

KEEPING YOUTH HEALTHY

2013-2014 Resource Guide

*Programs to Assist and Support
Educators & the Community*



Nutrition & Physical Activity Programs



**Alcohol, Tobacco and Other Drugs
Prevention Programs**



Teen Pregnancy Prevention Programs



Bullying / Violence Prevention Programs



Safety Issues



Mental Health Issues



Youth Development Programs



Environmental Health Issues



Parent / Family Based Resources



**Training Programs for School
Professionals & Community Members**

KEEPING YOUTH HEALTHY 2012-2013 RESOURCE GUIDE

Programs to Assist and Support Educators & the Community

Keeping Youth Healthy is a database of programs targeted at Livingston County youth in grades K-12. This guide provides program information on the following topics: nutrition and physical activity; alcohol, tobacco and other drugs; safety; youth development; environmental health; mental health; teen pregnancy, bullying / violence prevention; and parent resources. Training programs for school professionals and community members are also listed. Beginning on page 62 you will find the risk and protective factors that are addressed by each program.

The Livingston County agencies listed in this resource guide recognize that a combination of positive and diverse learning experiences enhance a child's ability to make healthy decisions.

Our programs are designed to supplement schools' curriculum regarding various health related issues and can be tailored to your students' needs. In addition to classroom presentations, all GVHP partners are willing to participate in wellness day activities, panel discussions and after school activities. They are also available to assist with planning special events or projects for national health-related observations such as, World AIDS Day, Healthy Heart Month, Teen Pregnancy Prevention Month, and Red Ribbon Week.

We encourage you to review the list of programs in order to determine how they may be incorporated into your educational curriculum. To schedule a presentation or for more information, please contact the agency listed with each program.

Keeping Youth Healthy is published by the Genesee Valley Health Partnership, Livingston County Department of Health, and CASA Prevention Services. For more information, or to download a copy of this resource guide, please visit www.gvhp.org.

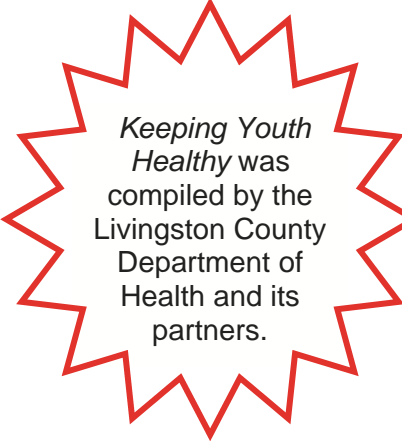
A non-profit, 501(c)3 organization, the Genesee Valley Health Partnership is an incorporated rural health network comprised of approximately 40 organizations serving Livingston County residents. Its mission is to improve the health and well being of the Livingston County community through collaboration, education and prevention. For more information, please visit gvhp.org or email info@gvhp.org.

The Livingston County Department of Health works with the community to assure the availability of health care, to promote healthy living, and to encourage a safe environment for today and tomorrow. The Department provides a vast array of public health services to the residents of Livingston County that encompass the life span from birth to death. For more information please call (585) 243-7299 or visit <http://www.co.livingston.state.ny.us/doh.htm>.

CASA Prevention Services offers school, family and community based prevention strategies that can be implemented in a variety of settings. Some of the programs offered are Life Skills, Teen Intervene, and Parenting Wisely. There are also several large events held throughout the year including Red Ribbon Week and the CASA Dime Carnival. For more information visit www.casaoflc.org/prevention/ or call (585) 748-5146.

Healthy Communities that Care works to engage the entire community to assess community needs and implement programs, policies, campaigns and other strategies that aim to create a healthy drug free environment for youth, families and the entire community. For more information visit www.casaoflc.org/hctc or call (585) 748-5146.

The following agencies provide the programs listed in this resource guide:



Keeping Youth Healthy was compiled by the Livingston County Department of Health and its partners.











American Lung Association
Caledonia Fire Department
Caledonia Police Department
Catholic Charities of Livingston County
Center for Dispute Settlement
Chances and Changes
Council on Alcohol & Substance Abuse of Livingston Co.
Cornell Cooperative Extension of Livingston County
Genesee Valley – American Heart Association
Genesee Valley Council on the Arts
Genesee Valley Health Partnership
Healthy Communities That Care

Legal Aid Youth Advocacy Program of Livingston Co.
Livingston County Department of Health
Livingston County Department of Social Services
Livingston County Sheriff's Department
Mental Health Association of Livingston County
Mobile Mental Health Team
Noyes Hospital
Rape Crisis
Student Support Services at Genesee Valley
Educational Partnership
UNYFEAT

KEEPING YOUTH HEALTHY 2013-2014 RESOURCE GUIDE

Programs to Assist and Support Educators & the Community

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Nutrition & Physical Activity Programs



Topic	Grade Level(s)	Program Name	Description of Program	Contact Information
Nutrition	K-4	5 A Day The Color Way	A teaching kit to help young children learn the importance of eating a variety of colors for better health. This kit includes fun games and activities.	Livingston County Department of Health 243-7299 LBeardsley@co.livingston.ny.us
Physical Activity	K-6	Heart Adventure Obstacle Course	Obstacle course is set up to represent the functions of the heart. A fun way to learn about the cardiovascular system. Includes balls, hoops, scooters, jump ropes and more.	
Nutrition Physical Activity	K-12	HIP HOP (Healthy Input, Healthy Output)	A toolkit, collaboration and consultation for schools to use. Stresses the importance of healthy input and healthy output — good nutrition and physical activity. Curriculum pieces are integrated so lesson plans will not take from classroom time. Collaboration and consultation on school wellness practices are K-12. The toolkit is K-2. Programs & promotion through the year.	Livingston County Department of Health 243-7299 LBeardsley@co.livingston.ny.us Or Cornell Cooperative Extension 991-5420
Nutrition Physical Activity	K-12	Healthy LIVINGston	In collaboration with HIP HOP, Healthy LIVINGston focuses on increasing age-appropriate physical activity, increasing consumption of fruits and vegetables, increasing intake of low fat (1%) or fat-free dairy foods, and decreasing time spent in front of the television and computer, assistance with completion of the School Health Index and practice/policy changes, Middle School walking club, & sports nutrition in schools.	Livingston County Department of Health 243-7299 LBeardsley@co.livingston.ny.us
Exercise	K-12	CPR/First Aid Training	To reduce death and disability from cardiac and respiratory emergencies/stroke. Improving the chain of survival in every community	Genesee Valley – American Heart Association 426-4050
Nutrition	Ages 3-4	HIP HOP to the Garden	A grant-funded program that installs vegetable gardens in preschools and daycares. Garden-related lesson plans, a family newsletter and recipes are available to augment the garden experience for the children and their families.	Pam Maxson, Health Educator Community Outreach Services Noyes Memorial Hospital 335-4327 pmaxson@noyes-hospital.org



Topic	Grade Level(s)	Program Name	Description of Program	Contact Information
Nutrition Physical Activity	3	Eat Well, Play Hard	Discusses how a healthy diet and exercise impact health today and in the future.	Livingston County Department of Health 243-7299 LBeardsley@co.livingston.ny.us
Nutrition	K-4	Milk Challenge	Test your students knowledge and taste buds! This challenge helps children realize that there is not much of a difference in taste between whole, 2%, 1%, and skim. It teaches that skim and 1% are healthier options to drink, and is an exciting competition for groups.	
Nutrition and Exercise	9-12	Heart Health	A revolutionary behavior change system, gives participants personalized information on heart attack and stroke and lifestyle changes to take charge of their health.	Genesee Valley – American Heart Association 426-4050
Nutrition	9-12	Eat Well, Feel Well	A nutrition program that touches on all aspects of nutrition including healthy eating/snacking, whole grains, label reading, cholesterol, food guide pyramid, and a cooking demonstration.	Livingston County Department of Health 243-7299 LBeardsley@co.livingston.ny.us or Noyes Hospital 335-4355
Diabetes Education	All ages and parents	Life with Diabetes	Classes as well as one-to-one diabetes education on all related topics.	Noyes Hospital Diabetes Education Program 335-4355
Physical Activity	All ages and parents	Simple Steps	A physical activity (and more) tracking program for parents, teachers, and the community. It can be personalized for your district. A coordinator on-site helps staff and school be more active and can incorporate competition or cooperation to make it a fun, team building program.	Cornell Cooperative Extension 991-5420



Alcohol, Tobacco and Other Drugs (ATOD) Prevention Programs

Keeping Youth Healthy - Alcohol, Tobacco and Other Drugs (ATOD) Prevention Programs



Topic	Grade Level(s)	Program Name	Description of Program	Contact Information
Alcohol, Tobacco and Other Drugs	K-4	An Apple a Day	Combines literacy skill development and substance abuse prevention. Fosters healthy self-esteem, a relationship with a “safe” person; inspiring role models from literature. Basic info relating to ATODs.	Council on Alcohol and Substance Abuse of Livingston County, Inc. 243-9236
Alcohol, Tobacco and Other Drugs	K-12	Presentations and Literature on Substance Abuse	Tailored programs focused on skill competency, attitudes and decision making; health hazards & the short and long-term effects of alcohol, tobacco and other drug use; the promotion of alternative choices. and activities that convey a no-use message.	
Peer Pressure	4-8	Peer Pressure	Interactive presentation which discusses positive and negative peer pressure. Students practice refusal skills in various situations.	Livingston County Department of Health 243-7299
Self-Esteem	4-12	Self Esteem	Students practice ways to help others improve their self esteem. Homework involves parent/adult relative for 4-6 and decision making, peer pressure and goal setting for 7-12.	
Decision Making	4-12	Decision Making	Identifying risky situations, making healthy choices.	
Media Literacy	4-12	Deconstructing Media Messages	Defines media literacy, the impact of mass media and why media literacy is important. Students learn to deconstruct <i>age appropriate</i> media messages.	

