

Prevention Programming In Central New York

CNY Prevention Providers & Available Programming					
Prevention Agency	Contact Information	Counties	Parenting & Family Programming	Community-based Youth Programming	School-based Programming
Farnham Family Services*	Contacts: <ul style="list-style-type: none"> • Candy Herbert, Prevention Services Director • Alan Francis, Prevention Services Coordinator Phone: 315-342-4489 Website	Oswego	<ul style="list-style-type: none"> • Triple P • Strengthening Families • Parenting Inside Out 	<ul style="list-style-type: none"> • Teen Intervene • SPORT • InShape • BASICS (college students) 	<ul style="list-style-type: none"> • Prevention Counseling • LifeSkills • Second Step • All Stars
Center for Family Life & Recovery (CFLR)	Contacts: <ul style="list-style-type: none"> • Jodi Warren, Prevention Services Director, jwarren@cflrinc.org • Francesca Esposito, MH Prevention Services Coordinator, fesposito@cflrinc.org Phone: 315-733-1709 Website	Oneida	<ul style="list-style-type: none"> • Triple P • Strengthening Families • Active Parenting • Parenting Inside and Out • Mental Health First Aid • Compeer Mentoring • Family Support Navigators 	<ul style="list-style-type: none"> • SPORT • LifeSkills • Second Step • Positive Action • Suicide Prevention Programming • Mental Health First Aid • Compeer Mentoring • Family Support Navigators 	<ul style="list-style-type: none"> • Second Step • LifeSkills • Positive Action • SEL programming • Suicide Prevention Programming • Mental Health First Aid • Compeer Mentoring • Family Support Navigators
Prevention Network	Contact: <ul style="list-style-type: none"> • Donna Knapp, Team Leader Community Engagement & Development dknapp@preventionnetworkcny.org • Beth Hurny-Fricano, Executive Director bhurny@preventionnetworkcny.org Phone: 315-471-1359 Website	Onondaga	<ul style="list-style-type: none"> • Parenting Wisely • Strengthening Families • PAX Community Tools • Parent Forums • Family Support Navigators 	<ul style="list-style-type: none"> • LifeSkills • Teen Institute • SBIRT • Too Good For Drugs • SPORT • Teen Intervene • Family Support Navigators 	<ul style="list-style-type: none"> • Custom-tailored presentations • Family Support Navigators
CHAD	Contact: Kevin Hares, Executive Director, KevinH@chadcounseling.org Phone: 315-253-9786 Website	Cayuga	N/A	<ul style="list-style-type: none"> • Teen Intervene • SPORT 	Too Good For Violence

*Farnham also offers the Resilience and Thriving module of Team Awareness for adult teams that work together in businesses. All organizations can offer custom-tailored presentations, tabling, and other events.

Program Descriptions

Parenting Programs

- **Triple P:** Triple P Discussion Groups are short, small group sessions that offer practical advice for tackling a specific problem behavior. A discussion group is run by a trained Triple P provider. Each session brings together on average 10-12 parents who are experiencing the same parenting problem.
- **Strengthening Families:** Strengthening Families is an evidenced-based program to enhance family skills, childhood development and reduce the likelihood of child abuse and neglect. This program is intended for children aged 3-16 years old along with the family. This program provides separate classes for parents and children and a class for families all together.
- **Active Parenting of Teens:** This is a comprehensive parenting class for parenting teenagers. This program will help give parents the skills, confidence, and courage to meet the challenges of their children's teen years.
- **PAX Community Tools:** PAX Tools extends nurturing environments beyond the classroom, empowering adults throughout the community to improve young people's behavior and relationships with the use of Evidence-based Kernels. PAX Tools is designed for use at home or in the community by caring adults such as parents, caregivers, and other adults who serve youth in volunteer or professional settings.
- **Hidden Mischief Room:** Walk through a simulated teen bedroom and see if you can spot the drug references. Also, find out about current trends in substance abuse.

Community-Based Programing for Youth

- **SPORT:** SPORT Prevention Plus Wellness (PPW) is the nation's only easy to use, single-session substance use prevention program designed to increase fitness, health and performance-enhancing behaviors like physical activity, sports participation, healthy eating, getting adequate sleep, and practicing stress control for youth
- **Teen Intervene:** Teen Intervene is an evidence-based program for youth using alcohol, drugs, or gambling. The program integrates the Stages of Change Model, Motivational Interviewing, and Cognitive Behavioral Therapy to reduce and eliminate substance use.
- **Teen Institute Program:** Teen Institute is a peer leadership program for youth in grades 9 through 12. Teen Institute youth are empowered and trained to be role models and advocate for healthy lifestyle choices among the youth in their communities.

School-based Programs

- **Too Good For Drugs/Violence:** Too Good for Violence (TGFV) is a school-based violence prevention and character education program designed to improve student behavior and minimize aggression. TGFV is designed to help students in kindergarten through 8th grade learn the skills they need to get along peacefully with others.
- **Prevention Counseling:** School-based prevention program helps identify risk, increase protective factors, and foster resiliency
- **Second Step:** Second Step Program is a universal, classroom-based social-emotional learning curriculum that is intended to raise student's success, increase self-regulation and social-emotional competence, and decrease the problem behaviors. This evidenced-based program is intended for grades K-8, ranging from 13-25 sessions depending on the grade and depth of each topic.
- **LifeSkills:** LifeSkills Training is a universal, classroom-based substance abuse prevention program. This program is proven to reduce the risks of tobacco, drug abuse, alcohol, and violence by focusing on the major social and psychological factors that could lead to substance

use and other problem behaviors. Ranging between 5-15 sessions depending on the grade, this program is also intended for Pre-K to high school grades.

- **Positive Action:** Positive Action is a universal, classroom-based mental health curriculum. This program also works on interest in learning, encourages cooperation, and teaches students that positive actions create positive lives. The program is proven to reduce substance abuse and problematic behavior. This evidenced-based program is intended for grades 1-12 ranging from 36-140 sessions depending on the circumstances and grade level.

Other

- **Resilience & Thrive** – Part of the Team Awareness program, this evidence-based module helps teams identify stress at work and home and develop strategies to survive and thrive.
- **Family Support Navigators** – Family support navigators help individuals with addictions and their families understand the progression of addiction, navigate insurance and treatment systems, and find recovery supports
- **Mental Health First Aid** – Program teaches community members how to respond to signs of mental health and substance abuse.