

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.
mercercountybhc.org



Mercer County Behavioral Health Commission, Inc.
8406 Sharon-Mercer Rd.
Mercer, PA 16137
(724) 662 - 1550

MERCER COUNTY BEHAVIORAL HEALTH COMMISSION, INC.

Prevention Services



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

MCBHC PREVENTION SERVICES

Prevention specialist at the Behavioral Health Commission provides:

- Education regarding substance use disorders, life skills, family management, parenting, and leadership/advocacy development skills
- Intervention services for youth at risk in Mercer County school districts
- Activities for diverse populations to engage in as a healthy alternative to drug use and other at-risk behavior
- Collaboration and networking with schools, churches, communities, agencies, law enforcement, and businesses to plan, organize, build, and enhance coalitions

PRIMARY PREVENTION

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

- Awareness Programs:
 - Community Health Fairs
 - Red Ribbon Campaign
 - Alcohol, Tobacco, and Other Drugs Awareness Presentations
 - Gambling Awareness
 - Gambling Away the Golden Years
 - WannaBet (youth education)
 - Mental Health Awareness
 - Talk Saves Lives
 - Mental Health First Aid
 - Question, Persuade, Refer
- Education Programs
 - Mercer County Camp K.I.D.S. -- This is a universal life skills prevention program for 5th and 6th graders. It is held in the summer for two weeks, followed by three club meeting facilitated throughout the upcoming school year.



PRIMARY PREVENTION (CONTINUED)

- Evidence-Based Education Programs
The prevention department provides technical assistance and training for the following programs:
 - **Too Good for Drugs** (grades K-5) is implemented in schools and is proven to reduce the use of alcohol, tobacco, and other drugs among students.
 - **Strengthening Families Program for Parents and Youth 10 to 14:** SFP helps strengthen family bonds, communications, and solving problems between parent and child. Dinner and childcare is provided at no cost.
 - **Parent to Parent** (ages 10-17) is a program for parents to learn strategies to assist their children in making healthy and safe decisions.
 - **Parenting Wisely** (ages 3-11) will teach parents skills to help reduce problem behaviors, family conflict, drug & alcohol use, and aid to improve parent-child communication.
 - **Botvin Life Skills Training -- LST** (grade 7) is a proven training that reduces the risk of alcohol, tobacco, drug abuse, and violence by targeting major factors that promote unhealthy behaviors and helps identify healthy alternatives.



SECONDARY PREVENTION

Student Assistance Program (SAP) is available in every school district for students kindergarten through 12th grade. A SAP team is made up of school staff, a SAP liaison, and other community partners who work to identify issues that pose a barrier to a student's success including alcohol, tobacco, other drugs, and mental health concerns. They are available to help a family find assistance within the school and community.