Keeping Youth Healthy - Alcohol, Tobacco and Other Drugs (ATOD) Prevention Programs



Topic	Grade Level(s)	Program Name	Description of Program	Contact Information
Alcohol, Tobacco, and Other Drugs	6-8	Life Skills Training	A three year program (15 sessions in year one, 10 in year two, and 5 in year three) that addresses risk and protective factors, and develops personal, social and drug-resistance skills to prevent alcohol, tobacco, and other drug use by adolescents.	Council on Alcohol and Substance Abuse of Livingston County, Inc. 243-9236
Alcohol, Tobacco, and Other Drugs	6-8	Project Alert	Project Alert is a 2 year, 14 lesson program that uses participatory activities and videos to help motivate students against drug use and pressures.	
Responsible Decision-Making	6-12	RISK Theatre Troupe	RISK is available for performances in local classrooms & assemblies. A group of teens performs improv dramas demonstrating responsible decision-making before middle and high school students. Can be presented as a series of programs or weaved into a classroom lesson in English, Health, Phys Ed, Art.	Genesee Valley Council on the Arts 243-6785 Liz Simmons liz@gvcaonline.org
Healthy Life Style Choices	Ages 8-12	Health Rocks	A community-based wellness and life skills program. Uses a collaborative approach to reduce youth risk factors. Focuses on positive youth development and life skills development as an approach to preparing young people to make healthy lifestyle choices.	Council on Alcohol and Substance Abuse of Livingston County 748-5146 r.pena17@yahoo.com
Alcohol, Tobacco, and Other Drugs	9-12	Prom Safety	Discussion on healthy choices during prom season to include issues such as pregnancy prevention, STI prevention, alcohol and other drugs, and driving safety. Session is 30-45 minutes.	Cornell Cooperative Extension 658-3250 Council on Alcohol and Substance Abuse of Livingston County, Inc. 243-9210 Livingston County Department of Health 243-7299

Keeping Youth Healthy - Alcohol, Tobacco and Other Drugs (ATOD) Prevention Programs



Topic	Grade Level(s)	Program Name	Description of Program	Contact Information
Alcohol, Tobacco, and Other Drugs	9-12	Reconnecting Youth	A model program designed for students at risk for dropping out of school. A semester class delivered in daily classroom lessons. Benefits student by increasing school achievement, decreasing emotional distress, & decreasing drug use.	Council on Alcohol and Substance Abuse of Livingston County, Inc. 243-9236
Alcohol, Tobacco, and Other Drugs	For Pregnant Women (or Teens)	Understanding Fetal Alcohol Syndrome	A video about fetal alcohol syndrome along with class activities and discussions designed to educate and raise awareness about the affects of alcohol on an unborn fetus.	
Alcohol, Tobacco, and Other Drugs	Teens	Teen Intervene	School based, brief (3 to six sessions) intervention counseling and assessment -designed to get teens back on track quickly, cost effectively, that may have been abusing substances, increasing use or heavily experimenting. Not for chemically dependent persons. Research based, SAMHSA approved.	
Alcohol, Tobacco, and Other Drugs	Teens or adults involved in court, including traffic and school adjudication system	3rd Millennium	Provides essential, basic education on alcohol and drug abuse while creating awareness of personal and legal risks of continued use. Self-paced, interactive, distance learning format, post tests, letter of completion acceptable to many legal jurisdictions. Research based, SAMHSA approved. Cost is \$35 or may vary by court.	



Teen Pregnancy Prevention Programs



Topic	Grade Level(s)	Program Name	Description of Program	Contact Information
Alcohol, Tobacco and Other Drugs/ Teen Pregnancy	K-12	Presentations and Literature about Substance Abuse	Tailored programs focused on skill competency, attitudes & decision making; health hazards and the short and long-term effects of alcohol, tobacco and other drug use; the promotion of alternative choices and activities that convey a no-use message.	Council on Alcohol and Substance Abuse of Livingston County, Inc. 991-5012
Puberty	4-7	Puberty Issues	Discusses emotional and physical changes and hygiene.	Livingston County Department of Health 243-7531 LBeardsley@co.livingston.ny.us
Peer Pressure	4-8	Peer Pressure	Interactive presentation which discusses positive and negative peer pressure. Students practice refusal skills in various situations.	Livingston County Department of Health 243-7299 LBeardsley@co.livingston.ny.us
Self-Esteem	4-12	Self Esteem	Students practice ways to help others improve their self esteem. Homework involves parent/adult relative for 4-6 and decision making, peer pressure and goal setting for 7-12.	
Decision Making	4-12	Decision Making	Identifying risky situations, making healthy choices.	
Media Literacy	4-12	Deconstructing Media Messages	Defines media literacy, the impact of mass media and why media literacy is important. Students learn to deconstruct <i>age appropriate</i> media messages.	Livingston County Department of Health 243-7531 LBeardsley@co.livingston.ny.us
Alcohol, Tobacco and Other Drugs/ Teen Pregnancy	6-8	Life Skills Training	A three year program (15 sessions in year one, 10 in year two, and 5 in year three) that addresses risk and protective factors, and develops personal, social and drug-resistance skills to prevent alcohol, tobacco, and other drug use by adolescents.	Council on Alcohol and Substance Abuse of Livingston County, Inc. 991-5012
Alcohol, Tobacco and Other Drugs/ Teen Pregnancy	6-8	Project Alert	Project Alert is a 2 year, 14 lesson program that uses participatory activities and videos to help motivate students against drug use and pressures.	



Topic	Grade Level(s)	Program Name	Description of Program	Contact Information
HIV/AIDS	6-12	HIV/AIDS	Discusses the transmission & prevention of HIV/AIDS with personalizing risk activity for grades 6-12.	Livingston County Department of Health 243-7531 LBeardsley@co.livingston.ny.us
Abstinence and Birth Control Options	7-12	Preventing Pregnancy/Birth Control	Includes the benefits of abstinence and personalizing pregnancy risk activity.	
Sexually Transmitted Infections STIs/STDs	7-12	Sexually Transmitted Infections (STIs)	Risk quiz and personalizing STI risk activity.	
Sexually Transmitted Infections Hepatitis C	7-12	Hepatitis C Overview	Hepatitis C- transmission and prevention.	
Pregnancy, STI and HIV Prevention Series	9-10	Reducing the Risk - Building skills to prevent pregnancy, STIs and HIV	A 10-15 session program where students practice communication skills during role play activities. Risks/consequences of teen pregnancy, HIV and STIs are discussed. Parent/child communication is encouraged through homework assignments.	
Dating Violence / Acquaintance Rape	7-12	Healthy Relationships and Dating Violence / Acquaintance Rape	How to recognize aspects of healthy relationships and issues relating to date rape and dating violence (1-2 sessions)	Rape Crisis 658-2370 Hotline 1-800-527-1757 or Chances and Changes 658-3940 Hotline 1-888-252-9360

Keeping Youth Healthy - Teen Pregnancy Prevention Programs



Topic	Grade Level(s)	Program Name	Description of Program	Contact Information
Teen Pregnancy Prevention	7-12	A Walk In Your Shoes	National Campaign to Prevent Teen Pregnancy video regarding two teen couples switch lives for a day and learn about teen parenting. Discussion guide included.	Livingston County Department of Health 243-7531 LBeardsley@co.livingston.ny.us
Teen Pregnancy Prevention	7-12	Teen Parent Panel	Teen parents educate teens about the realities of teen pregnancy and teen parenthood. Teen panelists discuss the difficulties of being a teen parent and will answer students' questions regarding their situation.	
Relationships	7-12	Relationships	Healthy vs. unhealthy relationships, gender roles and communication.	
Dating Abuse Prevention	7-12	Safe Dates	<p>An eight-to-ten session dating curriculum that deals with attitudes and behaviors associated with dating abuse and violence.</p> <p>Program Goals:</p> <ul style="list-style-type: none"> • Raise student awareness of what constitutes healthy and abusive dating relationships. • Raise students awareness of dating abuse and its causes and consequences. • Equip students with the skill and resources to help themselves or friends in abusive dating relationships. • Equip students with the skills to develop healthy dating relationships, including positive communication, anger management and conflict resolution. 	Chances and Changes 658-3940 Hotline 1-888-252-9360 Rape Crisis 658-2370 Hotline 1-800-527-1757
Healthy Relationships	7-12	Healthy Relationships	Includes components of a healthy relationship, types of dating, rights and responsibilities and statistics.	
Violence Prevention - Dating Issues	8-12	Acquaintance Rape/ Dating Violence	Assists with identifying situations which relate to date rape and dating violence.	



Topic	Grade Level(s)	Program Name	Description of Program	Contact Information
Violence Prevention - Sexual Harassment	8-12	Sexual Harassment	Helps students to identify & deal with sexual harassment and reviews definitions. Goes over potential scenarios. Discusses what to do if you're being sexually harassed.	Chances and Changes 658-3940 Hotline 1-888-252-9360 Rape Crisis 658-2370 Hotline 1-800-527-1757
Alcohol, Tobacco, and Other Drugs	For Pregnant Teens	Understanding Fetal Alcohol Syndrome	A video about fetal alcohol syndrome along with class activities and discussions designed to educate and raise awareness about the affects of alcohol on an unborn fetus.	Council on Alcohol and Substance Abuse of Livingston County, Inc. 991-5012
HIV/AIDS	9-12	Get Real About AIDS	CDC approved curriculum. 14 lessons, includes fact sheets, teacher sheets, work sheets & parent newsletter. Available on loan for schools.	Livingston County Department of Health 243-7531 LBeardsley@co.livingston.ny.us
Teen Pregnancy Prevention	9-12	Prom Safety	Discussion on healthy choices during prom season to include issues such as pregnancy prevention, STI prevention, alcohol and other drugs, and driving safety. Session is 30-45 minutes.	Cornell Cooperative Extension 658-3250 Council on Alcohol and Substance Abuse of Livingston County, Inc. 991-5012 Livingston County Department of Health 243-7299
Sexual Assault	12	Sexual Assault	Talks about issues of acquaintance rape & explores various prevention techniques. Clarifies the definition of consent & discusses matters regarding sexual harassment. Reviews definitions of sexual harassment & potential scenarios. Discusses what to do if being sexually harassed.	Rape Crisis 658-2370 Hotline 1-800-527-1757 and Chances and Changes 658-3940 Hotline 1-888-252-9360



Topic	Grade Level(s)	Program Name	Description of Program	Contact Information
Teen Health & Lifestyles	7-12	<p>One Stop Presentations on Teen Health & Lifestyles</p> <p>(Choose one or more of the presentations listed.)</p>	<ol style="list-style-type: none"> 1. <i>The Good, the Bad and the Ugly</i> <ul style="list-style-type: none"> • 3 part educational series • Gender roles & Healthy Relationships • Unhealthy Relationships & Dating Violence • Sexual Assault 2. <i>Dating Relationships</i> <ul style="list-style-type: none"> • 2-part educational series • Healthy Relationships & Gender Roles • Unhealthy Relationships & Dating Violence 3. <i>Pressure</i> <ul style="list-style-type: none"> • 2 part educational series • Abstinence & Skill Building • Dating violence 4. <i>Medical Measures</i> <ul style="list-style-type: none"> • 2 part educational series • Options available to victims of sexual assault • Clinical information about STIs/HIV 5. <i>Educate the Educators</i> <ul style="list-style-type: none"> • An educational program for educators • Highlights Livingston County services available on sexual health, unhealthy relationships, and sexual assault • How educators can utilize these services • Ideal program for RAs/RDs 	<p>Chances and Changes 658-3940</p> <p>Livingston County Department of Health 243-7299</p> <p>Rape Crisis 658-2370</p>



Bullying / Violence Prevention Programs



The Livingston County Violence Prevention Subcommittee continues to assess the community's needs regarding violence issues.

The following violence prevention programs for Kindergarten through 12th grade students and their families are available through the Livingston County Violence Prevention Subcommittee:

<u>Grade Level</u>	<u>Curriculum / Program</u>
Pre-K – 3	Second Step: A Violence Prevention Program (research-based program)
3 – 7/8	Second Step: A Violence Prevention Program Supplement Second Step with a Bullying Prevention Program such as: Bullying Prevention Program, Steps to Respect (<i>trained staff is available for this program</i>), and Bully-Proofing Your School
7/8	Supplement Second Step with Safe Schools/Consequences of Bullying and Dating Violence/ Bullying Issues
9-12	Mentoring and Peer Mediation Dating Violence/Acquaintance Rape/Healthy Relationships
Family	Family Guide to Second Step (option of take home video, parent presentation or home visits)
All grades & Families	Peace Making Circles

For more information regarding the recommended program options, please see pages 18-22.



