

**Alcohol, Tobacco, and Drug Education Classes offered at the
Central Nebraska Council on Alcoholism & Addictions
219 West 2nd Street, Grand Island, Nebraska (308) 385-5520 www.cncaa.net**

Alcohol Education: Prime for Life is an 8-hour alcohol education class for **adults or youth**. The goal of this program is reduce the incidence of alcohol-related problems in adults and youth. This nationally recognized and evidence-based program focuses on personal risk-reduction (choices) and self-assessment specifically related to alcohol. The program is voluntary, however, many are referred by court, probation, or juvenile services for a Minor-In-Possession/Consumption of Alcohol (first offense), Driving Under the Influence, or another first-time alcohol-related offense. Cost is \$70; direct school referrals are welcome at a reduced rate of \$60. **Pre-registration is necessary.** *This class is also offered in Spanish.*

Tobacco Education Class will assist youth in learning about the legal and health risks associated with tobacco use in all its forms, addiction, and offer assistance in helping them move towards quitting. Cost is \$40; no discounts for school referrals. **Pre-registration is necessary.** (4 hour class)

Marijuana Education Class (12 years old or older through adults) is an education class that helps participants understand the risks of the use, addictive nature of marijuana, legal and health risks associated with the use of marijuana, reduce the incidence of future drug-related problems, and assist them in seeking further help if indicated. The program is voluntary, however, many are referred by court or probation for a Possession of Marijuana (first offense), a failed drug test at a place of employment, or another first-time drug-related offense. Cost is \$40; no discounts for school referrals. **Pre-registration is necessary.** (4 hour class)

Alcohol educación: Prime de Por Vida! *es una clase de educación de alcohol de 8 horas, para **adultos y jóvenes**. La meta de este programa es reducir la incidencia de problemas relacionados con el alcohol en adultos y jóvenes. Este programa es basado en evidencia y es nacionalmente reconocido se enfoca en la reducción de riesgo personal (decisiones) y la autoevaluación específicamente relacionado con el alcohol. Este programa es voluntario, sin embargo muchos son referidos por la corte, por libertad condicional o servicios juveniles para menores en posesión o consumo de alcohol (primera ofensa), manejando bajo la influencia, u otra ofensa por primera vez relacionado con alcohol. El costo de la clase es \$70; referencias directas de la escuela son bienvenidas a una tarifa reducida a \$60. **Pre-registración es necesaria.** Esta clase es también ofrecida en Español.*

Clase de Educación de Tabaco *se asistirá a jóvenes para aprender sobre la legalidad y riesgos de salud asociados con el uso del tabaco, la adicción y se ofrece asistencia para ellos ayudándoles a moverse a la recuperación. El costo es de \$40; no hay descuentos por referencias escolares. **Pre-registración es necesaria.** (Clase de 4 horas).*

Clase de Educación de Marijuana: *(para jóvenes de 12 años o mayores) es una clase de educación que ayuda a los participantes a entender los peligros del uso y la naturaleza adictiva de la Marijuana, la legalidad y riesgos de salud asociados con el uso de la Marijuana, a reducir la incidencia con los problemas relacionados con el alcohol y drogas y asistirlos a buscar ayuda si es necesario. El programa es voluntario, sin embargo, muchos son referidos por la corte, por libertad condicional por la posesión de Marijuana (Primera ofensa), la falla de la prueba de drogas en un lugar de empleo u otra ofensa relacionado con drogas por primera vez. El costo es \$40; no hay descuento por referencias escolares. **Pre-registración es necesaria.** (Clase de 4 horas).*

Prime for Life. It's for the curious, the concerned, and those making high-risk choices. Approximately three out of every ten people in the United States make alcohol and/or drug choices that research shows are high risk. They experience the most problems, and this experience is tailored for them. This group includes, but is not limited to, people with a legal or policy violation on the road (impaired driving offenders), on the job, or at school. Prime programs are most appropriate for about ages 13 and older.

What We Teach, How We Teach It. The Exploring Unit examines the perception of personal risk; the Reflecting Unit illustrates the progression toward addiction and allows participants to assess where they might be on that path and the Protecting Unit guides preparation for personal change.

- Research and insights based on more than 1,800 studies conducted over the last 75 years around the globe
- With persuasion and motivational protocol, utilizing principles and processes consistent with Motivational Interviewing and the Transtheoretical Model
- Specific guidance regarding personal choices, the management of resistance, support for change, and a plan for success
- Activities that are to be completed during sessions utilizing workbooks required for all participants
- Presenting carefully selected information in a non-judgmental way which provokes new thinking and provides individuals with a solid basis for making decisions about their own alcohol and drug use

Instructor-Led. The Prime For Life experience is led by a certified instructor, and certification in any version of Prime For Life allows an instructor to deliver all versions of the program.