



## **YOUTH PREVENTION**

*Aroostook, Hancock, & Washington Counties*



# **AMHC**

**[www.amhc.org/prevention](http://www.amhc.org/prevention)**

Prevention efforts in families and communities are vital for the health and well-being of our youth.

For more information, please email  
[prevention@amhc.org](mailto:prevention@amhc.org)

AMHC prevention programming offers resources and education to support youth to strengthen resilience and self-confidence. Since 90% of individuals with substance use disorders began using substances before 18, early intervention is crucial for developing healthy coping and decision-making skills.



Botvin Life Skills is an evidenced-based substance use prevention program that focuses on targeting the social and psychological factors that initiate risky behaviors. The program teaches students the necessary skills to resist peer pressures to smoke, drink and use drugs. This program is provided free of charge. Grades 3-8.



Mental Health First Aid is a national program to teach the skills to respond to the signs of mental illness and substance use. This program is provided free of charge. Grades 6-12.



Prime for Life is an evidenced-based motivational prevention, intervention and pretreatment program specifically designed for individuals who might be making high-risk choices. This program is provided free of charge. Grades 9-12.



Aroostook Teen Leadership Camp (ATLC) develops teen leaders who gain knowledge, skills, training, and support to work with other teens effectively through a five-day residential summer camp (grades 6-8) and school-based activities throughout the year (grades 5-12). A focus on leadership skills, substance use awareness education, team building, and coping skills development.

*\*This program is specific to Aroostook County.*



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