

YEP

2022-2023

valleyyouthhouse.org



YOUTH EDUCATION PROGRAM

2022-2023

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THE YOUTH EDUCATION PROGRAM



Beliefs

YEP began in 1989. It operates with the belief that substance abuse, violence, and other self-destructive behaviors can be prevented through alcohol, tobacco, and other drug education coupled with life skills training.



Purpose

We facilitate small groups/ classes using evidence-based, evidence-informed, and other curriculums.

We attend school and community events to promote prevention education.

We creatively disseminate prevention information.



Funding

Thanks to the Lehigh and Northampton County Departments of Drug and Alcohol, all of our prevention activities are implemented at no cost to your school or organization!

We thank them for their commitment to prevention education in the Lehigh Valley.

2022-2023

PREVENTION PROGRAMMING

ANXIETY/ COPING SKILLS PG. 4

CONFLICT RESOLUTION/ ANGER MANAGEMENT PG. 5

FAMILY/ HOME LIFE PG. 6

GAMBLING/ SOCIAL MEDIA PG. 7

LGBTQ (Offered by Project silk) PG. 8

MINDFULNESS (Offered by Shanthi Project) PG. 9

SELF-ESTEEM PG. 10

SOCIAL-EMOTIONAL LEARNING/ RELATIONSHIPS PG. 11, 12

SUBSTANCE-RELATED PG. 13-15

LET US KNOW IF YOU HAVE A DIFFERENT REQUEST; WE ARE ALWAYS EXPANDING OUR PROGRAMMING!

IF YOU ARE INTERESTED IN HAVING VALLEY YOUTH HOUSE FACILITATE A GROUP OR CLASS,
PLEASE COMPLETE THIS FORM.

ANXIETY/ COPING SKILLS

COPE

A cognitive-behavioral approach is utilized to help youth cope with anxiety, depression, and stress by teaching them how to stop negative thoughts and start behaving in more positive ways.

 EVIDENCE-BASED

 GRADES 2-12

 7 SESSIONS

GRIEF SUPPORT GROUPS

Students are encouraged to work together to process, cope with, and navigate the feelings that surround a loss that they've experienced. The topic of grief is presented through hands-on, developmentally activities.

 EVIDENCE-INFORMED

 GRADES K-12

 10 SESSIONS

RIDE THE WAVES

This group uses a fun ocean theme to teach elementary students how to cope with different feelings, difficult situations, when things do not go their way, change, and the unexpected.

 GRADES 1-4

 8 SESSIONS

CONFLICT RESOLUTION/ ANGER MANAGEMENT

CLUB OPHELIA

This arts-based, after-school program educates middle school females about relational aggression and how to form healthy relationships without bullying. Cooperative learning activities are central to the success of this program.



EVIDENCE-INFORMED



FEMALES IN GRADES 6-8



6 SESSIONS

TEACHING STUDENTS TO BE PEACEMAKERS

Students are taught competencies needed to effectively resolve conflicts and actively contribute to forming a supportive school community. It aims to reduce violence in schools and motivate healthy decision making.



EVIDENCE-BASED



GRADES 1-8



15 SESSIONS

SECOND STEP BULLYING PREVENTION UNIT

This group teaches students to recognize, report, and refuse bullying. It utilizes an integrated approach that incorporates engaging videos and hands-on activities.



EVIDENCE-BASED



GRADES K-5



5 SESSIONS

FAMILY/ HOME LIFE

(CHILDREN OF INCARCERATED PARENTS)

This group offers youth opportunities to share ideas and offer support to each other through discussion and activities related to a loved one being away due to incarceration. Supplemental children's literature is utilized as well.



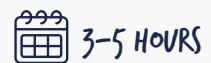
FAMILIES IN SEPRATE HOUSEHOLDS (FISH)/ (HANGING FAMILIES)

The combination of these two curriculums allow for small groups to explore and learn strategies to cope effectively with changes within their family structure. This topic is presented in a developmentally-appropriate, hands-on manner.



