

MOVING COMMUNITIES TO ACTION



LIFE CHANGING

The adage “It takes a village” is true when encouraging healthy coping strategies within our community. Substance use prevention is only as strong as the involvement of the community: individuals, families, schools and organizations. Mile High Behavioral Healthcare’s objective is to engage the community through consistent, expansive programming and support. With inclusive, evidence-based programs, together we can develop the skills, strengths and resilience needed for long-term systemic change in our community.

GOALS

- Unify community members in advocating for substance use prevention
- Identify risk factors in diverse communities
- Expand communication skills, strengths, resources and support
- Empower the community in strengthening healthy coping skills
- Reduce stigma associated with substance use
- Develop safe space for youth to talk about substance use

KEEPIN’ IT REAL

*Ages 12 to 17
10 sessions, 45-minute long*

A multicultural prevention program, Keepin’ it REAL has proven to reduce tobacco, alcohol and other drug use. Youth-centric and culturally grounded, the program meets youth exactly where they are, encouraging critical thinking and effective communication skills. The youth learn resistance strategies: REAL—Refuse, Explain, Avoid and Leave. These strategies are presented through interactive learning and discussion.

PRIME FOR LIFE®

*Ages 18 to 26
Five to 20 sessions, 45 -60 minutes long*

PRIME for Life is an evidence-based prevention program that provides participants with resources to make informed, low-risks choices about alcohol and other drug use. Using motivational techniques in a collaborative atmosphere, the participants are encouraged and empowered to identify, change and develop beliefs, attitudes, risk perceptions and resolutions that make sense for their experiences.

LIFE CHANGING



Mile High
Behavioral Healthcare

Comprehensive, integrated care
www.MileHighBehavioralHealthcare.org : 303.825.8113

Funded by the Colorado Department of Human Services, Office of Behavioral Health

