

PREVENTION SERVICES FY2009

U=Universal, S=Selective, I=Indicated, EI=Early Intervention

SALT LAKE COUNTY AGING SERVICES		Dee Dee Lobato 468-2473
1	S	Living Well with a Chronic Condition Program is a six-week, self management workshop/class for 2.5 hours. This workshop is also referred to as CDSMP (Chronic Disease Self Management Program). Participants are those who have a chronic condition or who live with someone who has a chronic condition. This program can help participants self-manage their chronic illness by teaching them different skills and strategies such as goal setting, problem solving, communication, medication management, etc. Offered 10 times per year.
2	S	Healthy Use of Medications and other Substances are 60-minute monthly presentations (Get Connected curriculum) offered to audiences at senior centers, senior housing facilities, assisted living facilities and to the public. They will be followed by a questionnaire that will ask participants about medication use, alcohol abuse and other health behaviors. If risk of misuse is indicated, participants will be contacted for a brief intervention. Offered 12 times per year.
3	S	Med Checks will provide medicine reviews to ensure clients are not using expired medication or medications that may have an adverse effect and answer questions participants may have about their medications. Thirteen 2.5 hour events are planned at various locations.
THE ASIAN ASSOCIATION		Steven Ha 467-6060
1	S	Dare To Be You: Family Strengthening and parenting coursework
2	S	Summer School/After School for children of ethnic minorities, refugees and immigrants
3	S	Leaders and Counselors in Training (LCIT): Peer leadership and mentoring (ages 12-18)
4	I	Dropout Prevention Case Management: Addresses truancy, academic failure, disruptive behavior, Safe School Violations, family conflict and Crisis, delinquency, gang involvement, education advocacy, ATOD
5	I	Family Crisis Intervention: 24-hour crisis intervention services for refugees and immigrants involving arrests, run-aways, and drug use
6	I	Parent Education, Support and Information
7	I	Academic Assistance & Tutoring
8	I	Social Skills Building
9	EI	ASAM 0.5

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BIG BROTHERS BIG SISTERS OF UTAH		Suzanne Leonelli 313-0303
1	S	Community-Based Match: Adult volunteer mentors and child clients are recruited & screened to create 15 new matches; matches meet 2-4 times each month for one year with on-going support from BBBS,
2	S	School-Based Match: Adult/teen volunteer mentors & child clients are recruited & screened to create 36 new matches; matches meet one hour per week at the schools with on-going support from BBBS.
3	I	Voices Match: Adult female volunteer mentors and teen female clients are recruited & screened to create 32 new matches; matches meet 2-4 times each month for one year with on-going support from BBBS.
BOYS & GIRLS CLUBS OF GREATER SALT LAKE		Allison Barclay 322-4411
1	S	Staff Training: Smart Leaders Training in August (8 hours) and January (4 hours)
2	S	Smart Moves Classes: Smart Kids (ages 6-9), Start Smart (ages 10-12), and Stay Smart (ages 13 and up) are 1-hour, 12-session, after school classes offered 9 times at each of 3 locations. Classes address age-appropriate issues and provide information and skills needed for youth to adopt attitudes and behaviors of healthy lifestyles and positive character development. Topics include feelings, decision making, resisting peer pressure, media manipulation, facts and myths about drugs, assertiveness and life planning skills.
3	S	Smart Parents: Parents of youth who have participated in Smart Moves Programs attend a 1-1/2 hour evening class (12 provided per year) where the youth present what they have learned in a graduation ceremony. Parents also receive portions of the Smart Parents curricula.
CENTRO de la FAMILIA -- The Nuevo Dia Program		Alba Garcia 521-4473
1	S	Family Intake: 1-hour visits to potential families to determine qualification for the Nuevo Dia Program (Hispanic girls and their mothers)
2	S	Home Visits: Monthly 1-hour visits to homes to check girls' and mothers' progress in Nuevo Dia, address problems and act as a community resource
3	S	Education Classes: Weekly 3.5 hour classes for 6 months (then repeated) for 18 Nuevo Dia girls and their mothers, including ESL, tutoring, life skills and dynamic exercises based on Strengthening Families curriculum, plus parenting classes and community mentoring
4	S	Recreation/Education Activities: Family activities including enriching and mind expanding experiences to promote education and latino pride provided once or twice a month

