



Child Guidance Resource Centers is a private, non-profit, community behavioral health care organization with over 60 years of service dedicated to providing quality care and educational services that best meet the needs of children, youth and their families in the Delaware Valley.

To learn more,
contact Lisa
Schneller:

484-454-8700
x1484

www.cgrc.org

email:
lschneller@cgrc.org



Project Toward No Drug Abuse

Preventing substance abuse & creating healthy futures

Project Toward No Drug Abuse is an effective, interactive substance abuse prevention program that is based on more than two decades of successful research at the University of Southern California.

HOW IT WORKS:

Project Toward No Drug Abuse focuses on three factors that predict tobacco, alcohol, and other drug use, violence-related behaviors, and other problem behaviors among youth, including:

- ☞ Motivation factors (i.e., students' attitudes, beliefs, expectations, and desires regarding drug use);
- ☞ Skills (effective communication, social self-control, and coping skills)
- ☞ Decision-making (i.e., how to make decisions that lead to health-promoting behaviors).

ABOUT THE PROGRAM:

- ☞ Project TND includes 12 sessions, with a minimum of 2 sessions per week
- ☞ Each session is 40 to 50 minutes in length
- ☞ Uses the Socratic method, classroom discussions, skill demonstrations, role-playing, and psychodrama techniques throughout the curriculum
- ☞ The target group for the program is youth ages 14 to 19.



This program is coordinated by Child Guidance Resource Centers and funded by the Delaware County Office of Behavioral Health, Drug and Alcohol Division