

# Amazing Alternatives

**Services:** Amazing Alternatives focuses on alcohol and drug education for youth who have been experimenting with chemicals or need additional education due to exposure to chemicals within their home or social environment.

This program addresses the dangers and consequences of alcohol and drug use, peer pressure to use alcohol and drugs, positive alternatives to using alcohol and drugs and practicing these ways to deal with the influence to use alcohol and drugs.

**Program Overview:** This program will present information to youth through the utilization of lecture, videos, paperwork, and group discussion. Project Northland prevention program will be used, which is a research based alcohol prevention program for middle school students.

Additional workbooks out of The Help Series Hazelden Experiential Learning Program will also be used, focusing on the facts about drugs, abuse and addiction to alcohol and drugs, self-esteem, feelings, negative beliefs, self-defeating attitudes, and healthy relationships.

**Population Served:** The Amazing Alternatives program is aimed at youth ages fifteen and under.

**Access/Referral Sources:** Referrals of youth to the program can be made by a variety of community partners including school counselors, SRS, social workers, law enforcement, juvenile justice, court services, and probation services.

**Program Fees:** The cost for the Amazing Alternatives program is \$85.00. Insurance and Medicaid will be accepted for the alcohol and drug assessment. Scholarship and Sliding Fee Scale are also available, which are based off of the Health and Human Services Poverty Guidelines.

**Length of Program:** Classes are once a week for six weeks.



“It is easier to prevent bad habits than to break them.”  
-Benjamin Franklin



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