Topic	Grade Level(s)	Program Name	Description of Program	Contact Information
Violence Prevention	Pre K-K	Laws for Little People	Safety and crime prevention	Livingston County Sheriff's Department- Community Policing 243-7921
Sexual Abuse Prevention	Pre-K-2	Safe and Unsafe Touch	Teaches how to identify and deal with unsafe situations.	Rape Crisis 658-2370 Hotline 1-800-527-1757
Violence Prevention	K-6	Eddie Eagle	Teaches the dangers and violence of firearms	Livingston County Sheriff's Department- Community Policing 243-7921
Stranger Danger	K-6 Mt. Morris and Geneseo Schools only	Stranger Danger	Teaches students what a stranger is and shows them practical safety strategies	Local Police Department
Personal Safety	K-6	8 Rules for Safety	Replaces Stranger Danger Program	Livingston County Sheriff's Department- Community Policing 243-7921
Safety/ Violence Prevention	K-6	School Bus Safety	Informs students on proper behavior, emergency exits, MVA, fire and more.	Livingston County Sheriff's Department-Community Policing 243-7921 Caledonia Police Department (Caledonia School District only)
Violence Prevention	K-8	Second Step	Program is designed to reduce aggression and promote social competence/ develop skills that are central to children's healthy social and emotional development.	Genesee Valley Health Partnership 615-4381 egriswold@gvhp.org



Topic	Grade Level(s)	Program Name	Description of Program	Contact Information
Alcohol, Tobacco and Other Drugs/ Violence Prevention	K-12	Presentations and Literature about Substance Abuse	Tailored programs focused on skill competency, attitudes and decision making; health hazards and the short and long-term effects of alcohol, tobacco and other drug use; the promotion of alternative choices and activities that convey a no-use message.	Council on Alcohol and Substance Abuse of Livingston County, Inc. 243-9236
Violence Prevention	K-12	Child Abuse	Discusses who to tell and where to go for help as well as how not to be a victim	Livingston County Sheriff's Department– Community Policing 243-7921
Crime	K-12	Crime Prevention of Kids	Discusses being safe, steps to safety and precautions	
Suicide Prevention	K-12	See Program Description	Helps students to identify suicidal behavior and instructs students on how to inform school staff about a suicidal classmate	Livingston County Mental Health Services 243-7250
DARE Program	K-12 (Grade levels depend on Police/ Sheriff's Dept. personnel's training)	DARE Program	A program series that provides students with information and the life skills they need to make healthy and safe choices	Local Police Department or Livingston County Sheriff's Department-Community Policing 243-7921
Safe Schools	K-12	Safe Schools information	Discussion of consequences of weapons with school and law enforcement involvement. County-wide collaborative.	Livingston County Sheriff's Department– Community Policing 243-7921 Youth Advocacy 243-7944
Conflict resolution/ Community Building/ Restorative Practices	All	Peacemaking Circles	A process that brings people together in which everyone is respected; everyone gets a chance to talk without interruption; participants explain themselves by telling their stories; everyone is equal - no person is more important than anyone else; spiritual and emotional aspects of individual experiences are welcomed.	Genesee Valley Health Partnership 615-4381 egrswold@gvhp.org
Crime	2	Vandalism	What is vandalism and its consequences	Livingston County Sheriff's Department– Community Policing 243-7921



Topic	Grade Level(s)	Program Name	Description of Program	Contact Information
Violence Prevention	2-12	"Let's Talk About Living in a World with Violence"	Discusses how to recognize and deal with forms of violence. (4 weeks, 20 minute sessions)	Cornell Cooperative Extension 658-3250
Conflict Resolution	3	Talking with TJ	Discusses conflict resolution and teaches students refusal techniques. (12 sessions)	
Conflict Resolution	3-5	"Work It Out"	An introduction to the nature of conflict, force and violence followed by three lessons exploring 3 common school challenges presented by trouble makers, name calling and rumors. (3 hours)	Center for Dispute Settlement 243-7007 243-7178
Mediation/ Collaborative Problem Solving	5-12	Working Together to Resolve Conflict/ Peer Mediation	Research-based program developed at University of Florida. A course designed to train peer mediators. Promotes a positive school climate and encourages the use of alternative means of resolving conflict. The course stresses confidentiality, neutrality, interpersonal communication, active listening and the mediation process. (2-day training)	
Peer Pressure	4-8	Peer Pressure	Video and interactive presentation which discusses positive and negative peer pressure. Students practice refusal skills in various situations	Livingston County Department of Health 243-7299
Bullying Prevention	4-12, most often used with 6-9	Bullying Prevention Presentation	Aprox. ½ hour presentation. Defines bullying; discusses school safety issues in terms of responsibilities of school administrators and students; offers bullying prevention strategies to students; reviews consequences of behaviors.	Legal Aid Youth Advocacy Program of Livingston County 243-7944
Cyber Bullying	4-12, most often used with 6-9	Cyber Bullying	Defines cyber bullying; offers bullying prevention strategies to students, and more.	
Conflict Intervention	4-12	Conflict Intervention & Youth Mediation	Within 48 hours of notification of multi-party conflict , a fact finding is done with all individuals concerned. A recommendation is made to the administration on how to proceed, and who needs to be involved. Usually followed by mediation with 2 or more students.	Center for Dispute Settlement 243-7007 243-7178



Topic	Grade Level(s)	Program Name	Description of Program	Contact Information
Conflict Resolution	4-12	Introduction to Conflict Resolution	Discusses the nature of conflict, personal strategies for dealing with conflict, styles of dealing with conflict, the phases of anger. Also introduces mediation as one tool to resolve interpersonal conflict. (3-4 hours) Can be spread over several days to accommodate class schedules.	Center for Dispute Settlement 243-7007 243-7178
Decision Making	4-12	Decision Making	Identifying risky situations, making healthy choices	Livingston County Department of Health 243-7299
Media Literacy	4-12	Deconstructing Media Messages	Identifying risky situations, making healthy choices	
Self Esteem	4-12	Self Esteem	Students practice ways to help others improve their self esteem. Homework involves parent/adult relative for 4-6 and decision making, peer pressure and goal setting for 7-12.	
Alcohol, Tobacco and Other Drugs/ Violence Prevention	6-8	Life Skills Training	A three year program (15 sessions in year one, 10 in year two, and 5 in year three) that addresses risk and protective factors, and develops personal, social and drug-resistance skills to prevent alcohol, tobacco, and other drug use by adolescents.	Council on Alcohol and Substance Abuse of Livingston County, Inc. 243-9236
Alcohol, Tobacco and Other Drugs/ Violence Prevention	6-8	Project Alert	Project Alert is a 2 year, 14 lesson program that uses participatory activities and videos to help motivate students against drug use and pressures.	
Violence Prevention	6-8	Voices Against Violence	Interactive program that includes character education, conflict management, anger management and violence prevention	Cornell Cooperative Extension 658-3250
Anger Management	6-12	DRAMA CLUB Dispute Resolution and Managing Anger	A cognitive-behavioral approach to anger management and conflict resolution. Operates with groups of 8-12 youth. Each student stays on each Act until they have completed it, and then moves on to the next. Includes group and Individual work with students 1 on 1 work. Average time to complete is 10-12, two-hour sessions.	Center for Dispute Settlement 243-7007 243-7178



Topic	Grade Level(s)	Program Name	Description of Program	Contact Information
Acquaintance Rape	7-12	Healthy Relationships and Date Rape	How to recognize aspects of healthy relationships and issues relating to date rape and dating violence (1-2 sessions)	Rape Crisis 658-2370 Hotline 1-800-527-1757 or Chances and Changes 658-3940 Hotline 1-888-252-9360
Sexual Harassment	8-12	Sexual Harassment	Assists students with recognizing and dealing with situations which entail sexual harassment.	
Sexual Assault	8-12	Sexual Assault	Teaches students how to identify potential situations with regard to sexual assaults and discusses community resources available after an assault	
Teen Relationships	8-12	See Program Description	Discusses the components of healthy relationships, behavioral warning signs, and the various types of abuse that can occur in teen relationships. Explores relationship rights and safe alternatives for battered teens.	
Sexual Harassment	9-12	Sexual Harassment	What is sexual harassment and what to do if you are harassed	Livingston County Sheriff's Department– Community Policing 243-7921
Sexual Assault Awareness	12	Sexual Assault Awareness	Talks about issues of acquaintance rape and explores various prevention techniques. Clarifies the definition of consent and discusses matters regarding sexual harassment	Rape Crisis 658-2370 Hotline 1-800-527-1757 or Chances and Changes 658-3940 Hotline 1-888-252-9360

Bullying/Violence Prevention listings provided by the Livingston County Violence Prevention Subcommittee



Safety Issues



Topic	Grade Level(s)	Program Name	Description of Program	Contact Information
Safety/Violence Prevention	Pre-K - K	Laws for Little People	Safety and crime prevention.	Livingston County Sheriff's Department- Community Policing 243-7921
Stranger Danger	K-6 Mt. Morris and Geneseo Schools only	Stranger Danger	Teaches students what a stranger is and shows them practical safety strategies.	Local Police Department
Personal Safety	K-6	8 Rules for Safety	Replaces Stranger Danger Program.	Livingston County Sheriff's Department- Community Policing 243-7921
Safety/Violence Prevention	K-6	School Bus Safety	Informs students on proper behavior, emergency exits, MVA, fire and more.	Livingston County Sheriff's Department-Community Policing 243-7921 Caledonia Police Department (Caledonia School District only)
Violence Prevention	K-6	Eddie Eagle	Teaches the dangers and violence of firearms.	Livingston County Sheriff's Department- Community Policing 243-7921
Bike Helmet Safety	K-6	<i>Eggbert and Eggnessa Go For A Ride</i>	<i>Eggbert and Eggnessa</i> – demonstration using eggs to show the importance of wearing bike helmets Staff can also provide bike helmet fitting Collaborate with Cornell Cooperative, Sheriff's Department and Local Police Departments.	Livingston County Department of Health 243-7299
Safety	K-6	Safety and Injury Prevention	Presentations offered on various safety and injury prevention issues, such as winter safety and summer safety.	



Topic	Grade Level(s)	Program Name	Description of Program	Contact Information
Wheeled & Pedestrian Safety	3-6	"Got Gear?"	Students learn the importance of using safety devices in sports. They also decode text messages to solve safety messages. Short video, visuals and discussion.	Cornell Cooperative Extension Traffic Safety Education Program 658-3250
Pedestrian Safety	4-6	"I'm Safe! <i>in the Car</i> "	Students learn the importance of keeping belts across strong bones, riding in the back seat in the safety seat that fits, and helping the driver by playing quietly. Short video, visuals and discussion.	
Wheeled Safety	K-6	Wheeled Sport Safety Awareness Contest	Annual Wheeled Safety Contest is done in conjunction with Livingston County Sherrifs Office and Safe Kids. All students use age-appropriate entry forms which include coloring, drawing and writing either a rap song, poem, essay or poster slogan on wheeled safety. The entry forms are delivered to each school in February.	
Wheeled Safety	K-12	"Get Caught Wearing a Helmet" Contest	Annual Contest that is a collaboration with all law enforcement agencies within the county. Youth that are caught by a law-enforcement officer wearing a helmet are given a coupon or small prize donated by a local business to help reinforce the usage of helmets, youth are also entered into a drawing for a larger prize. Contest Runs from May 1-August 31.	
Traumatic Brain Injury	K-12	Helmet Safety	Learn bicycle safety and participate in a Bike Rodeo.	
Safe Kids	K-12	Buckle Up	Child safety seat and seatbelt use.	