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CHILDREN'S SERVICE SOCIETY		Jacci Graham 326-4388
1	S	Grandfamilies First Classes: A 12-week, 1.5 hour information/support group to educate kinship caregivers of at-risk youth on providing safe, stable and nurturing care of their relative's children. The class covers family dynamics, legal issues, parenting, substance abuse, resources, etc.
2	S	Children's Psycho-Educational Groups: A 12-week 1.5 hour class for the children cared for by the participants in Grandfamilies First Class. Education includes the dangers of alcohol, tobacco and drugs as well as skills to increase autonomy and coping with difficult emotional and social experiences. Curriculum is based on "The Children's Program Kit: Supportive Education for Children of Addicted Parents." This group meets concurrently with the Grandfamilies Firt Program.
3	S	Friend-to-Friend Monthly Support Groups: Activities ranging from guest speakers to family fun events to develop healthy bonding between kinship caregivers and the at-risk children in their care. (For families who have completed the Grandfamilies First course.
COLLABORATION of CORNERSTONE, PROJECT REALITY & VALLEY MENTAL HEALTH		Sharon Hansen 355-2846
1	I	Assessments: Two 1-hour sessions, including pre/post questionnaires, psycho/social/substance abuse history, goals, etc., for CMFPP .
2	I	Collaborative Multi-Family Prevention Program (CMFPP): Eight 2-hour groups for parents ("Communities Empowering Parents"), adolescents ("Voices" gender-specific curriculum), and a combined family group (Valley Mental Health curriculum)
3	EI	Family Relationships Evaluation & Groups: Ten 2-hour open-ended groups for parents ("Communities Empowering Parents" and "Strengthening Families"), adolescents (Cornerstone's "Voices"), and individualized family meetings. These family services are aimed at reducing the risk of children whose parents are in treatment for substance use problems.
CORNERSTONE COUNSELING CENTER		Sharon Hansen 355-2846
REFERRALS FOR ALL PROGRAMS ARE MADE FROM WITHIN THE SITE RATHER THAN FROM OUTSIDE SOURCES		
1	U	Life Skills Training Youth Classes: Five to ten 1-hour Life Skills training (Botvin's curriculum) classes are held during school hours in 6th, 7th and 8th grade classrooms.
2	S	Families Plus--"Making Choices" Youth Group: Twenty 1-hour sessions (Fraser's curriculum) are held after school for teacher-referred students in 1st through 5th grades. Classes address social skills, communication, problem-solving, classroom behavior, self-management, etc.
3	S	Families Plus--"Strong Families" In-Home Family Support: Twenty 1-hour sessions (Fraser's curriculum), held in individual homes, in which selected families of youth in "Making Choices" receive information about needed resources or services as well as parenting and family management skills.
4	S	Living Skills Youth Group: Ten 1-hour sessions (Cornerstone's curriculum) are held in community sites and low income housing sites and during or after school and summer school for referred students in 2nd through 5th grades. Classes address social skills, communication, problem-solving, classroom behavior, self-management, etc.
5	S	Sixth Sense: 6th Grade Classes and 7th & 8th Grade Booster Sessions: Ten 1-hour drug use prevention sessions (Cornerstone's curriculum) are held once or twice a week for 6th grade students. Five 1-hour booster/reinforcement sessions are held once or twice a week for 7th and 8th graders.
6	I	Voices: Ten to fifteen one-hour gender-specific sessions, in community sites and low income housing sites and during or after school and summer school for high-risk adolescents. Cornerstone's curriculum addresses risk factors that might lead to substance abuse and violence.

