



# An Apple A Day <sup>©</sup>

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 a buse,

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 a n d i n 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<sup>©</sup>: Family

Prevention Our Education Specialists are trained to teach chil\dren using Evidence Based Model Programming . 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-topeer 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.



#### **Addictions Care Center of Albany**

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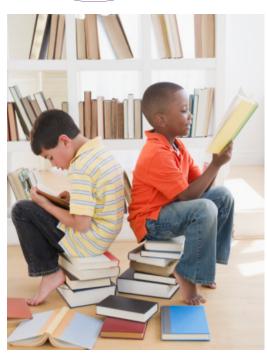
"Healing the hearts of everyone touched by addiction."

Prevention
Education

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The Addictions Care Center of Albany, Inc.

Call us at 518.465.5829

www.theacca.net