Topic	Grade Level(s)	Program Name	Description of Program	Contact Information
DARE Program	K-12 (Grade levels are dependent on Police/Sheriff's Dept. personnel's training)	DARE Program	A program series that provides students with information and the life skills they need to make healthy and safe choices.	Local Police Department or Livingston County Sheriff's Department-Community Policing 243-7921
Safe Schools	K-12	Safe Schools Information	Discussion of consequences of weapons with school and law enforcement involvement. County-wide collaborative.	Livingston County Sheriff's Department-Community Policing 243-7921 or Youth Advocacy of Livingston County 243-7944
Bike Helmet Safety	K-12	Bike Helmet Safety	Discusses how to wear a helmet properly and why we need to wear them.	Livingston County Sheriff's Department-Community Policing 243-7921
Safety/Violence Prevention	6-8	Babysitter's Course	Training for babysitters that includes violence prevention issues.	Caledonia Fire Department with Caledonia Police Department
Safety Issues	9-12	Prom Safety	Discussion on healthy choices during prom season to include issues such as pregnancy prevention, STI prevention, alcohol and other drugs, and driving safety. Session is 30-45 minutes.	Cornell Cooperative Extension 658-3250 Council on Alcohol and Substance Abuse of Livingston County, Inc. 243-9210 Livingston County Department of Health 243-7299



Topic	Grade Level(s)	Program Name	Description of Program	Contact Information
Wheeled Safety	K-2	"I'm Safe! <i>on my Bike</i> "	Students learn the five keys to safe riding. Wear your helmet correctly, check our "wheels" before each ride, wear safe clothing, ride in safe places, and master the "rules of the road" Short video, visuals and discussion.	Cornell Cooperative Extension Traffic Safety Education Program (585) 658-3250
Pedestrian Safety	K-2	"I'm Safe! <i>walk with me</i> "	Students learn the four keys to walking safely: to be prepared and pay attention, observe traffic signs and signals, walk and cross streets safely, and to make safe choices around a school bus. Short video, visuals and discussion.	
Occupant Safety	3-6	"I'm Safe! <i>in the Car</i> "	Students learn the importance of keeping belts across strong bones, riding in the back seat in the safety seat that fits, and helping the driver by playing quietly. Short video, visuals and discussion.	
Occupant Safety	4-6	"Road Warriors"	Students learn the importance of buckling up in the back seat and they will obtain tools to encourage peers and family members to buckle up. They also decode text messages to solve car safety problems while learning basic crash dynamics. Short video, visuals and discussion.	



Topic	Grade Level(s)	Program Name	Description of Program	Contact Information
Occupant Safety	10-12	Driving Tips for Teens	Annual Teen Driving Event for Driver Education Classes is a collaboration between Cornell Cooperative Extension of Livingston County, Minnehan's Fun Center, York Central School, the Livingston County Sheriff's Office, New York State Police, and CASA of Livingston County, Inc. The goal of this event is to provide a safe learning environment for teen drivers using interactive stations for various driving conditions.	Cornell Cooperative Extension Traffic Safety Education Program (585) 658-3250
Occupant Safety	Childcare Providers, Agency staff transporting children, Educators working with families	The 4 step process: Safest car seat for the child	Education for staff on the 4 step process for car seat safety. This is an overview of how to correctly fit a child to a child passenger safety restraint, how to determine if a child passenger safety restraint is safe to use, how to install a child passenger safety restraint with a hands on exercise for participants. This is an interactive training and Childcare Providers/Caregivers/Agency staff will be asked to bring at least one car seat to practice with in their vehicle.	
Bus Safety	Schools	Buster the Bus	Bus Staff are trained to use Buster the Bus, to conduct presentations to classrooms on Bus Safety. Buster the School Bus is a fully animated remote controlled school bus robot used for teaching the important lessons of school bus safety. With his optional stop arm he has all the warning devices of a real bus. He can wink, blink, and move his eyes, and with his smiling mouth he presents a positive and friendly image to young and old alike. He's agile enough to maneuver easily in school classrooms and other restricted areas. With his headlights, taillights and flashing warning lights he is highly visible.	Genesee Valley Educational Partnership Kelly Horncastle 346-4105



Mental Health Issues



Topic	Grade Level(s)	Program Name	Description of Program
Mental Health/Illness	K-Adult	Information on Mental Health/Illness	Covers general mental illness, symptoms/treatment/resources in our community, mental health tips, and handouts. Can work with your school staff to provide this information to students.
Mental Health/Illness	K-12	Clinical Treatment	Screening assessment and treatment of mental health issues. Possible services include individual talk therapy, play therapy, family counseling, medication education and monitoring, linkage to other community resources and case management
Mental Health/Illness	K-12	Clinical Treatment	Screening assessment and treatment of mental health issues. Possible services include individual talk therapy, play therapy, family counseling, medication education and monitoring, linkage to other community resources and case management



Youth Development Programs



Topic	Target Audience	Program Name	Description of Program	Contact Information
Youth Advocacy	Children and youth from birth through age 21 and their families	Youth Advocacy Program	Provides representation in, and information on, school proceedings, namely Superintendent suspension hearings, Special Education/ Section 504 meetings, residency/ enrollment meetings, and other educationally-related meetings. Also provides information about youth rights and responsibilities, such as Emancipation, the rights of minors, and PINS related issues.	Legal Aid Youth Advocacy Program of Livingston Co. 243-7944
Youth Development	Staff from churches, youth serving agencies, schools and community members who work with youth	Advancing Youth Development: A Curriculum for Youth Workers	Newly revised curriculum is 18 hours and is designed to address the following goals: <ul style="list-style-type: none"> • Participants become highly familiar with a “youth development” approach to youth work and gain a solid understanding of how the approach adds value to youth policies and programs. • Participants learn practical strategies for integrating a youth development approach into their current practices in working with all youth including those from high-risk situations. • Participants gain the ability to effectively “model” a youth development perspective to organizational colleagues and community constituencies. 	Livingston County Youth Bureau 243-6909
Youth Development	As above with administrators and policy makers, community members	Youth Development Basics	This 4-hour program workshop is designed for adults who work with youth in late childhood through adolescence. Its purpose is to present four fundamental concepts of the youth development approach that are applicable in a wide variety of communities (urban, rural, and suburban) and programs, and with all youth. Provides a common language and set of principles for those wanting to strengthen their work and purpose.	
Youth Development	Staff and administrators, policy makers	Strengthening Organizations through Youth Development	Designed to strengthen organizational commitment and action for positive youth development by providing information, tools and cooperatively developed strategies. The workshop is 4 hours with a 2 hour follow up.	



Topic	Target Audience	Program Name	Description of Program	Contact Information
40 Developmental Assets	Staff/parents/ community	Introduction to Assets and Assets 101	20 minutes to one hour presentations designed to introduce the assets framework to a variety of audiences. Identifies the 8 categories, describes how assets empower all youth, identifies individual youth or adults' role as asset builders and creation of an asset building community.	Livingston County Youth Bureau 243-6909
40 Developmental Assets	Staff/parents/ community	Everyone's an Asset Builder	Four-hour training that introduces participants to Search Institute's developmental assets framework and invites them to become asset builders.	
40 Developmental Assets	Staff/parents/ community	Sharing the Asset Message	Four-hour training designed to help asset advocates in a community or organization effectively deliver a variety of asset-building messages to multiple audiences.	
40 Developmental Assets	Staff/parents/ community	Starting and Supporting Asset Building in Communities	Full-day workshop that provides an overview of Search Institute and what asset-building champions in communities around the country have found is needed to launch and support a multi-sector, community-based asset-building initiative. Designed for a community team.	
Community Mapping	Staff/parents/ community	Community Mapping by Youth for Youth	What's in your community for youth to do? What services are youth friendly? What jobs are available? Training on how to survey and map your community can be provided. Required youth involvement in the process.	



Environmental Health Programs



Topic	Target Audience	Program Name	Description of Program	Contact Information
Rabies	1-12	The Bite of Rabies	Rabies is a potentially fatal disease that affects mammals including humans. This program provides an understanding of rabies, its transmission and ways to avoid risks for exposure.	<p style="text-align: center;">Livingston County Department of Health, Center for Environmental Health 243-7280</p>
Radon	6-12	Is Radon in Your Home?	Radon is the second leading cause of lung cancer. "Is Radon in Your Home" provides information on how radon can enter homes, the potential health effects and methods to remove radon. Home testing is also promoted.	
West Nile Virus	6-12	WNV Awareness	West Nile Virus is transmitted by the bite of a mosquito. This program discusses the disease cycle, methods to reduce mosquito-hatching sites and how to protect yourself from mosquito bites.	
Lyme Disease	6-12	Lyme Disease Prevention	Lyme disease can cause debilitating health problems. Deer ticks transmit Lyme disease. This program provides an overview of the disease, its transmission, tick habitat information, and tick removal techniques.	
Food Safety	6-12	Food Illness Prevention	The way food is stored, prepared and served can change wholesome foods to agents of disease transmission. Safe food handling techniques and methods to prevent food borne outbreaks are discussed.	



