

# ***Tri County Mental Health Services***

## ***Available Prevention and Wellness Presentations***

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The Youth Prevention Specialist acts as a community resource to help educate about the dangers of youth substance abuse of alcohol, tobacco and other drugs. The Youth Prevention Specialist studies trends and presents on topics relevant to youth activity to students, parents, educators and concerned community people. All presentations are FREE to schools and community groups in Clay, Platte and Ray counties.

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### **“ATOD TIC-TAC-TOE”**

This informational, fast-paced and exciting game lets students come up with the answers regarding Alcohol, Tobacco and Other Drugs. The game Tic-Tac-Toe gives the kids motivation to interact and answer questions as they fill up the game board and win prizes (candy) for answering questions correctly. Great for Middle School students, not only will they learn the correct answers about Alcohol, Tobacco and other Drugs, but they will engage in conversations and ask questions about ATOD!

Age Recommendation: 6<sup>th</sup>-9<sup>th</sup> grade

Materials Needed: Projector, Computer, Screen and Blank Board and markers (can be chalk board and chalk)

### **“ADVOCACY 101”**

Help your students become effective advocates. Students will define advocacy, apply it to real-life situations, learn how to be an effective advocate and learn what they can do to influence their world.

Age Recommendation: 8<sup>th</sup>-12<sup>th</sup> grade

Materials Needed: Projector, Computer and Screen. Students will need writing utensil for worksheet.

### **“ALCOHOL AND THE ATHLETE”**

Alcohol abuse is at least as prevalent in the athletic community as it is in the general population; in fact, the majority of athletes have begun drinking by the end of high school. Both male and female college students have higher rates of binge drinking than non-athletes, and drinking five or more drinks on any one occasion affects the brain and body for several days. The fitness-oriented individual should be aware of the acute and chronic effects of alcohol on physical performance. Also includes information about the “performance enhancing qualities” of marijuana, tobacco and steroids on athletes.

Age Recommendation: 7-12<sup>th</sup> graders

Materials Needed: Projector, Computer and Screen

### **“ALL ABOUT YOU”**

This “Girls Only” presentation will help girls understand the importance of loving themselves and work on building up who they are from the inside out. This inspirational and exciting presentation will help focus girls on the unique qualities they possess and the importance of staying true to themselves and being healthy.

Age Recommendation: 6<sup>th</sup>-9<sup>th</sup> grade (GIRLS ONLY)

Materials Needed: Projector, Computer and Screen

### **“BRAIN DEVELOPMENT AND THE TEEN”**

The brain is an amazingly complex, still poorly understood, organ. During adolescence, brain organization and function enter a unique period of flux. As an individual makes the transition from childhood to adulthood, from dependence to independence, the changes in behavior are dramatic. Not surprisingly, so are the changes in brain function that give rise to these behaviors. Learn about the changes that are working in your brain, as well as what can harm teen brain development, for example, binge drinking, drug use etc.

Age Recommendation: 9<sup>th</sup>-12<sup>th</sup> grade and Adults

Materials Needed: Projector, Computer and Screen

### **“BREAKING THE CYCLE OF VIOLENCE”**

Domestic Violence is a concern for all. It can happen anytime, anywhere to anyone. Looking at the scope of the problem, talking about the warning signs of an abuse personality and examining the stages of violence can help youth recognize when violence occurs. We will also discuss examples of healthy vs unhealthy relationships as well as examine the dynamics of unhealthy families. Youth will learn how to help an abused person as well as identify what resources can be utilized to help.

Age Recommendation: 9<sup>th</sup>-12<sup>th</sup> grade and Adults

Materials Needed: Projector, Computer and Screen

### **“DESTRUCTIVE DECISIONS”**

There are a lot of decisions in life, but some can hurt you. Self-Harm, Eating Disorders and other trends are becoming day to day decisions for our youth. Destructive Decisions will talk about the dangers of self-harm (cutting, burning, choking etc), eating disorders and abuse of alcohol, tobacco and other drugs and how to avoid making these choices. We will identify positive ways to relieve stress and where to go if a youth feels like hurting themselves

Age Recommendation: 7-9<sup>th</sup> graders

Materials Needed: Projector, Computer and Screen

### **“MAKING DECISIONS”**

Decision-making is the process of making a choice after considering different options and consequences of each choice. Making good decisions is a part of leading a healthy lifestyle. Youth will engage in activities and discussion that works on making good decisions by following the decision making model.