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GRANITE SCHOOL DISTRICT		Clay Pearce -- 646-4607
1 I Drug Offenders' Classroom is held during school hours for 45 - 180 days for 9th & 10th Grade students committing 2nd or 3rd drug or alcohol violations (can be referred upon 1st offense). Students receive instruction in the 4 school core curriculum areas, plus curriculum from Prevention Dimensions, Life Skills, QUIT, REACH (Respecting Ethnic and Cultural Heritage), etc.		
HOUSING OPPORTUNITIES, INC.		Marni Timmerman 284-4456
**ALL PARTICIPANTS NEED TO LIVE IN SAL LAKE COUNTY HOUSING AUTHORITY RESIDENCES.		
1 S Parents As Teachers Home Visitation Program: 1-hour monthly home visits to 45 moms and babies/toddlers using the Born to Learn curriculum		
2 S Parents As Teachers Group: 1-hour monthly group sessions for moms and babies/toddlers		
3 S Too Good for Drugs and Violence: Ten 2.5-hour sessions held twice a week at 9 public housing sites for ages 5-13. Includes academic enrichment, social skills and rewards.		
4 I Leadership & Resiliency: 2.75-hour group sessions held twice a week including academic assistance, alternative activities and service learning for youth ages 14-19.		
JORDAN SCHOOL DISTRICT		Jeani Mulliner 412-2953
1 I First Offenders: Four 2-hour classes held after school for Jr. High and High School students who have violated the Safe and Drug Free Schools Policy for the first time. Prevention Dimensions curriculum is used to reduce antisocial behavior, increase commitment to school, and improve academic performance. Parents attend with students.		
NEIGHBORHOOD HOUSING--YouthWorks		Clif Uckerman 539-1590
1 S Employment Skills are taught to high-risk youth ages 14-18 approximately 5 hours per day, 3 days per week. Youth are hired to participate in projects that revitalize blighted neighborhoods. They develop a work ethic, job skills, social skills, plus earn an income. School attendance and performance are required.		
2 S Life Skills are taught to the youth approximately 5 hours per day, once a week. The "Keepin' It Real" curriculum is designed to teach resistance strategies through communication, conflict resolution, decision making, anger management, etc. Youth also learn about job safety and attend presentations on community resources, healthy lifestyles, etc., and participate in field trips and community activities.		

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PROJECT REALITY		Patti Beck 364-8080
1 S	Facilitator Training: Facilitators participate in weekly consultation and trainings with Project Reality clinicians and attend a seven hour training.	
2 S	Family Skills Training: Parents, teens, children and pre-schoolers attend appropriate age-level sessions of the Communities Empowering Parents Program. Classes are held for 2 hours, once a week for 8 weeks.	
3 I	Facilitator Training: Facilitators participate in weekly consultation and trainings with Project Reality clinicians and attend a seven hour training.	
4 I	Recruitment: One 2-hour informal family meeting is held prior to the start of groups at Housing sites to recruit and orient families 11 times per year.	
5 I	Family Skills Training: Parents, teens, children and pre-schoolers attend appropriate age-level sessions of the Communities Empowering Parents Program. Classes are held for 2 hours, once a week for 8 weeks.	
SALT LAKE CITY SCHOOL DISTRICT		Clint Stoever 578-8432
1 I	INSIGHT: Four 2-hour interactive sessions for violators of the Safe and Drug Free School policy, grades 5-12, and their parents. The curriculum, developed by Salt Lake City school counselors, increases awareness and knowledge of physical, social, emotional and legal concerns associated with anger and substance use.	
SPY HOP		Hilary Cline 532-7500
1 S	Introductory mentor-based vocational arts training (Seasonal Programming/Community Partnerships): 2-hour classes, one to six times per week are held in filmmaking, sound engineering, and interactive media for participants 6 to 18 years old.	
2 S	Intermediate mentor-based vocational arts training (Reel Stories, Documenting Communities, Write-Shoot-Ride, Audio Documentary, In-School Youth Documentary): Sessions range from 2 to 5 hours, are held 2 to 5 days per week and are designed to promote positive youth development from preproduction through post-production, distribution and project evaluation for participants 14 to 19 years old.	
3 S	Advanced mentor-based vocational arts training (Loud & Clear Youth Radio, Open-Mic, Multimedia Apprenticeship): 2 to 3-hour sessions are held once or twice a week, including programs in music and commentary on KRCL Radio, weekly opportunities for personal expression and empowerment through music, and film/video production, audio engineering and interactive media for participants 15 to 19 years old.	
4 S	Pre-Professional mentor-based vocational arts training (Pitch-Nic): This young writer/director program meets 4 hours per day, 2 times per week. It is an intensive year-long program designed to empower youth through the filmmaking process of documentaries and fiction.	

