



Prevention Groups

Solutions Community Counseling and Recovery Centers

- **Learning to Beat Anxiety:** using a cognitive behavioral approach, the program aims to reduce anxiety and build positive coping skills by helping students identify and manage emotions and develop problem solving strategies.

Program materials developed for students Grades 3rd-12th for 6-9 sessions (45-60 minutes)

- **Teen Self-Esteem:**

Using a cognitive behavioral approach, the program is designed to help teens engage in self-reflection, examine their thoughts and feelings, and learn effective tools and techniques for building positive feelings of self-esteem and self-worth.

Program materials developed for students Grades 7-12 for 8 sessions (60 minutes)

- **Stress Management for Teens:**

Using evidence-based strategies and activities that reduce teen stress and overwhelm and make it possible for teens to feel fully engaged with life. The focus is on specific, proven-effective tools to decrease physical, cognitive, and emotional distress: tools for feeling better in the face of fear, pressure, and things that feel out of control. Each activity is supported by scientific research, offers a specific coping tool that is carefully adapted for youth, and gives teens a path to stress relief and inner calm.

Program materials developed for students ages 12-18 years for 12 sessions (45 minutes)

- **Student Success Skills:**

Goals include improvement in student academic performance, communication skills, cognitive skills, coping skills, self-efficacy, prosocial skills and self-regulation, as well as reduced bullying and improved wellness. Strategies include: setting goals, monitoring progress and sharing success, building a caring, supportive and encouraging environment, developing and practicing memory and cognitive skills, and calming anxiety and managing emotions, and developing healthy optimism. This program could be used with students experiencing stress and anxiety related to academics, homework, or tests.

Program materials developed for students in Grades 4-10 for 5 sessions plus 3 booster 1x a month (45-60 minutes)

- Groups will take place during class on a rotating schedule or study hall
- Contact Information:
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