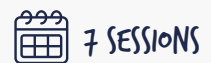
PARENTING WISELY

This online program for parents/ caregivers can be completed anytime and in just a few hours. It presents difficult situations and how to effectively handle them. Parents receive their own login information to access the course.



STRENGTHENING FAMILIES PROGRAM (10-14).

This program takes place after school and is designed for both parents/ caregivers and youth to attend. Separate sessions cover topics relevant to each group and a closing family session brings everyone together.



GAMBLING/ SOCIAL MEDIA

SOCIAL MEDIA SUPERSTARS

In this curriculum developed by Valley Youth House, students learn about their digital footprints and how to stay safe online. Relatable children's books are used to reinforce these important concepts.



STACKED DECK

This is a program that provides information about the myths and realities of gambling and provides guidance on making good choices to prevent gambling behaviors amongst youth.



WANNA BET?

This interdisciplinary program is designed to discourage gambling, including participating in online betting, through improved critical thinking and problem solving.



LGBTQ SERVICES OFFERED BY PROJECT SILK

Project Silk Lehigh Valley is a program of Valley Youth House for anyone between the ages of 14-21, with a focus on the needs of BIPOC and LGBTQ+ youth. Project Silk provides individual and group counseling about healthy relationships and sexual health. It also offers case management services, free HIV/STI/pregnancy testing, and flexible education within school or community settings.

To inquire about these programs, please contact kcamburn@valleyyouthhouse.org and/or lhooper@valleyyouthhouse.org.

AFTER SCHOOL DROP-IN CENTER

Project Silk's after-school drop-in space is located at 522 W. Maple St. Allentown, PA 18101 and is open on Tuesdays, Wednesdays, and Thursdays from 3:00- 7:00 p.m.

 YOUTH AGES 14-21

ONE LOVE FOUNDATION

These learning tools focus on giving youth guidelines and resources to learn about relationships, determine if they are cultivating healthy relationships, and how to have conversations with others about boundaries.

 EVIDENCE-BASED

 YOUTH AGES 14-21

 FLEXIBLE

MINDFULNESS WITH SHANTHI PROJECT

These programs are offered by Shanthi project, a 501(c)(3) education nonprofit that provides mindfulness services throughout the Lehigh Valley. To inquire about these programs, please contact info@shanthiproject.org or 610-829-9134.

CLASSROOM MINDFULNESS SESSIONS

The Calm+Kind+Focused program follows a curriculum developed by Shanthi Project that is based on the Mindful Schools and Mind-UP curricula. It's been shown to increase self-awareness, focus, self-regulation, and social skills.



EVIDENCE-BASED



GRADES K-12



16 SESSIONS

AFTER SCHOOL PROGRAMS AND SUMMER CAMPS

The after school and summer camp programs offered by Shanthi Project provide trauma-informed yoga, mindfulness-based games, activities, and art.



EVIDENCE-INFORMED



GRADES K-5



1-HOUR SESSIONS

TEACHER AND STAFF IN-SERVICE TRAINING

Shanthi Project offers a variety of trainings, including an introduction to trauma-informed practices, mindfulness practices for the classroom, and stress reduction and coping skills for teachers.



EVIDENCE-BASED



TEACHERS & ADMINISTRATORS



FLEXIBLE

PARENT/ GUARDIAN/ CHILD WORKSHOPS

Mindfulness teachers share techniques that can be utilized in the home setting. Parents and children learn side-by-side in a fun and engaging setting. This can have a lasting impact on the family's overall health and well-being.



EVIDENCE-BASED



K-5 YOUTH & CAREGIVER



FLEXIBLE

COLLEGE PROGRAMMING

"Stress Reduction through Mindfulness and Self-Discovery" is encourages instructors to assist participants in learning how to manage stress, chronic pain, and anxiety through the experiential learning of mindfulness.



