

## Benefits of Prevention

Through participating in these Prevention Programs, youth will learn a variety of essential skills that will help them manage life stressors and changes in healthy ways. Through these programs, youth learn to recognize the early signs of mental health concerns, communicate their thoughts and feelings in appropriate ways, and identify people and places to go to when needing help. By becoming involved, youth can take charge of their mental and emotional needs.



## Involvement

Reach out to your school to find out if they are one of the several schools contracted with C&A's AoD Prevention Programs. Sign up for the SCYLP Remind app or follow the social media pages to stay up-to-date on the latest opportunities for youth to become involved.



### School Districts

Alliance City Schools  
Canton City Schools  
Lake Local Schools  
Marlington Local Schools  
Massillon City Schools  
Plain Local Schools  
Sandy Valley Local Schools  
Tuslaw Local Schools

**For more information,  
Please contact our  
Prevention Program Manager**

**Call 330-433-6075**

**Visit us at [www.childandadolescent.org](http://www.childandadolescent.org)**



Child & Adolescent  
Behavioral Health

Improving Lives Since 1976.

# Behavioral Health Prevention



## Program Overview

The Prevention Program at Child & Adolescent Behavioral Health (C&A) focuses on helping youth develop the knowledge, attitudes and skills they need to make positive choices or change harmful behaviors. Through prevention services, youth can obtain non-clinical mental health assistance through groups facilitated by licensed mental health professionals.

## BH Prevention

There are several Behavioral Health Prevention strategies that C&A utilizes to reach youth of all ages regarding mental health and substance use prevention. The two main services are school-based Alcohol and other Drug (AOD) groups and community-based Stark County Youth Led Prevention (SCYLP).

## Topics of Focus

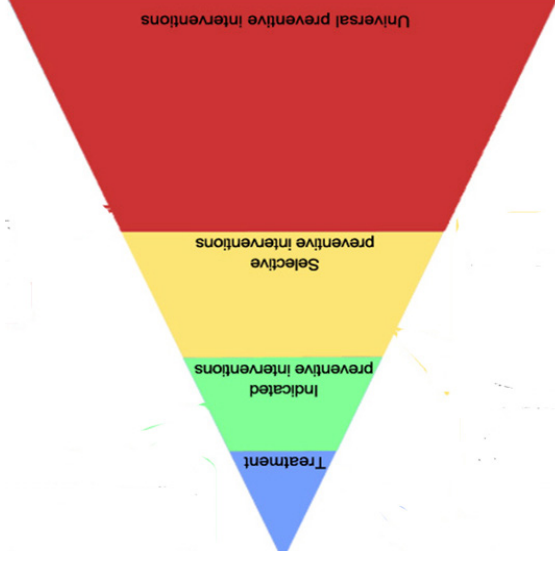
Each of our programs focus on key topics intended to build youth resilience and knowledge. Topics include but are not limited to:

- Self-Esteem Building
- Communication & Support
- Decision-Making
- Goal Setting
- Healthy Coping Skills

## School-Based AOD Programming

All AOD programs run by C&A are facilitated by licensed Mental Health Professionals. These programs focus on peer interactions and group work to assist youth in identifying their desired goals and creating positive, healthy decision-making skills to help them achieve those goals. All of the AOD programs are evidence-based and utilize lessons created in a curriculum-based format. These groups are provided to various Stark County schools and held during the school day on a weekly basis. We have AOD Programming in Elementary, Middle, and High School settings, each targeted towards developmentally appropriate learning standards.

## Levels of Prevention



## Community-Based SCYLP

Stark County Youth Led Prevention is a community group that is facilitated by licensed Mental Health Professionals who are familiar with and trained in various prevention strategies. This group is open to all Stark County youth ages 14-20 who are interested in learning about and promoting a substance-free lifestyle while growing their mental health awareness. This group focuses on maintaining a positive community through youth-determined projects, activities, and events.



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