



and THINK

Underage Alcohol & Other Drug Use Restorative Justice & Lifestyle Risk Reduction Program

Goal: To prevent alcohol- or other drug-related health and impairment problems by increasing abstinence and reducing high-risk choices related to substance use among youth under age twenty-one (21). To promote behavior change and help people protect the things they value.

Objective: The Prime for Life® curriculum is based on biological, psychological and sociological research and is designed as a Lifestyle Risk Reduction model that systematically works toward increasing the incidence of abstinence. The **Prevention Unit** is intended to establish a personal perception of risk. Students learn specific, individualized, age-appropriate guidelines for the prevention of alcohol and other drug problems. The self-assessment in the **Reflecting Unit** allows participants to “see” themselves in a way that helps interrupt the progression into alcoholism or drug dependence. The **Protecting Unit** provides tools for participants to identify ways that their choices have been either jeopardizing or protecting the things they value most and develop a plan.

Target Population: Appropriate participants are youth under 21 years of age who have received an arrest for underage drinking or possession of controlled substances or experienced other consequences as a result of drinking or other drug-using behavior or are interested in learning more about substance use prevention. Separate classes are held for individuals under 18 and those 18-21 years old.

Duration: The 12-hour program, with also one individual Follow-Up Meeting attended 30 days following the course. If a participant is a minor under the age of 18, the Follow-Up meeting *must* be attended by at least one parent or legal guardian. A possible assessment will be required if concerns are raised during participation in the Stop and THINK program that warrant further evaluation and possible referral to additional programming.

Registration: To register, individuals must personally contact the Addiction Resource Council at 262-524-7921 within three business days following the referral, between the hours of 8:30 a.m. and 4:00 p.m., Monday – Friday. The individual is required to be registered in the **next available class** occurring within 30 days of the incident/referral, space permitting. If that class is full, participants will be required to be registered in the next available class offered. A Follow-Up Meeting appointment will be scheduled for 30 days following the last day of class.

Cost: **The fee to attend the course for individuals referred by a police department, court or other criminal justice referral is \$130.** Participants referred for a non-criminal justice referral will be charged a **\$25** fee to cover the cost of materials.

Location: Addiction Resource Council, Inc.
W228 N683 Westmound Drive
Waukesha, WI 53186

Phone:
262-524-7921
262-524-7932 (fax)

Topics Covered:

Values
Psychological and Social Influences
Low and High Risk Choices
Self Assessment

Biological Risk Factors
Lifestyle Related Health Problems
Phases of Use
Support and Resources

Tolerance and Trigger Levels
Impairment Problems
Marijuana and other drugs