

# BEING Adept<sup>™</sup>

real stories and practical skills for substance abuse prevention



## **The Program**

### **Importance of Starting the Discussion Early**

The younger one experiments with drugs and alcohol, the more likely he or she will develop substance addictions later in life. The best prevention begins well before adolescents ever consider using drugs or alcohol. Early middle school is the time to get out in front of this issue, to educate students and their parents, and to influence decision-making. Research shows that youth begin experimenting with drugs and alcohol as early as the 5<sup>th</sup> grade, which is when our program is introduced to parents and pre-teens.

### **A Program for Students and Parents**

Being Adept is a school-based, multi-component prevention program for students and their parents. The classroom curriculum is science and research-based as well as holistically focused. From 5<sup>th</sup> through 9<sup>th</sup> grades, adolescents are learning to assert their independence and grapple with increasing social pressure. Working from this reality, Being Adept helps students become the agents of their own smart, healthy, decisions. Our research-based curriculum presents developmentally appropriate lessons with the goals of increasing specific knowledge about drugs and alcohol and raising awareness of their harm.

Meanwhile, specifically designed parent evenings with Being Adept professionals ensure that parents receive the training they need to engage in an ongoing, vital dialog with their children. Research on emotionally healthy teens point to the need for specific parenting practices. Building the kind of connection that keeps kids close while at the same time, honoring the individuation and separation process is a challenging yet critical element of effective parenting. Before parents' voices become marginalized by their children's ever-present world of text messaging and social media, we help you build a foundation for communication. Parents will leave this program equipped with the tools, strategies and protocols to raise healthy teens.

### **Instruction and Curriculum**

Our instructors include experts in the fields of science, medicine, behavioral health and law enforcement, as well as youth leaders well-suited to "connect" with kids on a personal level. We provide accurate information about drugs and alcohol and suggest practical drug refusal skills and stress reduction techniques. Our curriculum (an average of 6 lessons) validates the student experience while

providing youth with evidence-based tools to help them chose to avoid drugs and alcohol. Our classes meet in small groups of 15 to 20 students for approximately four months, with classroom sessions on a monthly or bimonthly basis. Excellent and engaging science videos that illuminate the growing teen brain are signature elements of the curriculum. The videos provide cutting edge information on particular drugs and their effects that all students need to understand. Lessons are engaging and interactive. They are designed with input fromo the University of San Francisco, UC San Diego and UC Berkeley. Being Adept honors evidence-based principals and innovation in creating our lesson plans for students.

### **Lesson Topics for Students**

- The science of addiction
- Brain Basics – what brain do you want?
- The science inside alcohol & nicotine addiction
- Cutting edge research on the effects of Marijuana
- Decoding the Media
- The science of opiates and ecstasy
- The science of stimulants & sedatives
- The science of hallucinogens
- Prescription Drug Use
- Peer Pressure
- Managing stress in proactive ways
- Two minute Yoga

### **Topics for Parents**

- How to talk to your kids about drugs and alcohol
- How to talk about your own use
- Understand national stats and local stats;
- Understand drugs of choice in your community
- Understand risk factors and protective factors
- Leave with a “parent guide”
- View role play scenarios to help guide your parenting