EVIDENCE-BASED



UNDERGRADUATE/ GRADUATE STUDENTS & INSTRUCTORS



6 SESSIONS

SELF-ESTEEM

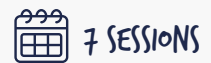
AMAZING ME

The result of a collaboration between Dove and Discovery Education, this curriculum empowers students to be confident both inside and out. It also explores the correlation between body image, bullying, and social media.



(CELEBRATING THE STRENGTHS OF BLACK YOUTH

This program offers Black and/or African American youth a variety of activities in a supportive group experience designed to promote self-esteem and enhance positive racial identity.



THE BLUES PROGRAM

This cognitive-behavioral prevention group is intended to actively engage students with depressive symptoms or those who are at risk of the onset of major depression.



SOCIAL-EMOTIONAL LEARNING/ RELATIONSHIPS

A SEA OF FRIENDSHIP

This program aims to empower students to build foundations for positive friendships by teaching skills such as listening, playing fair, accepting others, conflict resolution, and more.



KINDERGARTEN SOCIAL SKILLS

It's time to learn through play! This highly engaging program teaches kindergartners to share, take turns, transition between activities, expressing their feelings appropriately, and following directions.



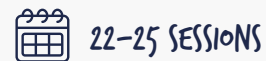
SAFE DATES

This program aims to stop teen dating violence before it begins. It teaches the qualities of healthy relationships and includes strategies for individuals as well as their support systems.



SECOND STEP

By taking a holistic approach to social-emotional learning, students engaged in the Second Step program learn how to set goals, gain confidence, make better decisions, collaborate, and navigate their world effectively.



SOCIAL SKILLS GROUP INTERVENTION (S.S. GRIN)

This targeted, small-group program covers topics such as communication, cooperation, impulse control, perspective taking, conflict management, empathy, and more.



SOCIAL-EMOTIONAL LEARNING/ RELATIONSHIPS, (CONTINUED)

STORY WEAVERS

Developed by Valley Youth House, this curriculum utilizes children's books to explore topics like anger management, communication, problem-solving, social skills, avoiding harmful substances, and more.

 GRADES K-5

 8 SESSIONS

SUBSTANCE-RELATED

ALCOHOL EDU

This program takes a public health approach to alcohol education in schools and aims to reduce the prevalence of underage drinking. Students are empowered to make safer and healthier choices with regards to alcohol.



EVIDENCE-BASED



GRADES 9-12



5 SESSIONS

ALCOHOL: TRUE STORIES

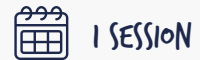
Matt Damon hosts this program that educates teenagers about underage drinking, impaired driving, and drug addiction. Young people share their powerful stories about their own experiences with substances.



EVIDENCE-INFORMED



GRADES 6-12



1 SESSION

ALL STARS CORE

This program is designed to prevent risky and destructive behaviors like drug use, violence, premature sexual activity, and delinquency by improving social competency and problem solving skills.



EVIDENCE-BASED



GRADES 6-7



14 SESSIONS

ALL STARS BOOSTER

Designed to be delivered one year after All Stars Core, this program reinforces good beginnings and ensures long-lasting prevention effects by building upon concepts taught in the year prior.



EVIDENCE-BASED



GRADES 7-8



9 SESSIONS

BOTVIN LIFE SKILLS TRAINING

Based on more than 35 years of research, the Botvin Life Skills Training program is developmentally designed to promote mental health, positive youth development, and substance resistance skills.



EVIDENCE-BASED



GRADES 6-8



10-18 SESSIONS

SUBSTANCE-RELATED, (CONTINUED)

CATCH MY BREATH

This peer-led teaching approach empowers students with information and skills to help them make healthy decisions with regards to e-cigarettes and resist peer pressure to vape.



