



THE RESULTS LAST.

Youth First, Inc. is the region's leading provider of substance abuse prevention.

Youth First's Mission

To strengthen youth and families through evidence-based programs that prevent substance abuse, promote healthy behaviors and maximize student success.

Why should You Care?

Substance abuse not only ruins lives but creates consequences for the entire community, including greater health care costs, additional accidents, higher crime rates, crowded jails, more dropouts, a weaker workforce, and increased taxes.



Proven Programs to Prevent Substance Abuse

Proven Programs

Youth First works closely with schools, churches, businesses, colleges, communities, and other agencies to provide a menu of proven programs and strategies.

FOR SCHOOLS AND STUDENTS

Youth First School Social Workers

In partnership with schools, Youth First provides specially trained and closely supervised social workers to assess and address student, family, and school needs. They provide prevention and early intervention programs and services for individuals and groups. They also make referrals to community providers for additional services.

Reconnecting Youth

This school-based, semester-long program led by social workers helps youth who are at-risk for dropping out of high school for a variety of reasons.

WhyTry

Social workers use this program to boost the motivation and coping skills of at-risk youth.

Skills for Life

Youth First trains high school students to facilitate the LifeSkills Training program for 4th graders. This provides a double dose of prevention for both the teens and the students they mentor.

Youth First Crusaders

Area high school students join together to promote the positive choices that they and most of their peers are making. The Crusaders share these positive messages with the community.

FOR YOUTH AND PARENTS

Strengthening Families

These programs help make good families even better families by boosting parenting skills, youth social skills, and family communication skills. Programs are offered for youth ages 3-5, 6-9, or 10-14 and their parents or caregivers. They include fun activities, free meals and door prizes.

Family Connections™

This program assists families with teens, ages 15-18, who are struggling. Parents and youth learn new skills to reduce problem behaviors.

FOR AFTER SCHOOL

In It to Win It - The 7 Habits Way

Based on Sean Covey's book The 7 Habits of Highly Effective Teens, this collaboration with the YMCA helps teens succeed in life by following healthy habits that balance family, friends and school.

FOR COMMUNITIES

Communities that Care

The CTC initiative brings community members together to promote positive youth development, prevent problem behaviors and encourage healthy decisions. It is coordinated in partnership with the Youth Service Bureau.

Most of Us®

Youth First uses this research-proven approach to reduce teen alcohol abuse by correcting misperceptions and promoting positive social norms. For example, most teens think it's common for their peers to use alcohol, but surveys show most youth never or rarely drink. Through this campaign, the positive choices teens make become a positive influence on others.

FOR COLLEGES

The Real U™

This college/community collaboration works to reduce high-risk drinking among area college students and college-bound high school students.

The Results

Youth First's core business is substance abuse prevention, but its primary products are:

- Stronger Families
- Healthier Children
- Safer Schools
- Better Communities
- Greater Opportunities
- Happier Lives



Every \$1 spent on effective prevention saves \$18 in costly consequences.

When just one child is turned away from a lifetime of substance abuse, dropping out of school, and criminal behavior, it saves the community

more than **\$2,000,000** over the course of his or her lifetime.

- Office of Juvenile Justice and Delinquency Prevention

You can donate to Youth First online at www.youthfirstinc.org

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