St. Clair County Health Department Prevention Programming Menu
Contact (810) 987-5300 Health Education Team or (810) 987-1311 Teen Health Center

Behavioral Health

CAST – Coping And Support Training (evidence-based)
- 12 sessions for high risk youth to improve moods, decrease drug use and improve school performance for middle or high school students (CAST is for small, pull-out groups of 6-8 students)

Vaping/Opioid Education
- 1 lesson focused on vaping or opioids for middle or high school students. Also available for staff and/or parents

Project Alert (evidence-based)
- 11 lessons that promote non-use attitudes, beliefs and resistance strategies for middle school students

Second Step (evidence-based)
- 13 lessons (grades 6-8) or 22 lessons (grades K-5) focused on equipping youth with social-emotional skills in order to help them thrive in school, home and the community

Prime for Life (evidence-based)
- 4.5 – 20 hours of program that focuses on prevention, intervention, and pretreatment for substances, intended to change drinking and drug use behaviors for middle or high school students

LifeSkills Training (evidence-based)
- 15 lessons (grades 6-7) or 10 lessons (grades 9-10) that promote essential life skills for substance abuse prevention

FreshStart™ (evidence based)
- 4 lessons created by the American Heart Association that focus on decision making and goal setting strategies to help quit smoking or vaping.

Emerging Drug Trends
- 1 lesson discusses current trends in substance use and abuse among adolescents; includes information on recognizing and responding to signs of substance abuse

Healthy Relationships

Safe Dates (evidence-based)
- 10 lessons discussing healthy relationships for middle or high school students

Sexually Transmitted Diseases (STDs)
- 1 lesson to review signs/symptoms, risks, prevention and testing options
How to Talk to Teens: For Parents
- 1 lesson teaches parents about overcoming common barrier in their relationship with their teen. Provides parents with the tools needed to address sensitive topics (sex, substance abuse, relationships and mental health)

Contraception 101
- 1 lesson reviews devices and methods, pro/cons, and how to access services

Mental Health

LEADS – Linking Education and Awareness of Depression and Suicide (evidence-based)
- 3 lessons discussing symptoms of depression, warning signs of suicide, risk factors and protective factors

SOS – Signs of Suicide (evidence-based)
- 1 lessons focusing on depression awareness and suicide prevention for middle school students

Healthy Living

Healthy Lifestyles
- 4 – 8 lessons on Holistic diet and exercise education; focuses on health of mind and body

Taking Control of Your Health
- 1 lesson discusses making health a priority; topics include obtain health insurance, establishing primary care, and tips for talking to talking to the doctor

Hygiene
- 1 lesson discusses basic of personal hygiene, cleanliness, and infection prevention

Disease Prevention & Management

Allergies & Asthma: What Schools Need to Know
- 1 lesson overviews disease processes and management; discusses how to respond to anaphylaxis and/or asthma attack; includes EpiPen™ demonstration

Head Lice, Bed Bugs, and Scabies
- 1 lesson reviews signs/symptoms, management, and prevention