

July 20, 2021

To address the well-being of County residents, County of Santa Clara Behavioral Health Department- Prevention Services Division is pleased to announce the following programs for the 2021-2022 school year. These programs are open to all students and **free of charge**. Services can be scheduled throughout the school year.

We invite you to select the programs that best fit the needs of your students, parents, and school staff. We will accommodate as many requests as possible. These services will be provided by our contracted and trained providers. Services offered for School Year 2021-2022 are:

Trainings:

1. **Botvins LifeSkills; 3rd-10th** Substance use and violence prevention program. Helps to increase self-esteem, develop problem solving skills, reduce stress and anxiety, manage anger, learn how to build healthy relationships, and communicate clearly, as well as teaches drug refusal skills.
2. **Peer to Peer ATOD Prevention; 9th-12th** Peer-to-peer prevention and intervention program aimed at decreasing student use of alcohol, tobacco, and other drugs. Socially influential students are engaged and trained on techniques that specifically address the use and abuse of alcohol, tobacco, and other drugs in the student population.

Alternative Services

1. **Enrichment Activities: 3rd-12th** Provide positive, alternative activities that are fun, supervised, and structured. These alcohol and drug-free activities help youth avoid situations that encourage the use of substances and risky decision-making. Prevention Specialists lead enrichment activities such as video games, arts and crafts, sports, outdoor games, self-care, and mindfulness. The program also integrates substance use prevention education to help increase knowledge of the adverse consequences of substance use and develop youths' coping skills and protective factors.
2. **Friday Night Live-** A statewide youth development program for elementary, middle, and high school students, facilitated in a club format. The club focuses on engaging youth as active leaders in their community. Youth work on community engagement, leadership, and advocacy, building caring and meaningful relationships with both peers and adults, as well as skills development opportunities.

Topics to include addressing peer pressure, healthy lifestyles, PSA's, poster campaigns, data collection, involvement in government affairs, etc.

Community Presentations:

Can be tailored to the needs of the target audience. They can be customized based on topic, allotted time, age group, etc. Audience includes, but is not limited to students, parents, faculty & staff, and/or tabling & resource fairs.

Support with Suicide Prevention Efforts

Trainings for teachers, Crisis response support and consultation (forms and protocol review/creation, team development) and/or postvention.

Please submit your requests using the google survey form <https://forms.gle/zqu6tAcGhZnrNyxU6>. If you have any questions, please feel free to contact Ashley Boleware, Prevention Program Analyst II, at Ashley.Boleware@hhs.sccgov.org.

We look forward to working with your school or district to offer programs that meet the needs of the students, staff, and families.