

MCBHC PREVENTION SERVICES

The *mission* of MCBHC's prevention department is to reduce favorable attitudes towards alcohol, tobacco, & other drugs among Mercer County residents and to decrease and/or delay the onset of substance use.

Specifically, the prevention specialists provide:

- ◆ education regarding substance abuse and addiction, life skills, family management, parenting, and leadership and advocacy development.
- ◆ intervention services for at-risk youth in Mercer County school districts and in the juvenile justice system.
- ◆ activities for diverse populations to engage in as a healthy alternative to drug use and other at-risk behavior.
- ◆ assistance in establishing or changing written and unwritten community standards, attitudes, and policies to reduce substance abuse.
- ◆ collaboration and networking with schools, churches, communities, agencies, law enforcement, and businesses to plan, organize, build, and enhance coalitions.

Accessing MCBHC Prevention Services

If you are interested in accessing any of
Mercer County Behavioral Health
Commission's prevention services, you
may contact the prevention department
at (724) 662-1550 between the hours of
8:00 am - 4:00 pm.

**Mercer County
Behavioral Health Commission, Inc.**
8406 Sharon-Mercer Road
Mercer, PA 16137

***MERCER COUNTY
BEHAVIORAL
HEALTH
COMMISSION, INC.***

Prevention Services



“Committed to Excellence”
724-662-1550

Primary Prevention

Primary prevention services are programs targeted to the general population designed to raise awareness of both risky and healthy behaviors.

Primary services include:

Awareness Programs

- ◆ Community Health Fairs
- ◆ Red Ribbon Campaign
- ◆ Community Awareness Presentations

Education Programs

- ◆ On Applebee Pond (Preschool—Gr. 3)
- ◆ On Applebee Pond-Youth Leadership Program

Evidence-Based Education Programs

The Primary Prevention Department provides technical assistance and training for the following programs:

(School & Community)

- ◆ **Too Good For Drugs - K - Grade 5**
A school-based prevention program that collaborates with parents and community members to improve the school climate, establish positive norms, and increase student bonding with their peers and teachers. This evidenced based program has been proven to reduce the intention to use alcohol, tobacco, and other drugs among students.
- ◆ **Project Alert - Grades 6 - 8** A school based prevention program that aims to reduce both the onset and regular use of substances among middle school youth. The two-year, 14 lesson program focuses on the substances that adolescents are most likely to use: alcohol, tobacco, marijuana, and inhalants.



Youth/Leadership Programs

- ◆ **Mercer County K.I.D.S.** - Summer and school year prevention program for 5th and 6th grade students.

Parent/Family Education Program

- ◆ **Parent To Parent** - Video-based program providing parenting tools.

Evidence-Based Parent/Family Programs

- ◆ **Creating Lasting Family Connections** - A comprehensive family focused program designed to strengthen family relationships for parents and youth ages 9-17.
- ◆ **Strengthening Families Program** - A prevention program that is appropriate for any and all families who have youth ages 10-14 interested in strengthening family bonds, improving family communication, and jointly solving problems. The entire family unit participates with parents and youth meeting separately during the first hour with the family session to follow. Dinner and childcare provided.

Tobacco Prevention Programs

- ◆ **Cessation** - Freedom from Smoking Group Cessation Programming
- ◆ **Young Lungs at Play (YLAP)** – Eliminating children’s exposure to 2nd hand smoke at parks and playgrounds
- ◆ **Tobacco compliance checks** - At licensed retail establishments

Secondary Prevention

Secondary prevention provides intervention services directed to population groups that are at risk.

Secondary services include:

- ◆ **Student Assistance Program Liaison Services:** Liaisons ensure that referral and support services are made available to students in all Mercer County school districts who may be experiencing behavioral health issues, including mental health and/or drugs & alcohol. Liaisons also serve on the SAP teams in their respective school districts.