Training Programs for School Professionals and Community Members

Keeping Youth Healthy - Training Programs For School Professionals and Community Members



Topic	Target Audience	Program Name	Description of Program	Contact Information
Autism Awareness	School Staff	Autism Awareness Training	Tailor made presentation for staff raising awareness of autism needs, current incidence, community support and available services. Presentation can be adapted to meet the needs of professionals, parents or students.	Upstate NY Families for Effective Autism Treatment 180 Linden Oaks Dr., Suite 250 Rochester, NY 14625 248-9011 Contact@UNYFEAT.Org
Conflict Resolution & Violence Prevention	All Peer Mediation Programs	Peer Mediation Monitoring	A program assessment conducted by staff from a community dispute resolution center. Includes meetings with administrators, peer mediation coordinators and peer mediators. Feedback is provided to school with recommendations.	Center for Dispute Settlement 243-7007 243-7178
Mediation/ Collaborative Problem Solving	5-12	Working Together to Resolve Conflict/ Peer Mediation	Research-based program developed at University of Florida. A course designed to train peer mediators. Promotes a positive school climate and encourages the use of alternative means of resolving conflict. The course stresses confidentiality, neutrality, interpersonal communication, active listening and the mediation process. (2-day training)	
Community Program for Youth	Youth in the Community	EDIFY Educating and Directing Influential forces with Youth	A county-wide teen council analyzes/discusses teen issues and assist in organizing and participating in local youth events.	Genesee Valley Health Partnership 748-5146
Sexuality Education	School Staff	Mission is Possible	Pre adolescent sexuality education training for those who work with elementary students.	SSSC/BOCES 344-7570
Teen Pregnancy Prevention	School Staff	What are assets; what can they accomplish	Asset development training using Search Institute model.	
Teen Pregnancy Prevention/ Violence Prevention/ATOD	Parents/ Community Members	Media Literacy	Discusses the definition of media literacy, the impact of mass media on adults and youth and why media literacy is important. Adults learn how to teach youth to deconstruct media messages. (2-3 sessions)	Livingston County Department of Health 243-7531

Keeping Youth Healthy - Training Programs For School Professionals and Community Members



Topic	Target Audience	Program Name	Description of Program	Contact Information
Nutrition and Physical Activity	School Staff	Heart Disease Education	Discusses the how to begin and maintain healthy habits and the importance of health screenings.	Livingston County Department of Health 243-7299
Nutrition	School Staff/ Parents/ Community Members	Eat Well, Feel Well	A nutrition program that touches on all aspects of nutrition including healthy eating/snacking, whole grains, label reading, cholesterol, food guide pyramid, eating well for women over 50, and a cooking demonstration.	Livingston County Department of Health 243-7299 or Noyes Hospital 335-4355
Nutrition	Parents/Adults	Eat Smart New York	A nutrition education program for families living on low incomes. Parents learn how to shop for food, cook tasty meals, and handle food safely, which helps all family members adopt healthy eating habits and lifestyle behaviors.	Cornell Cooperative Extension 658-3250
Family Violence/ Domestic Violence	School Staff, Parents and Community Members	Family Violence/ Domestic Violence	Discusses the issue of family violence/domestic violence and the impact on victims, families, schools, community agencies, etc.	Chances and Changes 658-3940 Hotline 1-888-252-9360
Rape Crisis / Sexual Assault	School Staff	School Staff	Discusses legal issues regarding assault and rape, ways staff can address these issues and community resources.	Rape Crisis Service 658-2370 Hotline 1-800-527-1757
Violence Prevention	Family	Family Guide to Second Step	Option of take home video, parent presentation or home visits.	Genesee Valley Health Partnership 658-4381
Family Violence/ Domestic Violence	School Staff, Parents and Community Members	Family Violence/ Domestic Violence	Discusses the issue of family violence/domestic violence and the impact on victims, families, schools, community agencies, etc.	Chances and Changes 658-3940 Hotline 1-888-252-9360
Support and Education for Autism Spectrum Disorder	Emergency First Responders	Support and Education for Autism Spectrum Disorder	Training for emergency first responders (police, fire, ambulance, nurses) for strategies in handling situations with individuals/families with autism spectrum disorder.	Upstate NY Families for Effective Autism Treatment 248-9011 www.UNYFEAT.org

Keeping Youth Healthy - Training Programs For School Professionals and Community Members



Topic	Target Audience	Program Name	Description of Program	Contact Information
Violence Prevention	Family	Family Guide to Second Step	Option of take home video, parent presentation or home visits.	Genesee Valley Health Partnership 658-4381
Car Seat Safety	School Staff, Parents & Community Members	Car Seat Safety	Discusses issues regarding car seat usage.	Livingston County Sheriff's Department- Community Policing 243-7921
Sexual Abuse	School Staff	Handling Disclosure	Training for staff regarding student disclosure of sexual abuse and child protective services issues.	Rape Crisis 658-2370 Hotline 1-800-527-1757 Livingston County Department of Social Services 243-7300
Sexuality Issues & Communication Skills	Parents/ Caregivers	Can We Talk	This program is a parent/community networking and educational program which gives tips to parents on how to talk with their children about puberty, mixed messages, self-esteem and peer pressure.	Livingston County Department of Health 243-7299 LBeardsley@co.livingston.ny.us
Sexuality Issues and Communication Skills	Parents and Daughters (ages 9-13)	Parent/ Daughter Puberty Program	Helps participants learn about the physical & emotional changes that occur during puberty & help improve communication between parents & their daughters.	Livingston County Department of Health 243-7531
Sexuality Issues & Communication Skills	Parents and Sons (ages 10-14)	Parent/ Son Puberty Program	Helps participants learn about the physical & emotional changes occurring during puberty & helps improve communication between parents & sons.	
Sexuality Issues	Staff and Parents	Sexuality Issues	Up-to-date information and local statistics on various sexuality issues such as HIV/AIDS, STDs and teen pregnancies.	
Parenting/ Prevention/ Communication	Parents and Teens	Active Parenting of Teens	Teaches parents and teens skills to help each other in the areas of communication, discipline, drug abuse and cooperation. Instills courage and self-esteem, develops responsibility, winning cooperation, and family life in a democrat society.	Cornell Cooperative Extension 658-3250

Keeping Youth Healthy - Training Programs For School Professionals and Community Members



Topic	Target Audience	Program Name	Description of Program	Contact Information
Asthma	Non-medical staff	Asthma 101	Teach non-medical staff regarding asthma.	Livingston County Department of Health 243-7299
Asthma Education	School/ Community Members	Open Airways	An Asthma education program to be utilized with students, parents, school nurses or teachers.	American Lung Association 442-4260 SSSC/BOCES 344-7570
Youth Issues	Community	Healthy Communities That Care	Community specific and community driven process that involves youth and community data collection and creating preventions for youth antisocial behaviors such as alcohol, tobacco , other drugs, violence, school drop out, delinquency and teen pregnancy while promoting and increasing the strengths in youth.	Council on Alcohol and Substance Abuse of Livingston County, Inc 748-5146
Parenting	Parents	Parenting Wisely	Parenting Wisely is a model program designed to enhance parenting skills. The program is an interactive, self-administered CD ROM. The program enables parents to build skills through viewing scenarios and responses to typical parenting issues. Topics include: sibling conflict; homework/chore compliance; respectful communication; and assertive discipline.	Council on Alcohol and Substance Abuse of Livingston County, Inc. 243-9236
Alcohol, Tobacco, and Other Drugs	Teens or adults involved in court, including traffic and school adjudication system	3rd Millennium	Provides essential, basic education on alcohol and drug abuse while creating awareness of personal and legal risks of continued use. Self-paced, interactive, distance learning format, post tests, letter of completion acceptable to many legal jurisdictions. Research based, SAMHSA approved. Cost is \$35 or may vary by court.	Council on Alcohol and Substance Abuse of Livingston County, Inc. 243-9236

Keeping Youth Healthy - Training Programs For School Professionals and Community Members



Topic	Target Audience	Program Name	Description of Program	Contact Information
Nutrition	Parents/Adults	Eat Smart New York	A nutrition education program for families living on low incomes. Parents learn how to shop for food, cook tasty meals, and handle food safely, which helps all family members adopt healthy eating habits and lifestyle behaviors.	Cornell Cooperative Extension 658-3250
Diabetes Education	School Staff	Diabetes Update	Overview of diabetes and latest treatment trends, including insulin pumps.	Noyes Hospital Diabetes Education Program 335-4355
Child Health Promotion	Child Care Providers	Livingston County Health Promotion Program	Staff is available to provide health and safety resources on various health topics, help to evaluate surroundings for safety and health of children and provide consultations on-site or by telephone .	Livingston County Department of Health 243-7299
School Health Index	School Staff	School Health Index	Overview of the School Health Index (SHI) and how to improve your SHI results to create a healthier environment.	
Child and Adolescent Mental Health	Staff/parents/ community	Child & Adolescent Mental Health Issues	Custom presentations designed to meet the needs of the audience. Topics may include identifying mental health concerns, teen suicide, self-harming behavior, bullying, & providing psychological first aid.	Mobile Mental Health Team 243-4592 or 243-4533

Keeping Youth Healthy - Training Programs For School Professionals and Community Members



Topic	Target Audience	Program Name	Description of Program	Contact Information
Healthy Relationships	Adults (school or community) offering programming to Middle School and High School Students	Safe Dates	A curriculum designed to assist adolescents with recognizing the difference between caring and supportive relationships and controlling, manipulative or abusive relationships. Research on the program has demonstrated that adolescents who received the Safe Dates curriculum reported from 56% to 92% less dating violence victimization and perpetration than those in a study control group with results lasting four years after exposure to Safe Dates.	<p style="text-align: center;">Student Support Services Center at Genesee Valley Educational Partnership</p> <p style="text-align: center;">658-7570 or 344-7570</p>
Violence Prevention	Parents/Community Members	Classroom Management Deconstructing Media Messages Mentoring Safe Schools Bullying, Harassment and Gender Equity Accurate Reporting of Incidents		

Keeping Youth Healthy - Training Programs For School Professionals and Community Members



Topic	Target Audience	Program Name	Description of Program	Contact Information
School Wellness and Supportive Learning Environment	School Staff, Parents/Families, Community Members (including school board members)	Healthy School New York Initiative (HSNY)	As part of a comprehensive school wellness plan, the Healthy School New York Initiative increases the capacity of schools to assess, develop and implement health-related policies and best practices with key stakeholders. A Specialist will assist your school by providing technical assistance and resources throughout the comprehensive school health policy process.	<p style="text-align: center;">Student Support Services Center at Genesee Valley Educational Partnership 344-7570</p>
Bully Prevention and Supportive Learning Environment	School Staff, Parents/Families, Community Members (including school board members)	Olweus Bullying Prevention Program	One of the most researched and best-known bullying prevention programs. A comprehensive, school-wide program designed for use in elementary, middle, junior high schools, and high schools to reduce and prevent bullying problems among school children and improve peer relations at school. The program has been found to reduce bullying among children; improve the social climate of classrooms; and reduce related antisocial behaviors, such as vandalism and truancy.	
Supportive Learning Environment	School Staff, Parents/Families, Community Members (including school board members)	Supportive Learning Environment through Positive Behavioral Interventions and Supports (PBIS)	A professional development for school teams using a coordinated, comprehensive approach for strengthening school climate using a Response to Intervention framework. Participating school communities build their capacity to create, enhance and sustain supportive learning environments for all learners.	
Supportive Learning Environment	School Staff, Parents/Families, Community Members (including school board members)	Ruby Payne – Framework for Understanding Poverty	Provides an understanding of economic class differences and a multitude of strategies for overcoming them at school. In an educational setting, economic class differences create conflict and challenges for both teachers and students alike. Provides practical, real-world support and guidance for overcoming barriers and helping others succeed.	

