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MEDIA RELEASE

Information **Advisory** **Warning** **Update**

DATE: JUNE 4, 2020

TIME: 12:30pm

FOR MORE INFORMATION CONTACT:

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St. Clair County Health Department Offering Free Virtual Summer Prevention Programming

The St. Clair County Health Department is offering free, virtual prevention programming for middle and high school age students. Sessions will be held on Tuesday and Thursday afternoons throughout the summer, beginning June 9th. Instruction will be provided by certified Health Education staff.

As COVID-19 changed the routine and structure of the community, how have these unprecedented times impacted our youth? Restrictions on attending safe places like school, activities, sports; with limited access to teachers, counselors, mentors and peers, may have increased the chances of developing unhealthy behaviors, getting into trouble, or substance use. Evidence-based programming will help teens learn and build coping, communication and resistance skills, emotional intelligence and conflict resolution strategies. Sessions will be interactive and include fun activities.

Three different programs are being offered:

- *LifeSkills* emphasizes building personal self-management social, and drug resistance skills; targeted for 6th and 7th grade age groups.
- *Project ALERT* aims to motivate against drug use, create non-use attitudes and beliefs, and promote strategies to resist drugs; targeted for 7th, 8th, and 9th grade age groups.
- A *vaping seminar* will provide education on e-cigarettes, identifying triggers, and health consequences; targeted for ages 10 and older.

For more information or to register, contact the Health Department at (810) 987-5300.

##END#

St. Clair County Health Department Offers Virtual Summer Programs



LifeSkills

Program for 6th-7th graders

Personal Self-Management Skills

- Enhance self-esteem
- Develop problem solving abilities
- Reduce stress and anxiety

General Social Skills

- Overcoming shyness
- Communicating clearly
- Building relationships

Drug Resistance Skills

- Build effective defenses against pressures to use tobacco, alcohol and other drugs

- 11 sessions, 30 minutes each
- Tuesday's and Thursday's
- 2-2:30 pm

First Course

June 9, 11, 16,
18, 23, 25, 30
July 2, 7, 9, 14

Second Course

July 21, 23, 28, 30
August 4, 6, 11, 13,
18, 20, 25

Project ALERT

Program for 7th-8th graders

Motivates Against Drug Use

- Consequences of drug use
- Alternatives to using
- Correct misleading messages on drugs

Skills/Stragies to Resist Drugs

- Internal/external pressures
- Resistance techniques

Create Non-Use Attitudes/Beliefs

- Benefits of not using drugs
- Data and trends on teen drug use

- 11 sessions, 30 minutes each
- Tuesday's and Thursday's
- 3-3:30 pm

First Course

June 9, 11, 16,
18, 23, 25, 30
July 2, 7, 9, 14

Second Course

July 21, 23, 28, 30
August 4, 6, 11, 13,
18, 20, 25

Vaping 101

Class for age 10 and up

What are e-cigarettes?

- Describe how e-cigarettes operate
- How to identify e-cigarettes

Public/Health Consequences

- Vaping aerosol
- Toxic substances
- More than e-juice

Predatory Marketing

- Enticing flavors
- Social media influencers
- Sleek, cheap, and false advertising

- 1 session, 1 hour
- Wednesday's
- 2-3pm
- June 17, or 24
- July 1, 8, 15, 22, or 29



For questions or to sign up:

**Email: akoch@stclaircounty.org
Phone: 810-987-5300 ext. 1417**