



Proven Programs to Fight Substance Abuse

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Our Mission

To reduce substance abuse by providing research-proven prevention and early intervention programs for area youth and their families.

Our Programs

Strengthening Families 10-14© or Strengthening Families 6-9©

These programs reach youth ages 10-14 or 6-9 and their parents or caregivers through schools, churches, and other community agencies. They offer parenting training, youth social skills training, and family skills training to improve communication and reduce family conflict, youth conduct disorders, aggressiveness, and substance abuse. Strengthening Families 10-14 is considered one of the most effective prevention programs available with a cost benefit of \$5805 per participating youth, according to a recent study.

Youth First School Social Workers

Youth First employs 30 master's level social workers to reduce risk factors and increase protective factors related to substance abuse in some 50 area schools. They provide students and families with assessment and referral services, educational prevention and early intervention programs, and crisis intervention.

Reconnecting Youth©

This school-based semester-long program targets at-risk youth who may be close to dropping out of high school. Positive outcomes include increased attendance and reduced substance abuse.

Project SUCCESS©

High school social workers assess individual student needs, lead groups targeting specific issues, make referrals to community services, and direct school-wide prevention efforts to help reduce alcohol abuse.

WhyTry©

This program is utilized by the school social workers to build emotional intelligence in at-risk youth who have low motivation and poor coping skills.

LifeSkills Training©

This program teaches life skills to 6th, 7th, and 8th graders in area schools. The U.S. Department of Education considers it one of the nation's exemplary prevention program. The cost benefit for this program per participant is estimated to be \$717.

S.M.A.R.T. Moves (Skills Mastery and Resistance Training)©

High school youth are trained to provide this Boys and Girls Clubs of America program for elementary school students. The teen facilitators help 4th graders develop social skills to resist alcohol and other drugs.

Adventure Based Challenge

The ABC program helps at-risk teens improve social skills that protect against substance abuse through experiential outdoor educational activities in collaboration with the YMCA's Camp Carson.

Sober Up©

Sober Up Learning Guides provide parent and other adult groups with an understanding of underage drinking and the best practices for prevention in their families, schools, and communities.

The Real U©

This college/community collaboration works to reduce high-risk drinking among area college students and college-bound high school students through social norms marketing strategies.