Age Recommendation: 9<sup>th</sup>-12<sup>th</sup> grade

Materials Needed: Projector, Computer and Screen

### **“MARIJUANA”**

With some states beginning to decriminalize this drug, it is important for teens to know the truth about the affect this drug has on their bodies and its potential for addiction.

Age Recommendation: 8<sup>th</sup>-12<sup>th</sup> grade

Materials Needed: Projector, Computer and Screen

## **“MEDIA: WHAT THEY ARE REALLY DOING TO YOU”**

Teens ranked Bud and Bud Light as their #1 favorite commercial and since 2001, spending for alcohol advertising has increased 148%. Youth live in a media-driven world, everything from video games, cell phones, social networking sites, clothing and even school supplies. Youth will become aware of what media is throwing at them and learn the importance of becoming an advocate against shady media, like the alcohol, tobacco and even clothing industry. \*Presentation contains advertisements that elude to sex, drug and alcohol use.

Age Recommendation: 9<sup>th</sup>-12<sup>th</sup> grade

Materials Needed: Projector, Computer and Screen. Writing utensils

## **“METH: THE REAL DEAL”**

Meth is becoming more popular among persons 18 years and younger. This highly addictive, dangerous and deadly drug is in our communities and youth need to know the importance of staying away. Youth will learn about signs and symptoms of meth use as well as what damage it does to a person physically, mentally and socially.

Age Recommendation: 8<sup>th</sup> -12<sup>th</sup> grade

Materials Needed: Projector, Computer and Screen

## **“OTC AND PRESCRIPTION DRUGS: THE DEADLY TRUTH”**

It's an unfortunate Hollywood trend that is showing up in our neighborhoods. 1 in 5 teens has abused a prescription (Rx) pain medication, 1 in 5 report abusing prescription stimulants and tranquilizers 1 in 10 has abused cough medication. Many teens think using Over the Counter (OTC) or Prescription Drugs are safe because they have legitimate uses, but taking them without a prescription to get high or “self-medicate” can be as dangerous – and addictive – as using street narcotics and other illicit drugs. Youth need to know the importance of how these drugs can harm them and why taking them can lead to addiction or death.

Age Recommendation: 9<sup>th</sup>-12<sup>th</sup> grade

Materials Needed: Projector, Computer and Screen. Writing utensils

## **“PARENTS- THE ANTI-DRUG”**

Times are changing and the kinds of drugs that kids are hearing about in their schools are drugs that parents don't even know to ask about. This presentation alerts parents and guardians what they need to know about the trends their children already know everything about! The presenter will also offer compelling arguments for parents to keep in their “arsenal” when they have conversations with their adolescents about drugs and alcohol.

Age Recommendation: Adults

Materials Needed: Projector, Computer and Screen

## **“SELF-ESTEEM”**

Self esteem is one of those weird non-tangible things. Many adolescents, especially girls, have a hard time describing and visualizing things that cannot be touched—only imagined. Most researchers agree that self esteem is environmental—that means the people and situations around you have a lot to do with your self esteem. They are part of what builds it up or leaves it at nothing or breaks it down. Generally, low self-esteem results in self destructive behaviors and bad choices—substance abuse, eating disorders, self destructive behavior like cutting, taking it out and harming others, like bullying, practicing sexual behaviors way too soon. This presentation will help students look at their peer circles and developmental assets that contribute to the way they view themselves.