EVIDENCE-BASED



GRADES 5-12



4 SESSIONS

KEEP A CLEAR MIND

This unique program is comprised of four activity booklets that are sent home with students to be completed with an adult. Each booklet focuses on making good choices with regards to alcohol, tobacco, and marijuana.



EVIDENCE-BASED



GRADES 4-5



4 BOOKLETS

MODEL SMOKING PREVENTION PROGRAM

This is an evidence-based, comprehensive program to help prevent youth from using cigarettes and tobacco. It also teaches healthy alternatives to tobacco products.



EVIDENCE-INFORMED



GRADES 6-8



6 SESSIONS

PROJECT ALERT

This prevention program motivates students against drug use, cultivates new non-use attitudes and beliefs, and equips teenagers with skills and strategies needed to resist drugs and alcohol.



EVIDENCE-BASED



GRADES 7-8



15 SESSIONS

THE TOBACCO PREVENTION TOOLKIT

These flexible resources are aimed at preventing middle and high school students from using tobacco and nicotine products. It has been updated to include vape, hookah, and smokeless tobacco.



GRADES 6-12



FLEXIBLE

SUBSTANCE-RELATED, (CONTINUED)

Too Good For Drugs

A universal prevention program, Too Good for Drugs teaches social and emotional skills for making healthy choices while resisting peer pressure and influence.



EVIDENCE-BASED



GRADES 1-12



10 SESSIONS

YOUTH EDUCATION PROGRAM

INTEREST/ SCHEDULING FORM

PLEASE CHECK ANY PROGRAMS THAT YOU ARE INTERESTED IN HAVING US FACILITATE. COMPLETED FORMS CAN BE EMAILED TO ADALLAS@VALLEYOUTHHOUSE.ORG OR FAXED TO 267-930-4092. YOU WILL BE CONTACTED SOON AFTER FOR SCHEDULING.

SCHOOL/ DISTRICT/ LOCATION:

CONTACT PERSON AND E-MAIL:

- | | |
|---|---|
| <input type="checkbox"/> COPE | <input type="checkbox"/> Kindergarten Social Skills |
| <input type="checkbox"/> Grief Support | <input type="checkbox"/> Second Step |
| <input type="checkbox"/> Ride the Waves | <input type="checkbox"/> Safe Dates |
| <input type="checkbox"/> Club Ophelia | <input type="checkbox"/> Social Skills Group Intervention |
| <input type="checkbox"/> Second Step Bullying Prevention Unit | <input type="checkbox"/> Story Weavers |
| <input type="checkbox"/> Teaching Students to be Peacemakers | <input type="checkbox"/> Alcohol Edu |
| <input type="checkbox"/> Children of Incarcerated Parents | <input type="checkbox"/> Alcohol: True Stories |
| <input type="checkbox"/> F.I.S.H./ Changing Families | <input type="checkbox"/> All Stars Core |
| <input type="checkbox"/> Parenting Wisely | <input type="checkbox"/> All Stars Booster |
| <input type="checkbox"/> Strengthening Families Program (10-14) | <input type="checkbox"/> Botvin Life Skills Training |
| <input type="checkbox"/> Social Media Superstars | <input type="checkbox"/> Catch My Breath |
| <input type="checkbox"/> Stacked Deck | <input type="checkbox"/> Keep a Clear Mind |
| <input type="checkbox"/> Wanna Bet? | <input type="checkbox"/> Model Smoking Prevention Program |
| <input type="checkbox"/> Amazing Me | <input type="checkbox"/> Project Alert |
| <input type="checkbox"/> Celebrating the Strengths of Black Youth | <input type="checkbox"/> The Tobacco Prevention Toolkit |
| <input type="checkbox"/> The Blues Program | <input type="checkbox"/> Too Good for Drugs |
| <input type="checkbox"/> A Sea of Friendship | <input type="checkbox"/> Other: |

- Check here if you are interested in having the Youth Education Program bring awareness to your school during monthly prevention months (i.e. Red Ribbon week, child abuse prevention, mental health awareness, etc.).