



BURRELL[®]
YOUTH SERVICES

Prevention Programs & Descriptions

School-Based Prevention

Burrell Behavioral Health's School-Based Prevention team is dedicated to fostering positive mental health and well-being among students. Through evidence-based programs, the team works collaboratively with schools and district partners to deliver comprehensive prevention services focused on substance use prevention and social-emotional learning. Credentialed Prevention Specialists provide tailored programs that address lifelong skills such as emotional regulation, resilience building, and healthy decision making.

This guide is categorized into two different sections of program offerings: Social-Emotional Learning Programs, and Substance Use Prevention Programs. Each program includes an icon that indicates what level of prevention we recommend it be use for and the recommended grade level.

Want to learn more about prevention or need additional resources? Scan the QR code for an extensive list of information relating to prevention, substance use, and SEL programs.



Universal Program



Selective Program



Indicated Program



Substance Use Prevention



Social-Emotional Learning






Social-Emotional Learning Programs



Social-emotional prevention programs are structured initiatives designed to foster the social and emotional development of students. These programs aim to enhance important life skills such as emotional regulation, empathy, communication, relationship building, and healthy problem solving. Students learn through interactive lessons, meaningful discussions, and role-play scenarios.

Depending on the need, SEL programs may be delivered in either a group or individual format. Each session will be taught by a knowledgeable Prevention Specialist with Burrell Behavioral Health.

-  **Universal Program-** Recommended for every student
-  **Selective Program-** Recommended for students identified as “at risk”
-  **Indicated Program-** Recommended for students who have shown significant at-risk behaviors but may not be ready for therapeutic interventions

Kindness in the Classroom

Kindness in the Classroom is a social-emotional (SEL) program that focuses on fostering kindness, empathy, and positive behavior in students from k-8. The program aims to create a positive school culture by teaching students core values like respect, responsibility, and gratitude through structures, lessons, activities and real applications.

Recommended Prevention Level: Universal, Selective

Recommended Age/Grade Level: Kindergarten through 8th Grade

Choose Love

Choose Love aligns with both Character and Social Emotional Development Standards (CSED) and CASEL standards. The program focuses on courage, gratitude, forgiveness, and compassion in action in hopes to decrease negativity and bullying in the school environment. Formulated so each grade level, students will receive 30 lessons approximately 20-30 minutes.

Recommended Prevention Level: Universal

Recommended Age/Grade Level: Pre-K through 5th Grade

Start With Hello- Sandy Hook Foundation

Start With Hello is a digital program that includes an interactive storybook, videos, activities, and projects. The program focuses on three essential skills including how to recognize signs of loneliness and social isolation, how to include others, and discovering how to start conversations. Students who participate have shown decreased bullying behaviors and increased social connection with peers.

Recommended Prevention Level: Universal

Recommended Age/Grade Level: Kindergarten through 12th Grade

Self-Esteem Rising- Confidence Club



Self-Esteem Rising-Confidence Club is an eleven-week program focused on building student self-esteem through emotional management, decision making, and communication support. Students will engage in a variety of lessons including “Friendship Maker”, “Tree of Strength”, and It’s OK to Need Help: Reaching Out”.

This program complements Self-Esteem Rising’s “Beautiful Me” program focused on self-esteem building in girls. If interested in the Beautiful Me program, please contact the prevention team at Burrell.

Recommended Prevention Level: Universal

Recommended Age/Grade Level: Kindergarten to 5th Grade

Erika’s Lighthouse



Erika’s Lighthouse is a non-for-profit organization dedicated to providing education and raising awareness of adolescent depression and suicide. Their free universal classroom lessons are specifically designed to align with educational standards while providing students with the knowledge and tools they need to recognize the signs of depression. The program emphasizes the importance of mental health and encourages open conversations between students and staff. Erika’s Lighthouse encourages use of all four tier 1 pillars including classroom education, empowerment clubs, family engagement programming, and policy and staff training.

