



Prevention Programs for Youth (PPY)

We build strong
communities where
children can reach
their full potential.





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PPY is comprised of 8 prevention programs that work towards

- Preventing substance use/misuse and overdose.
- Developing community awareness about mental illness.
- Promoting resilience and emotional health.
- Developing leadership, self-regulation, and communication skills for children and youth that will assist them in preparing for their future.



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Prevention Programs for Youth

Substance use/misuse Programs (4):

Empowering Families

TISAPP (Trauma Informed Substance Abuse Prevention Program)

Building Thriving Communities

Marana Prevention Alliance (MPA) Coalition

Mental Health Awareness Programs (1):

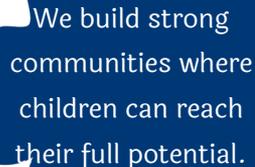
Mental Health Matters

Sexual Risk Avoidance Education Programs (3):

Empowering Youth

Guy Talk

Ready4Life



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TISAPP

Addresses opioid and prescription drug misuse by offering substance misuse and Nalaxone trainings to the community, as well as teaching what steps caregivers can take to protect their youth from prescription drug misuse.

- **Substance Misuse Trainings:**

- **Rx 360:** Learn how to store and dispose of Rx drugs safely, as well as how to use Narcan.
- **Trauma Informed Rx 360:** Learn how toxic stress and trauma impacts the brain and the connection between trauma and substance misuse.
- **Marijuana 360:** Learn why youth are using marijuana and gain the knowledge to protect the youth in your life.

These trainings come with free medication locking bags, Detera deactivation kits, and a box of Narcan nasal spray.





TISAPP: Wellness Hour

Focuses on decreasing stress through movement and meditation. Helps you practice gentle movement for all bodies and abilities. As well as learning skills to increase resilience.

Partnering with Mental Health Matters Program to present at the 2024 Resilience Summit: Building Resilience Through Connection.





Empowering Families

Aims to address the root cause of substance use among youth by providing families with the tools needed to understand and support emotional/psychological challenges.

- **Triple P**
 - **Seminars:** Caregivers learn how to encourage positive behavior and deal with problem behavior.
 - **Individual Support:** One-on-one sessions for caregivers with specific behavior concerns.
 - **Discussion Groups:** Group of caregivers discuss specific behavior concerns.



Empowering Families: Workshops

- **Youth Workshops**
 - Healthy Communication
 - Public Speaking & Interviewing
 - Coping Skills
 - Healthy Living*
- **Caregiver/Adult Workshops**
 - Internet Safety
 - Healthy Communication
 - Youth Suicide Prevention
 - Getting Teenagers Connected



Mental Health Matters

Teaches how to identify and respond to signs and symptoms of mental illness and substance use disorders in youth.

Youth Mental Health First Aid (YMHFA):

- The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5 step action plan for how to help young people in both crisis and non-crisis scenarios.



Guy Talk

Aims to teach male-identified youth about healthy masculinity, sexual and reproductive health and healthy relationships.

Guy Talk

- This evidence based curriculum teaches youth ages 13-19 self regulation, emotional maturity, protective factors, anger management, communication as well as responsible decision making while playing games and winning prizes.

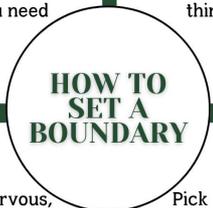


PPY Social Media

Posts about our upcoming workshops, mental health tips and resources.

Set a goal
What is your goal in setting this boundary?
Why do you need to set this boundary?

Start Small
It can be hard to set boundaries, so start small and focus on one thing at a time.



HOW TO SET A BOUNDARY

Practice
If you're nervous, practice what you're going to say in the mirror or write it out on a piece of paper.

Stay Calm
Pick a time when you're both relaxed and use a calm tone when having a discussion.

RESOURCES

MIND Clinic
Low & No Cost Mental Health Clinic from the University of Arizona
To schedule an appointment please call (520) 428-4884

El Rio RHAP
Free, confidential birth control and STI testing, as well as gender affirming undergarments (For ages 14-24).
Email: elriorhap@gmail.com
Call: (520) 884-7810 Ext. 7127

Latina Leadership Institute
Helps Latina women and their families get on the pathway to success.
Email: iesquer@ywcatuson.org
Call: (520) 447-8916

Your Sister's Closet
Provides workplace ready clothing, shoes, and personal hygiene supplies for FREE!
Email: iesquer@ywcatusin.org
Call: (520) 884-7810



MENTAL HEALTH IN THE WORK PLACE

TAKE IT SLOW
TAKE FREQUENT BREAKS! WHILE YOU MAY GO SLOWER, YOU WILL GO FURTHER!
TAKE A BREAK TO WALK AROUND OR STRETCH EVERY 30 MINUTES, ESPECIALLY IF YOU SPEND MOST OF YOUR DAY SITTING.

LEAVE WORK AT WORK
IT'S IMPORTANT TO HAVE BOUNDARIES WITH YOUR WORK-LIFE. AVOID CHECKING WORK EMAILS AFTER WORK HOURS OR DURING THE WEEKEND.

USE YOUR PTO
TIME OFF OF WORK IS VERY IMPORTANT TO YOUR MENTAL HEALTH. IF YOU'RE STARTING TO FEEL BURNT OUT TAKE A VACATION OR A MENTAL HEALTH DAY!

DON'T IGNORE STRESS
LISTEN TO YOUR BODY AND LEARN TO MANAGE STRESS BEFORE IT BECOMES A BIGGER PROBLEM. TALK TO YOUR EMPLOYER ABOUT WHAT COULD BE DONE TO HELP REDUCE STRESS IN THE WORKPLACE.

**PRIORITIZE A HEALTHY
WORK-LIFE BALANCE**





Prevention Programs for Youth
Child & Family
RESOURCES INC.
Where Great Things Start Small

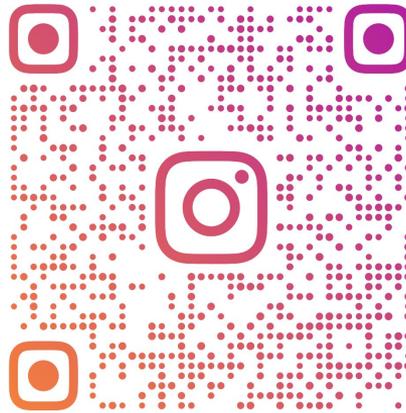


PPY's Impact on the Community

- PPY continues to impact our communities by working with at-risk youth and their families that are DCS affiliated, foster care participants, school social worker/counselor referrals, individuals in prison and in group homes.
- PPY has been working with the Manzanita Yard AZ State Prison-Second Chance program to reduce recidivism by offering programming in the prison and virtually. PPY will be working to have prison participants trained in Triple-P (Positive Parenting Program) and these participants will in-turn facilitate programming within the prison.
- PPY received unrestricted supplemental funds and in-turn PPY placed it back into our communities by incentivizing schools to host and assist with program recruitment. A partner school used their incentive to take their 8th grade students to a baseball game and visit the ASU campus.



Prevention Programs for Youth helping youth reach their full potential



PREVENTIONPROGRAMSFORYOUTH



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Thank you!

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