

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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impact

Youth Prevention
Program



Positive Action
1st-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

philosophy

You feel good about yourself when you do positive actions, and there is a positive way to do everything.



strategy

Positive Action helps schools, families and communities empower an individual's greatness through a model with comprehensive systems of interrelated programs. This widely-recognized, proven model focuses on teaching and reinforcing the positive action to develop the whole-self physically, intellectually, socially and emotionally for successful, happy and healthy life.

topic guide

The positive actions, or Skills for Greatness, taught, are the prerequisite skills for learning and living a happy, healthy, and successful life. They are taught within six units and are the basis of all Positive Action materials.

Unit 1

The Thoughts-Actions-Feelings about Self Circle shows that a good feeling about yourself is the result of a positive action that is preceded by a positive thought. A positive-feeling-about-self will lead to another positive thought and the revolving circle becomes a cycle of predictive behavior—positive or negative.



Unit 2

After discussing self-concept, the following unit discusses the importance of physical and intellectual positive actions for a healthy body and mind.

Unit 3

Students learn facts about emotions and self-esteem, practice recognizing and demonstrating various feelings, and learn techniques about how to handle them.

Unit 4

Through group work, students practice how to choose and make friends, request and offer help, recognize other's feelings, celebrate differences, participate in positive peer groups, and learn opportunities for community service.

Unit 5

Learning how to communicate clearly is foundational to a youth's development. Students are taught techniques regarding emotional expression, listening, paraphrasing, assertiveness, resisting peer pressure and self-talk

Unit 6

It's important for students to learn how to set goals so that they can see their own progress and be encouraged to continue. Students learn the value of setting goals, the difference between short and long-term goals, and practice setting their own goals.