Recommended Prevention Level: Universal

Recommended Age/Grade Level: 4th Grade through 12th Grade

Choices



Teen Choices is a program from Teen Mental Health and Life Skills. This program works to help teens become more thoughtful decision-makers. Lessons guide teens to act responsibly, reflect on negative decisions, and explore consequences of those decisions while learning to take responsibility of future decision.

Recommended Prevention Level: Selective, Indicated

Recommended Age/Grade Level: 7th Grade through 12th Grade

Self-Esteem



Teen Self-Esteem is a program from Teen Mental health and Life Skills. This program helps teen engage in self-reflection and learn effective tools and techniques for building positive self-esteem and self-worth. Teens will also learn self-responsibility and assertiveness in asking for what they want and/or need.

Recommended Prevention Level: Selective, Indicated

Recommended Age/Grade Level: 7th Grade through 12th Grade

Aggression & Bullying



Teen Aggression & Bullying is a program from Teen Mental Health and Life Skills. This program is designed to help students reflect on feelings that lead to aggressive actions and exploring tools and techniques to manage these feelings. Lessons combine self-assessment, journaling, and role-playing exercises to enhance empathy and allow students to practice assertive bullying prevention strategies.

Recommended Prevention Level: Selective, Indicated

Recommended Age/Grade Level: 7th Grade through 12th Grade

Respect of Self & Others



Teen Respect of Self & Others is a program from Teen Mental health and Life Skills. This program helps students learn more about themselves, the skills they possess, and those they need to learn to be of service to other people and make contributions to the welfare of others. Students will learn about these skills' importance in developing personal and professional success.

Recommended Prevention Level: Selective, Indicated

Recommended Age/Grade Level: 7th Grade through 12th Grade

Conflict Management



Teen conflict Management is a program from Teen Mental Health and Life Skills. This program is based on each participant's view in a conflict. It is designed to help teens learn more about themselves and the skills they possess and learn ways to manage conflicts that occur in their lives. Participants will learn new skills and the importance of preventing, managing, and resolving conflicts.

Recommended Prevention Level: Selective, Indicated

Recommended Age/Grade Level: 7th Grade through 12th Grade

Friendship



Teen Friendship is a program from Teen Mental health and Life Skills. This program helps students learn more about the fundamental skills needed to develop and maintain healthy friendships. Students will learn about different communication styles, the importance of different personalities, and how to identify and cope with peer pressure.

Recommended Prevention Level: Selective, Indicated

Recommended Age/Grade Level: 7th Grade through 12th Grade

Stress



Teen Stress is a program from Teen Mental Health and Life Skills. This program works to help develop skills needed to build basic resiliency habits, prime any coping skills when stress is encountered, and manage effective stress management skills. Lessons are designed to help teens learn more about themselves, identify primary reasons for stress, and find better ways to use any newfound stress management skills to feel more confident, less helpless, and make better choices when responding to stress.

Recommended Prevention Level: Selective, Indicated




Recommended Age/Grade Level: 7th Grade through 12th Grade

Substance Use Prevention Programs



Substance use prevention programs are evidence-based initiatives aimed at reducing the likelihood of students engaging in the use of alcohol, cannabis, tobacco, and other substances. These programs focus on the effects of the identified substance, social resistance skills, decision-making, coping mechanisms, and competence enhancement.

Depending on the need, Substance Use Prevention programs may be delivered in either a group or individual format. Each session will be taught by a knowledgeable Prevention Specialist with Burrell Behavioral Health.

-  **Universal Program-** Recommended for every student
-  **Selective Program-** Recommended for students identified as “at risk”
-  **Indicated Program-** Recommended for students who have shown significant at-risk behaviors but may not be ready for therapeutic interventions

CATCH My Breath



CATCH My Breath is an evidence-based youth vaping prevention program designed to educate students about the risks and consequences of e-cigarette and vaping use. The program is structured to empower students to make informed decisions by providing them with accurate information about vaping, nicotine addiction, and peer pressure.

