

WHO WE ARE

Prevention Plus is a non profit, substance abuse prevention agency aimed at promoting health, wellness, and safety to the individuals of Burlington County by providing services for the prevention of alcohol abuse, tobacco, other drugs and related issues through education, collaboration, and advocacy.

PROGRAMS & SERVICES WE OFFER

STRENGTHENING FAMILIES

A science based program designed to strengthen family relationships and improve communication by helping parents practice limit setting with love and to help children develop critical life and social skills. Of the 7 Lessons for both parents and youth, the focus is on family management techniques of decision making, coping with stress and social skills. Each session is 3 hours long and includes a family dinner and separate education classes for youth and adults and session concludes with a family activity.

COPING WITH WORK AND FAMILY STRESS

This program is designed to meet the needs of economically disadvantaged adults with co-occurring mental health and substance abuse problems. It consists of 8 sessions that are 2 hours in duration. The purpose of the program is to teach individuals how to develop and apply effective coping strategies. It teaches methods that can modify sources of stress, techniques to modify cognitive as well as appraisal processes that exacerbate stress and skills to manage stress by reducing the use of avoidance coping habits.

PINELANDS FAMILY SUCCESS CENTER

A grant funded initiative of Prevention Plus and Located in Browns Mills NJ, the Success Center is open to residents of the entire County. The mission of the Pinelands Family Success Center is to build stronger families and communities by enriching the lives of children and adults through relationship focused and culturally responsive activities.

WELLNESS INITIATIVE FOR SENIOR EDUCATION

The WISE program is designed to decrease isolation and loss while increasing the quality of life for older adults throughout Burlington County. These goals are accomplished by providing prevention intervention strategies through a science based curriculum addressing topics such as the proper use of prescription medication, understanding aging changes, and enhancing the quality of life. (This is currently a fee for service program)

LIFE SKILLS

Is an educational curriculum designed specially around changing the beliefs and behaviors that lead to school and social failure, violence, drug abuse/dependency, and criminal behavior. This effective early intervention and prevention education program is designed for all students grades 6-12th but specially for those "at risk" for negative behaviors. The program aims to help young people experience hope and a sense of personal power that they can create alternatives to self destructive behaviors.

FOOTPRINTS FOR LIFE

Footprints is an evidence based curriculum focusing around character education through the tales of a 2nd grade soccer team of diverse animal puppets. This program is designed for school based youth in 2nd and 3rd grade. The Footprints program has 6 lessons taught through the various experiences of our characters regarding self esteem, coping skills, good decision making, assertiveness and alcohol and tobacco's harmful effects. Each lesson/story is followed up with an activity that helps the student practice the lesson learned. This program is fee based.



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BURLINGTON COUNTY COALITION FOR HEALTHY COMMUNITIES

This coalition is a collaboration of concerned Burlington County community members that come together to help build a healthy county through the reduction of substance abuse and the desire to create an environmental change. Individuals that are part of the coalition include law enforcement, school administration, media, health care and religious sectors. For info email marcromano@prevplus.org

CURRENT DRUG TRENDS PRESENTATIONS

Prevention Plus trained staff are available to come out to your school or community based programs to offer drug and alcohol presentations to youth up to age 18 years old. Presentations may include current drug and alcohol trends, power point presentations, use of fatal vision goggles and possible guest speakers such as local police or trained military personnel. For more information regarding these type of presentations, please contact Joe Conlin at Prevention Plus.

MILITARY FAMILY NIGHTS

A PROGRAM BASED ON Strengthening Families and modified for active and reserve Military Families. A science based program designed to strengthen family relationships and improve communication by helping parents practice limit setting with love and to help children develop critical life and social skills. Of the 7 Lessons for both parents and youth, the focus is on family management techniques of decision making, coping with stress and social skills. Each session is 3 hours long and includes a family dinner and separate education classes for youth and adults and session concludes with a family activity.

RIVERFRONT COALITION

This coalition is a collaboration of concerned Burlington city stakeholders and community members. The goals are to prevent underage drinking and marijuana use through environmental change. This newly formed coalition meets in the City on the 3rd Tuesday of each month. For more info email joeconlin@prevplus.org

ZELDA'S FORREST FRIENDS

Forest Friends is a puppet based prevention program which is geared toward ages 5-7 years old. There are seven lovable puppets that grab the attention of each one of the children involved. All seven puppets have a name and are different in all sorts of way just like you and I. Forest Friends is a 6 week program. For the first five weeks a story is presented to the children through the puppets. During each story a life lesson is taught, then after each story an activity and a coloring sheet is given to enhance the skill that they have just learned. The sixth week is set for review of each topic and to allow the children to discuss their feeling about everything they have learned

ACHIEVING PERSONAL BALANCE-MILITARY

This program is designed adapted from the Coping curriculum to meet the needs of Active and Reserve Military Families. It consists of 8 sessions that are 2 hours in duration. The purpose of the program is to teach individuals how to develop and apply effective coping strategies. It teaches methods that can modify sources of stress, techniques to modify cognitive as well as appraisal processes that exacerbate stress and skills to manage stress by reducing the use of avoidance

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