



## Alcohol and Drug Awareness Lifestyle Risk Reduction Class

Detour uses the evidence based PRIME For Life risk reduction program.

*The first goal* of the program is to help each participant in the program reduce risk for any type of alcohol or drug problem. *The second goal* focuses on self-assessment to help people understand and accept the need to make changes to protect the things most valuable in their lives.

Participants for this class should be under the age of 21 who have received an underage drinking ticket or possession of a controlled substance, in violation of an athletic code, are facing expulsion, or are heading down the wrong path.

**PARENTS-** *this is a great class for your child to attend if you are concerned he/she is experimenting with drugs or alcohol.*



Your Choice to Live is a 501(c)(3) nonprofit organization.

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## COMMENTS

"Absolutely incredible presentation! Should be at all schools!"

"It was really good and it really hit home about the dangers of drugs."

"Very informational and touching because it was from the eyes of someone who lived it."



## DRUG AND ALCOHOL AWARENESS PROGRAM

Our mission is to reach our youth before the drugs do with the knowledge and skills to make the best choices, and the resolve to remain substance free.

Your Choice to Live  
Phone: (262)367-9901  
yourchoice.live@yahoo.com  
www.yourchoice-live.org



## YOUTH

### Youth Presentation

In a one-hour presentation, four different youth speakers share their stories about how the choices they made affected their lives and their families. They stress the importance of things like healthy friendships, and engage students to see that, "There's no such thing as small choices." Students hear the real-life devastation that alcohol and other drug abuse does to a young person who feels invincible. Youth speakers share the tools they used to say no to drugs, pull back from experimenting with drugs, or find help out of the pit of addiction.

### Health Class Presentation

In a more personal classroom setting, two Youth Speakers: one in recovery and one who did not use drugs, weave their own experiences into a more detailed Power Point presentation about the web of alcohol and other drugs. The Youth Speaker in recovery explains the bodily and emotional damage drugs caused, and answers questions about how his drug use began, what influenced him, the misconceptions he had about drug use, what addiction looked like, and how he found life-changing recovery.

# SERVICES



## PARENTS

### Parent Night

A two-hour parent night includes brief introductions from the youth speakers who explain what students hear in a Your Choice assembly presentation. Your Choice parent speakers whose children abused alcohol and other drugs share what they missed and what they wish they had known. A Your Choice youth speaker in recovery dissects the Your Choice toolbox, of surprising drug paraphernalia. Parents also hear the outward and behavioral tips and signs of teen drug use. Not all children use alcohol and other drugs, but all children are exposed.

### "Parent Toolbox for Today"

This session features:

- Why YOU as parents matter
- Why DO kids use drugs/alcohol
- What YOU can do
- How to spot drug/alcohol use
- What to do if you spot drug/alcohol use

A youth speaker in recovery for addiction will educate parents on the secretive, protected practices of a drug user.



## COMMUNITY

### Community Presentation

The Community presentation combines a shortened version of the Youth Presentation with the Parent Night. Students and parents are separated for a time with individual program segments.

### In-Service Education

Your Choice provides tailored education to community groups, teachers and school administrators, law enforcement, bus drivers and businesses.

### One Family to Another Discussion

A Your Choice family meets with a family in crisis and offers useful information about a path they have walked. These discussions engage families to talk openly about the problems they face and unite toward a plan of action. Struggling families discover they are not alone and leave with choices and resources for help.

The Your Choice staff are certified and trained to present the DETOUR Program. Each participant will receive a workbook and certificate at the completion of the program.



If you have been referred by law enforcement, court, school or parent to take the Detour Alcohol and Drug Awareness Lifestyle Risk Reduction Class:

1. Contact Your Choice 262-367-9901 to register for the next available class or register online at [www.yourchoice-live.org/detour](http://www.yourchoice-live.org/detour)
2. Pay course fee of \$150.
3. Complete the 12-hour Detour Class
4. At least one parent/guardian must attend a three-hour parent education session for participants under the age of 18.
5. For participants under the age of 18, a follow- up appointment must be scheduled 30 days after completion of program. At least one parent/guardian must be present at the follow- up appointment.
6. After you have completed all the requirements of the class, the instructor will send out certificates of completion.

Your Choice to Live, Inc  
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[www.yourchoice-live.org](http://www.yourchoice-live.org)