



An Apple A Day[®]

Recognized by the New York State Department of Education as a “Promising Practices” Program, “An Apple A Day” focuses on building self-esteem and developing healthy habits in children. This curriculum is ACCA’s signature literacy-based alcohol and substance abuse prevention program.



Grow Girl![®]

This self-esteem building program helps encourage, empower and enable 10, 11 and 12 year old girls to become resilient!



The positive messages and lessons target risky behaviors like alcohol and substance use and abuse, premature sexual activity, eating disorders and negative self-image.

Boys Only![®]

This literacy-based self-esteem building program encourages and enables 5th–7th grade boys to protect themselves from engaging in risky behaviors such as alcohol and substance use and abuse, premature sexual activity, negative self-image and violence and/or conflicts with peers and in relationships with girls.



Strong Families

The Strong Families Program was developed to help parents recognize danger signs that may indicate their child is at risk of alcohol or substance abuse. The program also helps parents identify risk and protective factors in their homes to increase the likelihood of preventing their child from alcohol or substance abuse.



EVIDENCE-BASED PROGRAMMING

- Too Good for Drugs: Grades K—8
- Project ALERT: Grades 6 & 7
- Second Step: Grades 6—8
- Reconnecting Youth: High School
- Strengthening Families[®]: Family

Our Prevention Education Specialists are trained to teach children using Evidence Based Model Programming as designated by the Substance Abuse & Mental Health Services Administration (SAMHSA) as well ACCA’s own signature programming.



BULLYING PREVENTION

The No-Bullying curriculum created by Hazelden was rated in the top 10 by the American Association of School Administrators as an outstanding violence prevention program.

This curriculum helps to:

- Make classrooms safe and secure so that kids can thrive.
- Distinguish between bullying and peer-to-peer conflict.
- Hold students accountable even when they didn’t witness the act.



DEFINING PREVENTION EDUCATION

The Addictions Care Center of Albany (ACCA) provides comprehensive substance abuse prevention programs to Capital Region youth and families in schools during the school year as well as in parks and playgrounds during the summer months.

Each ACCA prevention program is designed to equip students with the tools they need to resist substance abuse, teen pregnancy, violence and school dropout.

Courses are delivered by professionally educated and trained prevention educators who serve as role models for children.

Each program consists of eight 45-minute classroom or after-school lessons. Curricula are customized for grades K–4, grades 5 & 6, middle school, high school and family-focused prevention education.

Inside, you can read more about our signature programming and the Evidence Based Programs offered by the ACCA.



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The Addictions Care Center
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***“Healing the hearts of everyone
touched by addiction.”***

Addictions Care Center of Albany

Prevention Education



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