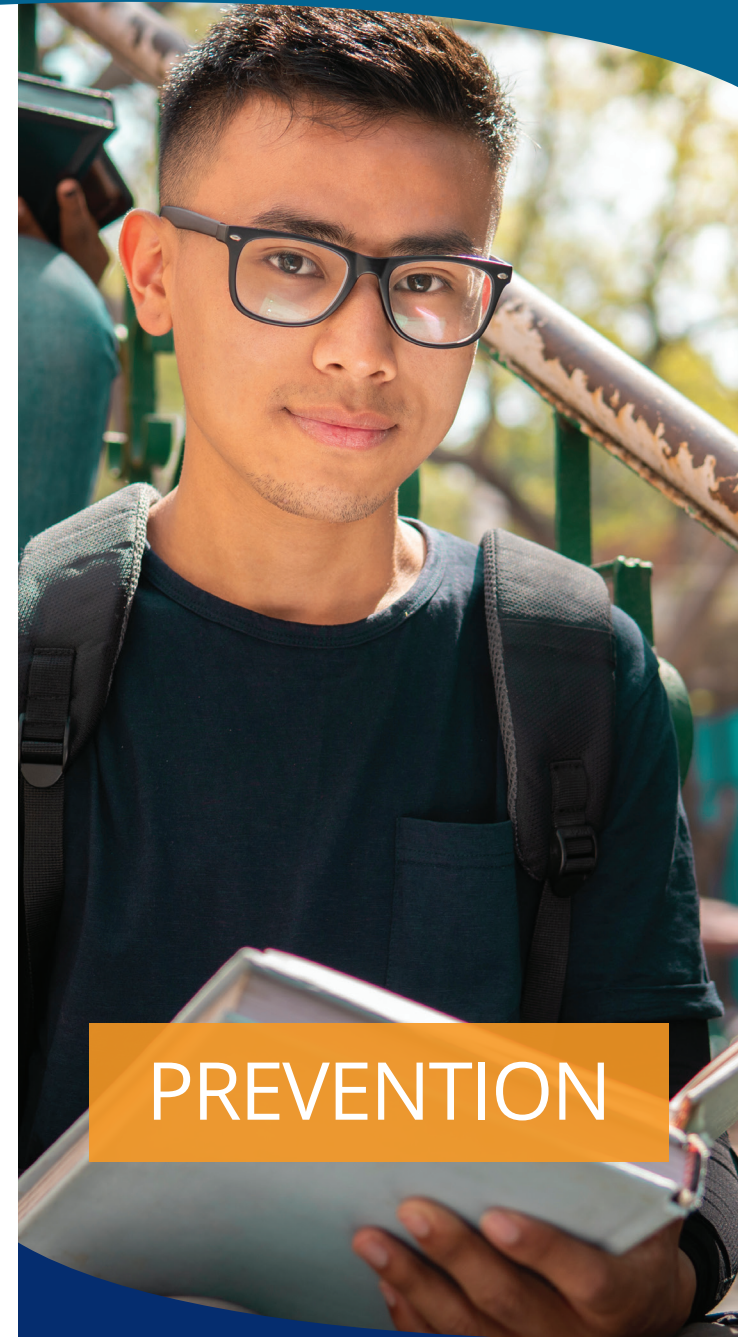
**Isabella County Prevention Office:**  
989.817.7917

**Mecosta County Subject Matter  
Expert Prevention Office:**  
231.527.1499

**Osceola County Prevention Office:**  
231.527.2000 ext:1083

**Regional Initiatives & Partnerships:  
Prevention Subject Matter  
Expert's Office**  
231.527.1499

Ten16 is an equal opportunity provider.  
Prevention services are generously supported by  
local, state and federal funding.







Effective prevention services are designed to reduce risk factors and build up **resilience** and protective factors among youth



#### COMMUNITY EDUCATION

Community-based presentations for all ages and groups. Education topics can include information about specific substances, youth risk factors, current drug trends in the local community, safe medication storage and disposal, stigma, coping strategies and much more. One-time presentations can be provided in school settings as well, for all grade levels. Educational presentations can be customized to meet the needs of the intended audience.



#### TOO GOOD FOR DRUGS

*Too Good for Drugs* is a comprehensive menu of interventions that empower youth to meet the real-world challenges of middle and high school life, fostering confidence and helping them resist substance misuse. The program equips them with social and personal awareness, helping them navigate the social and peer influences they face so they don't take unhealthy risks to fit in with their peers or escape.



#### IN-DEPTH

The American Lung Association's INDEPTH® program is a choice for students who face suspension for violating school tobacco or e-cigarette use policies. It helps schools and communities address the teen vaping problem in a more supportive way. Instead of solely focusing on punitive measures, INDEPTH is an interactive program that teaches students about nicotine dependence, showing healthy alternatives, and how to kick the unhealthy addiction that got them in trouble in the first place.



#### IT'S ALL ABOUT BEING A TEEN

This program provides teens with the life skills to master the complexities and challenges of adolescence. Flexible in its design to be customized to the challenges of the teens at that time, it can help those making high-risk choices to have meaningful education and tools to develop healthy lifestyles. A dynamic interactive curriculum designed to increase positive self-worth, personal empowerment, self-discipline, empathy, healthy attachments and resilient-protective behaviors.



#### PRIME FOR LIFE (18+)

An intervention program designed for adults who may be making high-risk choices. The purpose is to change drinking and drug use behaviors by identifying values and changing beliefs about risk perceptions. Participants will learn how to reduce their risk of alcohol and drug-related problems throughout their lives.

## Check out your local Substance Awareness Coalition

These local community collaborative groups meet monthly to discuss ways to raise awareness on substance use in your local area and strategize ways to reduce use, leading to healthier lifestyles and outcomes.

Coalitions host a variety of events and would like to connect with you.



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MOSubstanceAwarenessCoalition



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ClareGladwinPreventionCoalition