Age Recommendation: 5<sup>th</sup>-8<sup>th</sup> grade

Materials Needed: Projector, Computer and Screen, Writing utensils

### **“STRESS AND TEENS”**

Stress is caused by the good and bad, happy and unhappy things in our lives. It's all around us and effects us on a day to day basis. When we don't deal with stress it can lead to depression, substance abuse and other dangerous activities, so it's important to talk about stress. Youth will be able to define stress, give examples of both good and bad stress, identify their own stressors in their life as well as recognize positive ways to handle their stress.

Age Recommendation: 9<sup>th</sup>-12<sup>th</sup> grade

Materials Needed: Projector, Computer and Screen, Writing utensils

### **“SIGNS AND SYMPTOMS”**

This presentation will discuss a couple of issues that are correlated with one another. We'll start with some reasons why kids turn to substance abuse. Some of these reasons are tangible, while others are not. Youth will be able to identify symptoms of some of these more tangible reasons. Then we will discuss actual signs and symptoms of drug use and abuse so that one could identify if a friend is using or abusing drugs.

Age Recommendation: 9<sup>th</sup>-12<sup>th</sup> grade

Materials Needed: Projector, Computer and Screen

### **“TRENDS”**

Underage Drinking, Tobacco, Synthetic Drugs, Marijuana, RX and OTC drugs. What is eyeballing? What is huffing? These are trends that our youth are dealing with daily. Youth will learn about the harmful effects of underage drinking (and what it does to brain development), tobacco, marijuana and OTC and RX drug abuse. This overall summary of the real dangers that are facing teens today will give those answers and help lead discussions on why their peers may get involved in using and abusing drugs and what they can do to live a healthy and safe lifestyle. We will also look at trends in the media about alcohol and drugs to link abuse in the mainstream culture.

Age Recommendation: 8<sup>th</sup>-12<sup>th</sup> grade

Materials Needed: Projector, Computer and Screen

### **“WHY 21?”**

If you can vote and go into war at age 18, why can't you drink? This presentation explores and explains the biological reasoning behind the mandated drinking age of 21. We will discuss factors that influence how alcohol affects the body as well as the impact it has on the developing brain.

Age Recommendation: 8<sup>th</sup>-12<sup>th</sup> grade

Materials Needed: Projector, Computer and Screen

### **“TEENS AND DISTRACTED DRIVING”**

More than 1.6 million crashes are caused by cell phone use and texting while driving each year. Teens are at exceptionally high risk for inattention driving. We will discuss the factors that play into distracted driving (texting, drinking, inattention, lack of sleep) and the hazard of multitasking. The presenter will conduct a short activity to prove the brain's inability to multitask- and how that converts to when we're on the road.

Age Recommendation: 9<sup>th</sup>-12<sup>th</sup> grade  
Materials Needed: Projector, Computer and Screen

**“TOBACCO: UP IN SMOKE”**

One-third of teens who try cigarettes that say they are just “experimenting” end up being addicted by age 20. This presentation explores some of the nearly 4,000 ingredients found in cigarettes and what these chemicals can do to our body, what happens psychologically when we smoke, the effects of second-hand smoke and ways to say no.

Age Recommendation: 5<sup>th</sup>-8<sup>th</sup> grade  
Materials Needed: Projector, Computer and Screen

**“THE SCIENCE BEHIND ADDICTION”**

There are a variety of different reasons why an individual may choose to experiment with drugs, but what makes one person more susceptible to addiction than someone else. One of the brain areas still maturing during adolescence is the prefrontal cortex - the part of the brain that enables us to assess situations, make sound decisions, and keep our emotions and desires under control. The fact that this critical part of an adolescent's brain is still a work-in-progress puts them at increased risk for poor decisions (such as trying drugs or continued abuse). Thus, introducing drugs while the brain is still developing may have profound and long-lasting consequences. Learn how the brain and body move from social use to addiction, phases of chemical dependence, warning signs and how to lower your risk for addiction (such as environmental factors).

Age Recommendation: 9<sup>th</sup>-12<sup>th</sup> grade  
Materials Needed: Projector, Computer and Screen