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## Prevention Department Program List

***Too Good For Drugs (TGFD)*** K-12 educates students how to be socially competent and autonomous problem solvers. This program focuses on skills to increase children's sense of control, responsibility and self-control, goal setting, decision making, bonding with others, managing emotions and communicating effectively. This program is taught during one classroom period over 8 weeks. It is proven to reduce the intention to use alcohol, tobacco, and illegal drug use. More information can be obtained by visiting [www.themendezfoundation.org](http://www.themendezfoundation.org) and searching for Too Good for Drugs.

***Protecting You, Protecting Me (PYMP)*** K-5 teaches children about the effects of alcohol, and how to protect themselves against these dangerous effects. Each lesson covers a variety of life skills including media awareness, stress management, resistance strategies, decision making and communication skills. PYMP is taught to students through group activities, structured discussion and role playing while exploring real life issues. Students will learn about:

- The role and importance of the brain
- Brain growth and development
- The dangers of alcohol exposure to the brain
- The importance of protecting themselves by making good decisions
- Media literacy

PYMP is taught over 8 weeks during one classroom period. This curriculum has been taught to thousands of students in six states and has proven outcomes.

***CATCH My Breath 5-8 grade*** is an evidence-based youth nicotine vaping prevention program that teaches students skills to resist peer pressure and media influences to try e-cigarettes. These 50min sessions can be taught during a normal class period, during homeroom, student enrichment time, after-school, or at other non-school activities and clubs.

***WDAC Life Skills Program K-12*** : This program will cover the subjects of alcohol, tobacco and other drug education and address the issues related to bullying, anger management, and self-esteem. This program was developed by our prevention staff and includes programs that teach students the necessary skills for enhancing self-esteem, learning ways to creatively solve problems, and ways to reduce stressors and anxiety while managing their anger.



**Other services provided by WDAC include:**

**Saturday Teen Education Program STEP** – designed as an educational opportunity for teenagers in Washington County. Participants gain a better understanding of the legal, physical, psychological and social consequences of substance use. This can serve as an alternative to suspension from school for policy violators, as an opportunity to decrease magistrate fines and court costs, and/or as a tool for parents who are concerned about their child’s substance use.

SAP (Student Assistance Program) Team Meeting– our prevention specialist currently serves on your schools SAP team and can provide educational groups to those students referred to the SAP program.

We also offer in-service training for your teachers and have free resources are available through our office on a variety of topics.

For more information please contact Tammy Taylor, Prevention Supervisor at 724 223 1181 x126 or email [tammyt@wdacinc.org](mailto:tammyt@wdacinc.org).