## Delaware County Prevention Council: DCPC

As community partners we plan, support and coordinate efforts to reduce and prevent substance abuse among youth and adults in Delaware County, Indiana.

**OUR VISION:** Working toward a safer, drug-free Delaware County

**OUR MISSION:** To plan, strengthen, and coordinate community efforts to prevent & reduce substance abuse among youth & adult

All programs require a trained facilitator, provided by DCPC, to teach a class.

If you are interested in learning more about our programs or becoming a trained facilitator, please contact us at 765-282-7988.

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### Contact Us

<u>Delaware County</u> Prevention Council

3595 N Briarwood Ln Muncie, IN 47304

Monday—Friday 8:00 am—4:30 pm



### Delaware County Prevention Council



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765-282-7988

#### Email:

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Visit us on the Web: dcpreventionpartners.org

# What's Your Side Effect? WYSE / PRIDE Team

What's Your Side Effect? is an alcohol and prescription drug awareness positive norms media campaign for high school age students. It includes posters and public service announcements, highlighting how young people can achieve their dreams and goals without using alcohol or drugs.

PRIDE Youth Programs (Parents Resource Institute for Drug Education) is the nation's largest peer to peer organization devoted to drug abuse and violence prevention through education. Using public speaking, drama, dance, and song, PRIDE teams offer programs for students in kindergarten through high school. PRIDE team members reach out to their peers, younger students, and the community with an effective and strong drug-free message.

Our PRIDE team is 30 members strong with students from all eight high schools in Delaware County.

#### Too Good For Drugs: TGFD

A school-based, 10 session program offered in grades K-8 in Delaware County. These classes ae taught by local law enforcement officers. Schools who participate will receive a \$300 stipend for each class they host.

#### Students will:

- \*Develop personal and interpersonal skills to resist peer pressure, goal setting, and decision making.
- \*Gain information about the negative consequences of drug use and the benefits of a non-violent, drug-free lifestyle.
- \*Learn how to manage making mistakes, resisting peer pressure, understanding peer influence, and making healthy choices.

#### **Strengthening Families Program:**

A nationally researched seven week program providing skill-building sessions and fun activities that will help with the toughest job in existence: Being a Parent!

Welcomes families with at least one child that is between the ages of 7-17.

#### Program Highlights:

- \*A family dinner is served at each session.
- \*Incentives are given to families each week and a family gift is provided at the end of the program.
- \*Take home activities for families each week.
- \*Childcare provided for children under the age of 7.

### Wellness Initiative For Senior Education: WISE

A free six-session program for adults 55 years of age and older

#### What Participants Will Learn:

- •Increased knowledge and awareness of issues related to health and the aging process
- •Topics include discussion of risk factors and behaviors you should avoid to stay healthy
- Join us for this fun program and celebrate this exciting stage of life and all the benefits that come with it

This program is suitable for the YMCA, churches, senior citizen centers, and other agencies working with older adults.



- -Participation Minimum: 6
- -Participation Maximum: 15