Keeping Youth Healthy - Training Programs For School Professionals and Community Members



Topic	Target Audience	Program Name	Description of Program	Contact Information
Mental Health/ Illness	Staff/parents/ community	Intro. to mental health/illness	Covers general mental illness, symptoms/treatments/ resources in our community, mental health tips.	Mental Health Association 226-3150
Mental Health/ Illness	Staff/parents/ community	Stress Management	Interactive introduction to stress, its effect on the body physically and mentally, along with stress management techniques. Use of Bio-dots and optional videos. Also, Post Traumatic Stress Disorder can be focused upon. Handouts.	
Mental Health/ Illness	Staff/parents/ community	Coping with loss/ your job/stress	Focusing on depression and stress in the workplace, balancing work & home, recognizing symptoms of stress & depression; treatment options, how mental health problems translate to employer cost in absences & low productivity, offers healthy strategies and resources. Videos available along w/ handouts.	
Mental Health/ Illness	Staff/parents/ community	Stigma	Myths and blocks to healthy management of mental illness.	
Mental Health/ Illness	Staff/parents/ community	Recognizing Depression	Recognizing symptoms of depression, discussion of prevalence of depression in our society, treatment options, area resources, recognizing depression in senior citizens and in caregivers.	
Mental Health/ Illness	Staff/parents/ community	Suicide Prevention	Increasing awareness on suicide facts for different age groups and understanding the link between depression and suicide.	
Mental Health/ Illness	7th & 8th grade, high school students, faculty/ parents/ community	The effects of stigma on mental illness	The Speaking Out in Livingston County panel is a group of individuals each with their own story, who are working together to speak out about the effects of stigma on their road to wellness.	
Mental Health/ Wellness Promotion	Staff/parents/ community	Mental Health/ Wellness Promotion	Staff is available to provide mental health resources on various mental health topics.	

Keeping Youth Healthy - Training Programs For School Professionals and Community Members



Topic	Target Audience	Program Name	Description of Program	Contact Information
Family Life	Parents	Parents Apart	Six hour program designed for parents who are separating or divorcing.	Cornell Cooperative Extension 658-3250
Parenting/ Prevention/ Communication	Parents and Teens	Active Parenting of Teens	Teaches parents and teens skills to help each other in the areas of communication, discipline, drug abuse and cooperation. Instills courage and self-esteem, develops responsibility, winning cooperation, and family life in a democrat society.	
Family Life	Parents	Parents Apart	Six hour program designed for parents who are separating or divorcing.	
Empowerment for Front Line Workers	Adults	Family Development Training and Credentialing	This program focuses on the Empowerment method rather than the deficit method in working with clients to help them to become self-reliant members of the community.	
School-Age Child Care	Adults	School-Age Child Care Credential	A 90 hour program for school-age child care providers which focuses on the NYS Competency Standards and leads to receiving the Credential (Equivalent to the CDA)	
Parenting	Teens and Adults	Age Appropriate Play	Young children learn through play. This program gives you the basic skills for playing with (teaching) your child. (Birth to 3 years)	
Parenting	Teens and Adults	Positive Discipline: Without Shaking, Shouting or Spanking	This program presents age-appropriate positive discipline techniques for preschoolers that can help any parent be more effective. (Ages 3 to 5)	
Parenting	Adults	Grandparents Raising Grandchildren	This is a video program that focuses directly on identifying grandparents' issues and concerns, to identify local, state, and national responses to difficulties that grandparents encounter.	

Keeping Youth Healthy - Training Programs For School Professionals and Community Members



Topic	Target Audience	Program Name	Description of Program	Contact Information
Parenting/ Prevention/ Communication	Parents	Parenting Skills Workshop Series	A basic parenting class designed for parents with low literacy skill teaching 5 basic parenting skills through a structured learning, hands-on approach.	Cornell Cooperative Extension 658-3250
Parenting/ Prevention/ Communication	Parents	Active Parenting 1-2-3-4	Age appropriate parenting skills for parents with children ranging from 1 to 4-years	
Parenting/ Prevention/ Communication	Parents	Active Parenting Now	Age Appropriate parenting skills for parents of children 5 to 12-years	
Parenting/ Prevention/ Communication	Parents	Active Parenting Teens	How to better understand our Teens along with age appropriate parenting skills for 12-years and up.	
Parenting/ Prevention/ Communication	Parents Teens	Strengthening Families	For parents and youth 10 to 14-years old. This program builds on family strengths, encourages appreciation of each other, improves family relationships , and decreases the likelihood of family conflict and risky adolescent behavior	
Parenting/ Prevention/ Communication	Divorcing and Separating Parents	New York State Parent Education and Awareness Program	A court-mandated Parent Education Program to help parents separating from their spouse or partner, or divorcing. This program helps parents in their role of helping children deal with the changes occurring in their family structure.	
Parenting/ Prevention/ Communication	Parents	Discipline Is Not a Dirty Word and Nutrition Supplement	A program that helps parents through 7 parenting skills to deal with behavioral discipline. The supplement also helps parents in using guiding principles related to healthy nutrition and eating	
Parenting/ Prevention/ Communication	Grandparents Or Relatives	PASTA:	This program focuses directly on issues and concerns, related to difficulties that grandparents/ relatives encounter.	

Keeping Youth Healthy - Training Programs For School Professionals and Community Members



Topic	Target Audience	Program Name	Description of Program	Contact Information
Occupant Safety	Schools, Recreation Centers, Community Groups	"I'm Safe! in the Car"	Students learn the importance of keeping belts across strong bones, riding in the back seat in the safety seat that fits, and helping the driver by playing quietly. Short video, visuals and discussion.	Cornell Cooperative Extension Traffic Safety Education 658-3250
Wheeled Safety	Schools, Recreation Centers, Community Groups	"I'm Safe! on my Bike"	Students learn the 5 keys to safe riding. Wear helmet correctly, check our "wheels" before riding, wear safe clothing, ride in safe places, & master the "rules of the road". Short video/visuals & discussion.	
Wheeled Safety	Schools, Recreation Centers	Wheeled Rodeos	Students learn the ABC's of Wheeled Safety, the rules of the road, helmets are checked for safety (limited number of replacement helmets are available to participants), then they participate in a wheeled rodeo.	
Pedestrian Safety	Schools, Recreation Centers, Community Groups	"I'm Safe! Walk with me"	Students learn the four keys to walking safely: to be prepared and pay attention, observe traffic signs and signals, walk and cross streets safely, and to make safe choices around a school bus. Short video, visuals and discussion.	
Occupant Safety	Community Groups, Adults	"Car Fit"	Educational program that is provided in collaboration with Livingston County Sheriffs' Office, New York State Police, Livingston County Office of the Aging and Noyes Hospital, offers drivers the opportunity to check how well their personal vehicles "fit" them. The program provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community.	
Occupant Safety	Schools, Driver Education Programs, Community Groups, Teens and Adults	"Backseat ullets"	Students learn the importance of having all occupants in a vehicle buckling up due to the forces in a crash. Uses a power point presentation, videos & "Jeopardy" game to help reinforce the info.	

Keeping Youth Healthy - Training Programs For School Professionals and Community Members



Topic	Target Audience	Program Name	Description of Program	Contact Information
Occupant Safety	Agencies, Law-enforcement, Community Groups, Professionals	National Child Passenger Safety Certification Training Program	Certifies individuals as child passenger safety technicians and instructors. CPS Technicians and Instructors put their knowledge to work through a variety of activities, including child safety seat checks where parents and caregivers receive education and hands-on assistance with the proper use of child restraint systems & safety belts. Students learn & demonstrate proper use & installation of child restraints & safety belts & then teach these skills to parents/caregivers.	Cornell Cooperative Extension Traffic Safety Education 658-3250
Occupant Safety	16-18	Driving Tips for Teens	Annual Teen Driving Event for Driver Education Classes is a collaboration between Cornell Cooperative Extension of Livingston County, Minnehah's Fun Center, York CSD, the Livingston County Sheriff's Office, New York State Police, and CASA of Livingston County, Inc. The goal is to provide a safe learning environment for teen drivers using interactive stations for various driving conditions.	
Occupant Safety	Childcare Providers, Agency staff transporting children, Educators working with families	The 4 step process: Safest car seat for the child	Education on the 4 step process for car seat safety. Overview of how to correctly fit a child to a child passenger safety restraint, how to determine if a child passenger safety restraint is safe to use, how to install a child passenger safety restraint with a hands on exercise for participants. An interactive training. Participants will be asked to bring at least one car seat to practice with in their vehicle.	
Support and Education for Autism Spectrum Disorder	Individuals with Autism Spectrum Disorder, their families, and the professionals who support them.	Support and Education for Autism Spectrum Disorder	<p>UNYFEAT:</p> <ul style="list-style-type: none"> • Has over 800 families as members who are raising an individual with ASD. Membership is free. • Has memberships available to professionals & friends/family, parent, professional and friends/family message boards for sharing questions, tips, strategies and other information. • Offers social skill, recreation & life skill programs all year long. • Holds family meet-ups, training conferences & workshops throughout the year. • Volunteer community service hours are available for those interested in supporting UNYFEAT programs. 	Upstate NY Families for Effective Autism Treatment 248-9011 www.UNYFEAT.org



Youth / Parent / Family Based Resources



Agency / Contact Info	Target Audience /	Description of Program & Goals	Eligibility Requirement	Referral Process	Cost
<p>Noyes First Steps 111 Clara Barton St Dansville NY 14437</p> <p>Heather Wagner, BSW 335-4249 hwagner@noyes-hospital.org</p>	<p>All pregnant women, any ages, any insurances, any county</p>	<p>Major goal is to reduce low birth weight rate, and assist women to have healthy babies. Prenatal education and support, free childbirth classes, Medicaid and WIC enrollment, HIV pre-and post-test counseling, referrals to other area agencies as needed.</p>	<p>Pregnancy.</p>	<p>Self referrals, friends/family, doctors' office.</p>	<p>0 - (we do bill insurance companies and are able to obtain reimbursement from most)</p>
<p>Genesee Valley Health Partnership, Inc.</p> <p>Liz Griswold - Violence Prevention Developer 615-4381 egriswold@gvhp.org</p>	<p>Any Parent in Livingston County who needs strategies in parenting, most specifically empathy, impulse control and anger management.</p>	<p>A Family Guide to Second Step teaches parents skills in empathy, impulse control and emotion management. These skills are also taught to specific students in schools throughout Livingston County. This program is taught by one of three models, video tape sent home for personal viewing, 2-3 hour formal presentation overview or formal 6 week skill oriented presentations. Home visits are also available where possible. The 6 week course outline also covers behavior management, parenting styles and appropriate strategies for dealing with consequences.</p>	<p>None</p>	<p>The program works best when taught to parents familiar with Second Step, but not necessarily mandatory.</p>	<p>No cost</p>
<p>Livingston County Youth Bureau</p> <p>Nita Hawkins 243-6909</p>	<p>0-21</p>	<p>The Youth Bureau funds programs that benefit parents:</p> <ul style="list-style-type: none"> • Community Service Program: assists families of youth who have become involved in the juvenile justice system. • Youth Advocacy: assists families and youth experiencing problems with obtaining services in school or other agencies. • Community of Caring • Center for Dispute Settlement provides mediation for youth and families experiencing conflicts. 	<p>Dependent on the program.</p>	<p>Please call the Youth Bureau at 243-6909 to be referred to these and other parenting resources.</p>	<p>Usually free</p>



