

AIES

ADOLESCENT INTERVENTION EDUCATION AND SUPPORT

MISSION: To provide education and prevention support for adolescents struggling with issues related to drug and alcohol use.

METHOD: Provide a two hour program consisting of one hour of education and training and one hour of prevention support including but not limited to social activity and fellowship. The program will maintain an open invitation for participation to ninth through twelfth grade high school age youth, (approximately 15 through 19) but will include a well defined and structured program period with continuously monitored attendance. One additional night will be offered to those program participants and their families who desire additional support services.

PROGRAM SCHEDULE: AIES operates on a rotating sixteen week schedule, thereby repeating three times a year. The education and social fellowship elements of the program will run two hours in length once a week, with one additional day scheduled for those program participants who desire to develop and work through a *Personal Development Plan*.

PROGRAM CONTENT:

MAINTAINING HEALTHY RELATIONSHIPS

- Personality Profile / Compatibility: The first and second programming periods will consist of each participant*s completion of a very detailed personality profile test. This test will break down the characteristics of each participant*s personality profile into its healthy, average and unhealthy characteristics. The results of the test will be utilized throughout the remaining program periods to help each participant better understand the inherent weaknesses and strengths of their personality and how they impact and are impacted by others.

- 12 Components Of A Healthy Relationship:

The third programming period will entail discussion centered around a presentation of the 12 components of healthy relationship. The presentation and discussion is crafted to provide the participants with a template or measurement by which they can compare their own personal relationships and determine whether they are healthy and a positive influence or unhealthy and a negative influence on their lives.

- How Far Is Too Far In Sex And Dating: The fourth and fifth programming periods will combine a presentation that is crafted to help each participant make their own decision and draw their own lines regarding how far is too far in their dating relationships. The presentation uses five guiding principles along with current information and statistical data on STDs, socioeconomic status and family success. It also provides two guiding principles for those who have self-determined that they have already gone too far and desire to affect a change in their behavior.

- Conflict Resolution: The sixth and seventh programming periods will consist of discussion utilizing a group format and role playing to build conflict resolution skills that include how to keep a conflict from escalating, how to handle a conflict that is already hot, how to affect the final resolution of prior conflicts, and use of a mediator.

GOAL SETTING AND DECISION MAKING

- Difference Between Success and Failure:

The eighth programming period will consist of active learning activities and discussion concerning the difference that each participant's mental focus, attitude and outlook has on their ultimate success in all areas of life.

- Two Types Of Thought: The ninth and tenth programming periods will present the two types of thought, conscious and unconscious, and the hard realities of short and long term decision making which includes the overall importance of setting goals. This presentation is crafted to enable each participant to better understand their decision making ability and through personal accountability and the development of goal setting strategies, take responsibility for their future success.

- Job Skills Test: The eleventh programming period will consist of each participant's completion of a job aptitude/skill test. This presentation is crafted to enable each participant to learn more about their own skill set and level of competency so that they can make practical decisions regarding their future employment and the importance and or their need of education.

- Education And Training Opportunities:

The twelfth programming period will provide opportunity for participants to learn about education and training opportunities available to them. This opportunity will include the involvement of outside paraprofessionals from area government and nonprofit agencies/ organizations and institutions of higher learning.

DRUG AND ALCOHOL EDUCATION

- Physiological and Psychological Affects:

The thirteenth programming period will provide the latest information regarding the physiological and psychological affects that drugs and alcohol have on the human mind and body.

- Consequences: The fourteenth programming period will provide participants opportunity to hear from local, county, state and federal law enforcement the real life consequences of illegal drug and alcohol use, sales and distribution.

- Personal Responsibility & Accountability :

The fifteenth programming period will provide opportunity for participants to hear from personal testimony from those who have been successful in recovery and in all other areas of life.

- Steps To Recovery: The sixteenth program period will be both a time to recognize those participants who have completed each of the prior fifteen program periods, and a time to formally present the opportunity for any interested

participant to begin a personal journey of recovery with help from a counselor or treatment provider.

REGISTRATION

Each program participant and their parent or guardian will need to sign a program registration form for the AIES program. This form will include their authorization for GYFF to issue a Photo ID Card. Each program participant will slide their card through a card reader when entering an exiting the AIES program facility so that their attendance is recorded. Though the program maintains an open invitation to all adolescents age 15 through 19 and their continued participation is not mandatory, (unless so ordered), once the program begins, each participant will not be able to leave the program until it has ended unless they have made prior arrangements with the program administrator and have provided written verification. The program will be supervised by two GYFF staff members.

MOTIVATION

It is expected that AIES program participants will range not only in age and maturity levels, but in motivation and desire to admit and/or address their struggles with drug and alcohol issues. Therefore the AIES program content outlined above has been developed to be very practical and engaging in nature. It is hoped that Each participant will quickly see that both the program staff and the program content can be a very *real and practical* benefit to their lives personally and or to those of their family and friends. In an effort to cause each participant*s *light bulb * to go on regarding this, the programming content will be presented in a very personal way utilizing active learning methods where participation is not only encouraged, but rewarded with incentives.

AIES Program staff will focus on personal relationship building along the lines of the old saying, *no one care's how much you know until they know how much you care*. They will be instructed to utilize the relationships that are built and maintained to promote each participants involvement and utilization of other services and programming that can help them become healthy physically, emotionally and spiritually. That is why one of the keys to the AIES program*s success will be the collaboration and involvement of local, county and state private, public and government agencies / organizations.