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UTAH FEDERATION FOR YOUTH		Barb Meloy 468-0699
1 S	Too Good For Drugs Training of Trainers: 8-hour program training for 15 trainers	
2 S	Too Good For Drugs Program: Thirty 1-hour sessions held once a week for participants ages 5 to 13.	
3 S	Home Visits and Information Dissemination: Eighty 1-hour home visits to parents/guardians of TGFD students and distribution of TGFD materials.	
4 S	Family Prevention Night: One 3-hour family event for all students in the TGFD program and their family members held in the spring for approximately 100 participants ages 5 and up. Includes distribution of lists of resources.	
5 S	Developmental Assets Training: 4-hour training including Developmental Assets for Infants and Toddlers, What Kids Need to Succeed, and Risk and Protective Factors held twice a year for parents and professionals.	
VALLEY MENTAL HEALTH		Liz Albertsen 263-7225
1 U	Community Parenting Groups: Eight weekly 1.5-hour sessions for adults at community recreation centers using Love and Logic with additions from Strengthening Families.	
2 I	Prenatal Teen Skills Classes: Twelve to eighteen, 1 to 1.5-hour sessions for teens which aims at increasing knowledge of a healthy pregnancy, combined with additional information on knowledge of alcohol and drugs and refusal skills. Held at Horizonte and the Young Parents Program at Granite SD.	
3 I	At Risk Teen Classes: Ten 1.5-hour classes of Too Good for Drugs for incarcerated female youth at the Decker Lake & Adolescent Residential Treatment Centers.	
SALT LAKE COUNTY YOUTH SERVICES		Ayelet Engleman -- 269-7523
1 U	Information and Resource Services Call-in Center	
2 S	Daily Education--ATOD: Daily (2-4 times per day) 1-hour substance abuse prevention/drug education classes for youth ages 12-18 who are staying on campus.	
3 S	Staying Connected with Your Teen: Eight 2-hour weekly parenting classes for adults. Topics for parents of teenagers include communication, family management, parenting styles, and drug and alcohol prevention/awareness.	
4 I	Get Real About Violence: Eight 2-hour weekly anger management classes for youth 13-18 years old. Classes address identifying and learning to resolve conflict, attitudes towards violence and relaxation techniques.	
5 I	Discovering Possibilities: Ten 2-hour classes for female teens. Girls are empowered to live with joy and purpose by discovering who they are, developing knowledge and skills and experiencing acceptance of self and others.	
6 EI	ASAM 0.5	

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YOUTH SUPPORT SYSTEMS--Project Link		Lesia Lake-Allen 969-3307
1	I Assessment, Referral & Individual Meetings: Prevention assessment (including surveys) & referral and .5-hour individual meetings with youth and parents.	
2	I Peer Group Education Meetings & Parenting Classes: Seven 2-hour classes for youth (education meetings) and their parents (parenting classes) meeting separately and together. Curriculum utilizes Strengthening Families and portions of Life Skills and Reconnecting Youth.	
3	I School Attendance, Grade Monitoring and Drop In Support: Monitoring grades and attendance of youth at their schools and providing tutoring/homework support at Youth Support Systems.	
4	I Community-based Collaboration: Meeting with school counselors, probation officers, and other people and agencies involved with youth.	
5	I Social/Recreational Activities & Community Service Activities: A 3-hour recreational activity and a 2-hour community service project for the youth who are involved in the 7-session educational meetings	