Agency / Contact Info	Target Audience /	Description of Program & Goals	Eligibility Requirements	Referral Process	Cost
<p>Council on Alcohol and Substance Abuse of Livingston County: Prevention Education 4612 Millennium Dr. Geneseo, NY 14454</p> <p>Don Hassett 243-9236 dhlccasa@frontiernet.net</p>	<p>Parenting Wisely - Children Adults with 3-9 year old child</p> <p>Parenting Wisely - Teen Adults with 10 18 year old child</p>	<p>Parenting Wisely is a self administered computer based program that reduces family conflict and child behavior problems. Skills and outcomes for PW intervention: increased knowledge and use of good parenting skills including problem solving and assertive discipline. Parents see examples of common scenarios such as sibling conflict, getting out of the house in the a.m. and expectations on school performance.</p>	<p>Parenting Adults</p>	<p>Call or email the Prevention Education office: 243-6236</p>	<p>No cost to participant at this time</p>
<p>Livingston County Department of Social Services</p> <p>Sharon Deming or Jane Bourgoine 243-7300</p>	<p>Families with children birth to age 18</p>	<p>Case management and casework counseling. Role modeling and in-home support. Information and referral.</p>	<p>Must meet criteria of children in the home who are at risk of out of home placement</p>	<p>Contact Preventive Unit Supervisor, Sharon Deming or Assessment, Jane Bourgoine at 243-7300</p>	<p>No cost Not income based</p>
<p>Livingston County Department of Health</p> <p>Maternal Infant Health Collaborative Worker 243-7299</p>	<p>Pregnant Women and young families</p>	<p>Peer Home Visiting program to assist women to have healthy babies. Provides education and linkages to community resources until child is one year of age.</p>	<p>Livingston County pregnant women who need linkage to services ie. prenatal care, insurance. Young families in need of education and connection to health resources.</p>	<p>Self, physician or agency referral Call 243-7299</p>	<p>Free</p>



Agency / Contact Info	Target Audience / Ages	Description of Program & Goals	Eligibility Requirements	Referral Process	Cost
Livingston County Department of Health Maternal Child Health	Mothers/ Families	Assist mothers/ families with parenting issues	Livingston County Resident	Self, physician or agency referral Call 243-7299	Insurance will be billed.
Catholic Charities of Livingston County TASA 658-4466	Pregnant and/or parenting under the age of 21	Assist youth with parenting issues	Livingston County resident who is pregnant and parenting youth under 21 years of age and on Medicaid	Self, physician or agency referral Call 658-4466	Medicaid will be billed.
Livingston County Department of Health Parent/Child Puberty Programs Lisa Beardsley: 243-7531	Parents/ Guardians and Children ages 9-14	These programs will help participants learn about the physical and emotional changes which occur during puberty and help improve communication between parents and their children.	Parents/ Guardians, etc Girls ages 9-13 Boys ages 10-14	Call for information 243-7531	Free
Safe Schools Livingston County Sheriff's Department—Community Policing 243-7921 Youth Advocacy 243-7120	K-12	<u>Safe Schools</u> - Discussion of consequence of weapons with school and law enforcement involvement. County-wide collaborative.	None	Call Liv. Co. Sheriff's Department—Community Policing 243-7921 or Youth Advocacy 243-7120	No cost



Agency / Contact Info	Target Audience / Ages	Description of Program & Goals	Eligibility Requirements	Referral Process	Cost
<p>Dansville Community Center 43 West Avenue Dansville</p> <p>335-7890</p>	<p>K-8 children in <u>Dansville</u> School District</p>	<p>Dansville After-School Program meeting from 2:30 to 5:30 P.M., Monday through Friday. Providing a safe environment in which to increase social and academic skills. Daily components include: Homework Lab; Nutritious Snack; Academic Enrichment; Free Choice</p>	<p>Children must attend the Dansville School District.</p>	<p>Children must be registered.</p> <p>Information can be attained by calling 335-7890</p>	<p>\$ 160 per month Sliding scale available for those meeting the Federal Income Guidelines.</p>
<p>Cornell Cooperative Extension of Livingston County After-School 158 Main Street Mt. Morris</p> <p>658-3250</p>	<p>K-8 children in <u>Mount Morris</u> School District</p>	<p>Mt. Morris After-School Program meeting from 3 to 6:00 P.M. Monday through Friday. Providing a safe environment in which to increase social and academic skills. Daily components include: Homework Lab; Nutritious Snack; Academic Enrichment; Free Choice</p>	<p>Children must attend the Mount Morris School District.</p>	<p>Children must be registered.</p> <p>Information can be attained by calling 658-3250</p>	<p>Fee-based program will cost approximately \$40 per child per week</p>
<p>Livingston County Department of Health Can We Talk</p> <p>Rachel Pena, 748-5146 or Lisa Beardsley, 243-7299</p>	<p>Parents/Guardians</p>	<p>This program is a parent/ community networking and educational program which gives tips to parents on how to talk with their children about puberty, mixed messages, self-esteem and peer pressure.</p>	<p>None</p>	<p>Lisa Beardsley Livingston County Department of Health 243-7299</p>	<p>Free</p>
<p>Legal Aid Youth Advocacy Program of Livingston County</p> <p>Stewart Atkin Legal Aid Society of Rochester 6 Court St., Room 105, Geneseo, NY 14454 243-7944 www.lasroc.org</p>	<p>Children and youth from birth through age 21 and their families</p>	<p>Provides representation in, and information on, school proceedings, namely Superintendent suspension hearings, Special Education/ Section 504 meetings, residency/ enrollment meetings, and other educationally-related meetings. Also provides info about youth rights/responsibilities, such as Emancipation, the rights of minors, and PINS related issues.</p>	<p>Children and youth from birth through age 21</p>	<p>Legal Aid Youth Advocacy Program of Livingston County 243-7944</p>	<p>Free</p>



Agency / Contact Info	Target Audience /	Description of Program & Goals	Eligibility Requirements	Referral Process	Cost
<p>Cornell Cooperative Extension of Livingston County: After-School 158 Main Street Mt. Morris</p> <p>In Collaboration with; Livingston County Youth Bureau and Livingston County Healthy Communities that Care 658-3250</p>	<p>Parents and children ages 10 – 14 (if space allows children up to age 16 will be allowed).</p>	<p>Strengthening Families</p> <p>Parents will learn the following:</p> <ul style="list-style-type: none"> - How to help their child succeed in the future. -Keep your child from serious behavior problems like drug and alcohol use. -Maintaining a positive relationship with your child during the challenging teen years. 	<p><u>Parents</u> <u>Session I: Love and Limits</u> <u>Session II: Making House Rules</u> <u>Session III: Encouraging Good Behavior</u> <u>Session IV: Using Consequences</u> <u>Session V: Building Bridges</u> <u>Session VI: Protecting Against Substance Abuse</u> <u>Session VII: Getting Help For Special Family Needs</u></p> <p><u>Youth:</u> <u>Session I: Having Goals and Dreams</u> <u>Session II: Appreciating Parents</u> <u>Session III: Dealing with Stress</u> <u>Session IV: Following Rules</u> <u>Session V: Dealing with Peer Pressure</u> <u>Session VI: Peer Pressure and Good Friends</u> <u>Session VII: Reaching Out To Others</u></p>	<p>Seven (7) 2-Hour sessions</p> <p>NREPP Approved: SAMHSA’s National Registry of Evidence-based Programs and Practices</p> <p>Registration Call 658-3250</p>	<p>\$140</p> <p>Fee covers one parent and one youth. There is an additional charge of \$70 for second parent. Fee covers program, materials and dinner.</p> <p>Sliding scale available for those meeting the Federal Income Guidelines.</p>



Agency / Contact Info	Target Audience /	Description of Program & Goals	Eligibility Requirements	Referral Process	Cost
Cornell Cooperative Extension of Livingston County After-School 158 Main Street Mt. Morris 658-3250	Adult and Teen Parents	<p>Baby Care Workshop</p> <p>A video and hands-on training of young adults and parenting teens of basic skills in infant care.</p>	Designed to provide the basic principles of infant care in conjunction with specific techniques.	3 Sessions: 1 session per week for 3-weeks Registration Call 658-3250	\$60 Sliding scale available for those meeting the Federal Income
	Adults of children ages 1 to 4	<p>ACTIVE Parenting 1-2-3-4</p> <p>A video based program combined with discussion of the psychology of behavior and skills that can be used to encourage positive behavior.</p>	<p><u>Session I:</u> You and Your Child <u>Session II:</u> Preventing Problems <u>Session III:</u> Encouraging Positive Behavior</p>	Three (3) 2-Hour sessions. Registration Call 658-3250	\$60 Sliding scale available for those meeting the Federal Income Guidelines.
	Adults of children ages 5 to 12	<p>Active Parenting Now</p> <p>A video based program combined with discussion of the psychology of behavior and skills that can be used to encourage positive behavior. This program will review and build on the previous program.</p>	<p><u>Session I:</u> What is Parenting? <u>Session II:</u> Winning Cooperation <u>Session III:</u> <i>Responsibility and Discipline</i> <u>Session IV:</u> <i>Building Courage, Character and Self-esteem</i> <u>Session V:</u> <i>The Active Family Now</i></p>	Five (5) 2-Hour sessions. NREPP Approved: SAMHSA's National Registry of Evidence-based Programs and Practices Registration Call 658-3250	\$100 Sliding scale available for those meeting the Federal Income Guidelines.
	Adults with school-age children – K-7	<p>Parents on Board</p> <p>The program uses entertaining video along with group discussion to give parents the tools to help their children get the best education possible.</p>	<p><u>Session I:</u> <i>Preparing Your Child to Succeed</i> <u>Session II:</u> <i>Encouraging Positive Behavior</i> <u>Session III:</u> <i>Reinforcing Your Child's Academic Skills</i></p>	Three (3) 2-Hour sessions Registration Call 658-3250	\$60 Sliding scale available for those meeting the Federal Income Guidelines.



Agency / Contact Info	Target Audience /	Description of Program & Goals	Eligibility Requirements	Referral Process	Cost
<p>Cornell Cooperative Extension of Livingston County: After-School 158 Main Street Mt. Morris 658-3250</p>	<p>Adults of children ages 12 to 18</p>	<p>Active Parenting of Teens</p> <p>A video based program combined with discussion of the psychology of behavior and skills that can be used to encourage positive behavior. This program will review and build on the previous program</p>	<p><u>Session I:</u> <i>Teens today</i> <u>Session II:</u> <i>Winning Cooperation</i> <u>Session III:</u> <i>Responsibility and Discipline</i> <u>Session IV:</u> <i>Building Courage, Redirecting Misbehavior</i> <u>Session V:</u> <i>Drugs, Sexuality, and Violence</i></p>	<p>Five (5) 2-Hour sessions.</p> <p>NREPP Approved: SAMHSA's National Registry of Evidence-based Programs and Practices</p> <p>Registration Call 658-3250</p>	<p>\$100</p> <p>Sliding fee scale available for those meeting the Federal Income Guidelines.</p>
	<p>Grandparents raising their grandchildren (also includes relatives who are raising their nieces or nephew)</p> <p>Ages Infant through teen</p>	<p>PASTA: Parenting a Second Time Around</p> <p>This program deals with the emotional struggles and legal issues that arise.</p>	<p><u>Session I:</u> <i>It Wasn't Suppose to Be Like This</i> <u>Session II:</u> <i>Getting to Know You</i> <u>Session III:</u> <i>Rebuilding a Family</i> <u>Session IV:</u> <i>Discipline is Not a Dirty Word, But It May Look Different Today</i> <u>Session V:</u> <i>Protecting and Planning for Your Grandchild's Future</i> <u>Session VI:</u> <i>Standing up for Grandparents/ Grandchildren's Rights</i></p>	<p>Six (6) 2-Hour Sessions</p> <p>Registration Call 658-3250</p>	<p>\$60</p> <p>Sliding fee scale available for those meeting the Federal Income Guidelines.</p>



