



CENTER FOR HUMANISTIC CHANGE

A Continuum of Prevention and Life Skills Programs and Services
(EB = Evidence-based program)



Audiences/Grades	K	1	2	3	4	5	6	7	8	9	10	11	12
Multi-session Programs STUDENTS	** SAP LIAISON SERVICES AVAILABLE ACROSS ALL LEVELS **												
	District-Specific Programming Aligned with the PAYS Survey Results												
	CHC Student Mentoring (K-5)					CHC Student Mentoring (6-12)					CHC Student Mentoring (6-12)		
	Too Good For Violence (EB)					Blues Program (EB)					Project Toward No Drug Abuse (EB)		
	Second Step (EB)					Second Step (EB)					Blues Program (EB)		
	SPARK (EB)					SPARK (EB)					SPARK (EB)		
	CATCH My Breath (EB)					Botvin Life Skills Training (LST) (EB)					Botvin Life Skills Training (LST) (EB)		
	Leaps and Bounds (3-6)					CATCH My Breath (EB)					CATCH My Breath (EB)		
District-wide Programs Multi-session PARENTS/FAMILIES*	Botvin Life Skills Training (LST) Parent Program (EB); Strong African American Families (EB); Strengthening Families (EB); Familias Fuertes/Strengthening Families in Spanish (EB); Systematic Training for Effective Parenting (STEP) and Systematic Training for Effective Parenting Teens (EB);												
	Single-session Programs STUDENTS	<ul style="list-style-type: none"> • Current Drug Trends (<i>Focus on Alcohol, Tobacco and Vaping</i>) • Youth Vaping Prevention • Gaming in Gambling • Kids and Technology 					<ul style="list-style-type: none"> • Choices, Chances, Changes and/or Current Drug Trends • SOS/Signs of Suicide Prevention (EB) • Youth Vaping Prevention • Gaming in Gambling • Sports Betting • Teens/Kids and Technology • Clean Break • Addiction & Opioid Crisis Jeopardy Game 					<ul style="list-style-type: none"> • HOPE • Voices from the Valley and/or Current Drug Trends • SOS Signs of Suicide Prevention (EB) • Youth Vaping Prevention • Cyber Gambling Awareness Program • Gaming in Gambling • Sports Betting • Teens/Kids and Technology • Clean Break • Addiction & Opioid Crisis Jeopardy Game 	
Single-session Programs STAFF IN-SERVICE	<ul style="list-style-type: none"> • Current Drug Trends and/or HOPE for the Workplace • Youth Vaping Prevention • CATCH My Breath (EB) 					<ul style="list-style-type: none"> • Current Drug Trends and/or HOPE for the Workplace • Youth Vaping Prevention • Sports Betting • Mock Teen Bedroom • CATCH My Breath (EB) 					<ul style="list-style-type: none"> • Current Drug Trends and/or HOPE for the Workplace • Youth Vaping Prevention • Sports Betting • Mock Teen Bedroom • CATCH My Breath (EB) 		
Single-session Programs PARENTS	CATCH My Breath (EB); Current Drug Trends; Cyber Gambling Awareness Program; HOPE; Mock Teen Bedroom; Sports Betting; Youth Vaping Prevention												
Small Group – Life Skills STUDENTS	CHC Small Group Life Skills is a non-evidence-based curriculum that is comprised of Life Skills topics which are customized based on the needs of a targeted audience. Life skills can be broad in scope and we have carefully selected topics which can be delivered as a series of recurring 30-minute sessions for seven weeks and as a single session delivered in 60 minutes. Each topic will have identified objectives and outcomes to address the specific risk factors identified by our clients.												

HOPE = Heroin and Opioid Prevention Education

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