Recommended Prevention Level: Universal, Selective, Indicated

Recommended Age/Grade Level: 7th Grade through 12th Grade

Healthy Futures- Alternative to Suspension



Healthy Futures is an evidence-based program developed by Stanford University that focuses on tobacco and cannabis use incidents. The program includes either two- or four-hour sessions over either tobacco or cannabis, and helps students identify the individual reason for use while gaining appropriate coping skills.

Recommended Prevention Level: Indicated

Recommended Age/Grade Level: 7th Grade through 12th Grade

Safety First



The Safety First program, developed by Stanford Medicine, is an evidence-based educational initiative designed to equip high school students with the knowledge and skills needed to make informed decisions about substance use. By promoting harm reduction in addition to abstinence first, the program approaches drug use in a realistic way. Lessons emphasize the risks associated with drug use and encourage open conversations. The program aims to create a supportive environment where students feel empowered to make safe and healthy choices.

Recommended Prevention Level: Universal, Selective

Recommended Age/Grade Level: 7th Grade through 12th Grade

Operation Prevention

Operation Prevention is multi-drug exploratory program that discusses the most common types of substance misuse. Topics include cannabis, steroids, hallucinogens, stimulants, depressants, and inhalants. This program encourages open and honest conversations around substance use and current substance trends.

Recommended Prevention Level: Universal, Selective

Recommended Age/Grade Level: 3rd Grade to 8th Grade

INDEPTH

INDEPTH (Intervention for Nicotine Dependence: Education, Prevention, Tobacco, and Health) is an alternative to suspension or citation program but can be used as a selective program. The program helps students learn more about nicotine dependence and how to establish healthy alternatives than use.

Recommended Prevention Level: Selective, Indicated

Recommended Age/Grade Level: 7th Grade through 12th Grade

Drugs and Your Body

Drugs and Your Body is a collection of lessons that fosters critical thinking skills created by the National Institute on Drug Abuse in partnership with Scholastic . Lessons include discussions over important topics such as stress, screen time, substance use (cannabis, tobacco, methamphetamine, opioids, prescription pills, etc.).

Recommended Prevention Level: Universal, Selective

Recommended Age/Grade Level: 6th Grade through 12th Grade

Smart Talk: Cannabis Prevention & Awareness

Smart Talk: Cannabis Prevention & Awareness Curriculum includes 5 lessons aimed at addressing key factors associated with youth cannabis use, including changing adolescents' attitudes towards and misperceptions about cannabis; increasing their refusal skills to pulls of marketing and social media; reducing stress and depression which have been linked to cannabis initiation and use; improving coping skills; and decreasing intentions and actual use of all cannabis products.

Recommended Prevention Level: Universal, Selective

Recommended Age/Grade Level: 6th Grade through 8th Grade

You and Me, Together Vape-Free

The You and Me, Together Vape-Free by Stanford Medicine is a curriculum including 6 lessons aimed at addressing key factors associated with youth e-cigarette use. This includes changing student attitudes towards misperceptions about use and increasing refusal skills. The program provides resources and strategies to help students and adults work together to understand the risks and underlying reasons of use to help students prepare to make healthy decisions.

Recommended Prevention Level: Universal, Selective

Recommended Age/Grade Level: Kindergarten through 12th Grade

Addiction & Recovery

Teen Addiction and Recovery is a program from Teen Mental Health and Life Skills. This program works to help teens have an avenue for individual self-reflection and group experiences revolving around identified topics of importance. Each section includes exploratory activities, reflective journaling exercises, and educational handouts to help participants to discover their habitual and ineffective methods of managing substance use, and to explore new ways of bringing about healing.

Recommended Prevention Level: Indicated

Recommended Age/Grade Level: 9th Grade through 12th Grade