Agency / Contact Info	Target Audience /Ages	Description of Program & Goals	Eligibility Requirements	Referral Process	Cost
<p>Catholic Charities of Livingston County</p> <p>Mentor Moms Program</p> <p>34 East State St. Mount Morris, NY 14510 658-4466</p>	<p>Livingston County residents who are pregnant or parenting young children. Volunteers should be women with some parenting experience and a reliable vehicle.</p>	<p>Volunteer will provide moral support, some education, and transportation to necessary appointments. Volunteers are women who have 'been there and done that' who can be a supportive role model for struggling moms.</p>	<p>Livingston County residents who are pregnant or parenting young children. Volunteers should be women with some parenting experience and a reliable vehicle.</p>	<p>To enroll as a client or volunteer as a mentor contact: Carrie Lyons, Catholic Charities, 658-4466</p>	<p>None</p>
<p>Hillside GLOW Family Support Group</p> <p>24 Main St. Mount Morris, NY 14510 658-5532</p> <p>Contact: Tammy Zobel</p>	<p>Families with children who have mental health, social, emotional, or behavioral needs.</p>	<p>Support groups meet the 1st & 3rd Tuesdays. GLOW offers on-going parent support groups and respite care. Support groups are designed to provide understanding, support, & education. Such issues as behavior management, acceptance, school, stress, & aggression are addressed. Parents facilitate all meetings. Respite childcare is provided by trained individuals to ease parental stress. GLOW also offers advocacy, information, referral support, education, newsletters, a parent library, & family activities.</p>	<p>For parents, caregivers, guardians or foster parents of a child with emotional and/or behavioral challenges from ages 5-18 years.</p>	<p>No formal referral process. Anyone may make a referral to our program including parents themselves.</p>	<p>None</p>
<p>Simple Steps</p> <p>Cornell Cooperative Extension 991-5420</p>	<p>All ages. For parents, teachers and community.</p>	<p>A physical activity (& more) tracking program that can be personalized. A coordinator on-site helps staff & school be more active and can incorporate competition or cooperation to make it a fun, team building program.</p>	<p>None</p>	<p>None Call or email: 991-5420</p>	<p>None</p>



Agency / Contact Info	Target Audience /	Description of Program & Goals	Eligibility Requirements	Referral Process	Cost
<p>Cornell Cooperative Extension of Livingston County After-School 158 Main Street Mt. Morris 658-3250</p>	<p>Separating and Divorcing Parents</p>	<p>Parents Apart: A Parents Education Awareness Class</p> <p>The purpose of this program is to eliminate conflict between the parents which has been shown to have negative effects on the children caught in the middle.</p>	<p><u>Topics covered:</u> -Stages of Separation and divorce for parents and children -What parents can do to help children adjust -Tools for parenting apart -Skills for listening to children -Tips on common parental Pitfalls -The legal process -The Mediation Process</p>	<p>Two (2) 3-1/2-Hour sessions</p> <p>Court Mandated or Self Referral</p> <p>Registered with NYS Unified Court System</p> <p>Registration Call 658-3250</p>	<p>\$50 Sliding scale available for those meeting the Federal Income Guidelines.</p>
<p>Cornell Cooperative Extension of Livingston County 158 Main St Mt. Morris, NY 14510</p> <p>Contact: Donna Horton</p>	<p>Parents & Youth</p>	<p>Parent education in groups and/ or individual sessions including: Active Parenting 1-2-3-4, Active Parenting of youth 5-12, Families in Action, Parents Apart: a program for separating/divorcing parents, Age Appropriate play (ages 0-3), Strengthening Families Program (ages 10-14) and Positive Parenting.</p>	<p>None</p>	<p>Call Donna Horton at 658-3250 to schedule</p>	<p>\$50 per individual or \$62-70 per couple/family depending on the program</p>
<p>Cornell Cooperative Extension of Livingston County</p> <p>Eat Smart NY! Program</p> <p>(585) 658-3250 livingston@cornell.edu</p>	<p>Parents and guardians</p>	<p>Participants will complete a series of lessons that use hands-on activities to help develop the skills necessary to save money and live a healthy and active lifestyle. During these lessons, participants will be able to cook healthy recipes and receive items to help them incorporate the skills learned into their daily lives.</p>	<p>Live in Livingston County. Participate in program(s) like:</p> <ul style="list-style-type: none"> • SNAP (food stamps) • WIC • Head Start • Free/Reduced School Lunch • Temporary Assistance • Medicaid • Local food pantry 	<p>For more information, call or email Cornell Cooperative Extension at</p> <p>(585) 658-3250 or livingston@cornell.edu</p>	<p>Eat Smart NY! is a FREE program!</p> <p><i>Cornell Cooperative Extension of Livingston County offers equal employment and program opportunities. Please contact the Cornell Cooperative Extension of Livingston County office if you have any special needs.</i></p>



Agency / Contact Info	Target Audience / Ages	Description of Program & Goals	Eligibility Requirements	Referral Process	Cost
<p>Cornell Cooperative Extension Traffic Safety Education (585) 658-3250</p>	<p>Parents, Grandparents, Child Care Providers and other Caregivers that transport Children</p>	<p><u>Child Passenger Safety Restraint Program</u> - Cornell Cooperative Extension, local law enforcement agencies and other agencies provide Child Passenger Safety Education check stations around the county to promote the safe use of car seats. Education is provided to parents/caregivers on how to correctly fit a child to a child passenger safety restraint, how to determine if a child passenger safety restraint is safe to use, how to install a child passenger safety restraint and with free replacement (*must meet guidelines) of child passenger safety restraints when necessary. This is an interactive training and Parents/Caregivers must bring in their child with the vehicles to participate.</p>	<p>No cost for education program</p>	<p>Call for information</p>	<p>WIC guidelines for a free seat or a \$20 donation is required</p>
	<p>All Ages</p>	<p><u>Helmet Fitting Stations</u> - Cornell Cooperative Extension and local law enforcement agencies provide helmet educational check stations around the county to promote the safe use of helmets. Education is provided to parents/caregivers on how to correctly fit a helmet, how to check helmets for any damage, with a limited number of free replacement helmets available.</p>	<p>None</p>	<p>Call for information</p>	<p>No cost</p>
<p>Rochester Eye & Tissue Bank Finger Lakes Donor Recovery Network (585) 272-4930</p>	<p>Students in Grades 7-12</p>	<p><u>Exploring Organ, Eye and Tissue Donation</u> - The program gives a basic overview of donation what organs and tissues can be donated, why someone may need a transplant, how these donations are helping people as well as dispel myths and misconceptions. A transplant recipient generally accompanies agency presenter to share his/her personal transplant experience with students.</p>	<p>None</p>	<p>Amy James, Education Coordinator (585) 272-4930</p>	<p>No cost</p>



Agency / Contact Info	Target Audience /	Description of Program & Goals	Eligibility Requirements	Referral Process	Cost
<p>Livingston County Department of Health Lisa Beardsley 243-7531</p>	<p>Parents and Community Members</p>	<p>Media Literacy: Discusses the definition of media literacy, the impact of mass media on adults and youth and why media literacy is important. Adults learn how to teach youth to deconstruct media messages. (2-3 sessions) .</p>	<p>None</p>	<p>None</p>	<p>Free</p>
<p>Catholic Charities of Livingston County 34 East State St. Mount Morris, NY 14510 658-4466 ext 16</p> <p>Contact: Michelle Dourie. LMSW</p>	<p>Pregnant or parenting a child under age 4</p>	<p>Community of Caring: Provide services in the home including mental health counseling, parenting information, and general supportive case management: * Counseling related to mental health, relationships and anger management. * Budgeting, parenting, and postpartum issues. * Classes based on The Nurturing Parent Curriculum * Women's parenting support group using The Nurturing Parent Curriculum * Accompany clients to DSS and court appointments; helping their voice be heard.</p>	<p>Pregnant or parenting a child under age 4</p>	<p>Self, physician, other agencies Call Michelle Dourie for more information: 585-658-4466 ext 16</p>	<p>None</p>
<p>Mental Health Association 226-3150</p>	<p>Parents and Community Members</p>	<p>Mental Health Association: offers a variety of programs that cover depression, stigma, coping with loss, stress management, suicide, and many other topics.</p>	<p>None</p>	<p>None</p>	<p>None</p>
<p>Genesee Valley Health Partnership</p> <p>Liz Griswold, Violence Prevention Developer 615-4381 egriswold@gvhp.org</p>	<p>Parents</p>	<p>Family Circles: a process that brings together family members to engage in conflict resolution, support, decision making, communication and honesty.</p>	<p>None</p>	<p>None</p>	<p>None</p>



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<p>Livingston County Youth Bureau Nita Hawkins 243-6909</p>	<p>Parents and Community Members</p>	<p><u>40 Developmental Assets Trainings:</u> 20 minutes to four hour presentations designed to introduce the assets framework to a variety of audiences. Identifies the 8 categories, describes how assets empower all youth, and identifies individual youth or adults' role as asset builders and creation of an asset building community.</p>	<p>None</p>	<p>Contact Nita Hawkins at 243-6909</p>	<p>None</p>
<p>Upstate NY Families for Effective Autism Treatment 180 Linden Oaks Dr. Suite 250 Rochester, NY 14625 248-9011 www.UNYFEAT.org</p>	<p>Support and education for individuals with Autism Spectrum Disorder, their families, and the professionals who support them.</p>	<p>UNYFEAT:</p> <ul style="list-style-type: none"> • Has over 800 families as members who are raising an individual with ASD. • Has memberships available to professionals & friends/family. • parent, professional and friends/family message boards for sharing questions, tips, strategies and other information. • Offers social skill, recreation & life skill programs all year long. • Holds family meet-ups, training conferences & workshops throughout the year. • Membership is free. 	<p>None.</p>	<p>Upstate NY Families for Effective Autism Treatment 180 Linden Oaks Dr., Suite 250 Rochester, NY 14625 248-9011 Contact@UNYFEAT.Org</p>	<p>Free</p>
<p>Livingston County BEA c/o Livingston County Government Center 6 Court St. Rm B10 Geneseo, NY 14454 www.gvboces.org/bea</p> <p>Carrie Malone, Director 991-5085 Fax: 991-5087</p>	<p>Grades k-12 in Avon, Cal-Mum, Dansville, Geneseo, Keshequa, Mt. Morris, Wayland-Cohocton, and York</p>	<p>The program helps parents to navigate the "new world" of the educational systems and give parents a "toolbox" of skills to help their child succeed. Topics include: Communicating with their child, How to encourage healthy values, motivation and self-esteem and parent involvement.</p>	<p>Must be a BEA participating school district or partner agency.</p>	<p>None</p>	<p>Free</p>

KEEPING YOUTH HEALTHY 2013-2014 Resource Guide

*Programs to Assist and Support
Educators & the Community*



Creating a Healthy Future Now

Published by:
CASA Prevention Services
Genesee Valley Health Partnership
Healthy Communities That Care
Livingston County Department of Health



CASA Prevention Services

