

Our Vision

The vision of Serenity House *Impact Youth Prevention Program* is to equip this generation and community with the truth, empower them to make healthy choices and to ensure a future of high confidence, self worth, and the ability to maximize their potential. *Impact's* staff has a heart for youth and our community. We want them to experience healing, friendship, goal setting and the ability to make good decisions. Our passion is unwavering and we are committed to build resiliency towards substance abuse.

For more information on how we can impact your students, please contact:

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Serenity House receives substantial funding in support of its programs from the Department of State Health Services. This does not imply the Department's endorsement or concurrence with statements or conclusions contained herein.



impact

**Youth Prevention
Program**



**Project Towards
No Drug Abuse
9th-12th Grade**

about us

Everywhere that students are is where Serenity's *Impact* program wants to be! We currently teach students in schools, recreation centers, juvenile correctional facilities and other sites across numerous counties in the greater Abilene and Wichita Falls areas. Funded by the State of Texas, Serenity's *Impact* seeks to prevent future life and behavioral difficulties for the students in our communities.



goals

- Empower students to make healthy choices
- Equip students with truth and life-skills
- Instruct and inform students about the effects of substance abuse
- Challenge media's influence
- Provide a safe, open, and interactive environment
- Encourage students to interact with school faculty and community
- Provide relevant, up-to-date information and statistics

strategy

Our Prevention Specialists teach *Project Towards no Drug Abuse*, a State-approved curriculum for grades 9th-12th, in 45-55 minute lessons. Material is presented in a variety of interactive methods, including hands-on activities, games, props, worksheets and videos.



topic guide

Health & Goals

Students will discuss and address what constitutes good health, its value, and how to protect it. Emphasis will be placed on goal setting to improve and/or maintain good health.

Decision-Making & Commitment

The choices we make should be consistent with a healthy lifestyle and serve to empower students to achieve their goals. Students are taught skills to resist peer pressure, and encouraged to stay committed to what they believe.

Myths & Denials

Students learn information about drugs from anywhere and every where. By confronting myths and denials relating to drug use, students are able to discern fact from popular rumor and recognize mental obstacles that facilitate drug use.

Chemical Dependency

Students are taught information about chemical dependency, including the immediate and long-term physiological effects of drug use. Students gain awareness of the course of negative consequences and the family/social context of drug abuse. Availabilities for help and assistance are also identified.

Thinking Patterns

Students gain awareness of the thoughts behind their actions. Discussion and instruction focus on stereotypes, peer perspectives, and behavior loops so as to minimize drug use.

Consequences

The consequences of drug use are not usually considered until after it becomes a reality. Students gain an understanding of the emotional, psychological, physical, and material consequences that result from drug use.

Managing Stress, Anger, & Other Emotions

With an understanding that emotions are normal, students will be able to identify situations that may create specific emotions, and learn strategies to positively manage their emotions.

