

We have  
prevention  
services for  
all ages!



**MADISON COUNTY COUNCIL ON ALCOHOLISM  
AND SUBSTANCE ABUSE, INC.**



BRiDGES offers presentations, interventions for teens, programming for parents, staff, kids, and more! BRiDGES staff can provide informational sheets, articles for your newsletter, and engaging prevention presentations tailored to your needs.

Our programming is ever expanding so if you don't see something you would like to explore, just ask!

For all programming  
inquiries, please  
contact us by  
phone at  
315-697-3947  
or email  
[info@bridgescouncil.org](mailto:info@bridgescouncil.org)

\*Program offerings are  
subject to change and  
staff availability



# FOR YOUTH GROUPS

## SPORT, Prevention Plus Wellness

This is the only single session substance use prevention program designed to increase wellness enhancing behaviors. This lesson includes a brief health and fitness behavior screening survey and youth set a goal to avoid substance use and increase protective wellness behaviors. This lesson is accompanied by four optional parent flyers to engage parents. This is currently offered for Middle or High School Students.

## Botvin Life Skills

This program has been shown to cut tobacco, alcohol, and marijuana use by up to 75% and increase healthy decision making skills. Program topics include self-image, decision making, advertising, coping with anxiety, social skills, assertiveness, tobacco, alcohol, and marijuana. We currently offer this program for middle school students in 12 sessions with the option to add on 3 violence prevention sessions.

## The Alcohol Literacy Challenge™

This brief program challenges student's beliefs about the effects of drinking alcohol. It is designed to alter alcohol expectancies and reduce the quantity and frequency of alcohol use among high school and college students. We currently offer this program for grades 9-12.

*"BRiDGES does a fantastic job presenting the Alcohol Literacy Challenge..... My students love this lesson and learn a great deal about alcohol literacy."  
-Cazenovia CSD Teacher*

## Customized Presentations

We can cover topics such as tobacco, alcohol, marijuana, gambling, and current trends but prevention programming doesn't stop there! Presentations on topics such as positive coping skills, growth mindset, anger management, social skills, and assertiveness are all prevention too!

Or are you looking for a fun, meaningful activity for your group to participate in? Reach out to us and we would love to talk with you about activities your students can participate in in your community to make a positive impact. We can help or provide you with a toolkit to do on your own!

We may also be able to assist with covering the cost of a guest speaker or other prevention programming.

We look forward to hearing from you!

**For all programming inquiries contact us at 315-697-3947 or [info@bridgescouncil.org](mailto:info@bridgescouncil.org)**

# FOR BUSINESSES AND ORGANIZATIONS

## Resiliency and Thriving: The Secret Power of Stress

This 60-90 minute course provides practical skills for identifying and reducing stress at home and work. Attendees will learn how to use stress as a positive resource. Participants each receive an 8 page workbook with exercises they can continue to use. This is perfect for a staff training!

## Advancing Tobacco Free Communities

BRiDGES Tobacco Prevention Program and its youth component Reality Check, seek to build healthier communities through tobacco-free living in Madison, Oneida & Herkimer Counties with the goals of reducing the impact of retail tobacco product marketing on youth, increasing the number of tobacco-free outdoor policies (which includes tobacco free worksites, parks, entryways and other public outdoor areas,) increasing the number of smoke-free multi-unit housing policies, and eliminating pro-tobacco imagery from youth-rated movies. Contact us if you want to learn more about creating a healthier business environment!

## TiPS

This skill-based training program is designed to prevent intoxication, underage drinking, and drunk driving. TiPS can be offered to on-premise and off-premise establishments. Employee and managers who participate are able to spot underage drinkers and prevent sales to minors, recognize signs of intoxication and many other skills needed to run a safe and legal establishment. Now available online, eTiPS allows participants to obtain training anywhere, anytime. If you are ready to protect yourself and your business, contact us for more details!

## Additional Workshops

We can offer trainings to those wanting to learn to deliver Narcan, help with safe medication disposal, give presentations on problem gambling, help your staff de-stress, and more.

*"Since we enacted a tobacco-free policy, there is less tobacco litter and unwanted secondhand smoke exposure, and our tobacco-free policy has made it easier for staff who smoked to quit."*

*- VP of Operations and Production for a local company*

**For all programming inquiries contact us at 315-697-3947 or [info@bridgescouncil.org](mailto:info@bridgescouncil.org)**



# FOR PARENTS and CAREGIVERS

## LGBTQIA Caregivers Support Group

This support group is for Madison County parents and caregivers of LGBTQIA youth. Currently this group meets virtually once a month. Please call for more information or to sign up to participate. We also offer a youth group for LGBTQIA youth that meets once a month!

## Customized Presentations

We can customize presentations for parents too! If you are a parent group looking to learn more about a specific prevention topic, let us know! We may also be able to assist with covering the cost of a guest speaker or other prevention programming.

## Active Parenting

Offered for Parents of Youth ages 5-12

Parents/Caregivers will learn a proven approach to parenting that will lead to more harmony and happiness for them and their children. This interactive and entertaining program uses video, activities, and discussion to show ways to raise responsible, cooperative children who are able to resist negative peer pressure.

This program can be offered in a variety of configurations, but the full program is six 2 hour sessions. We can also offer single sessions if interested. Schools may be interested in offering just Session 6: Active Parenting for School Success. The sessions are as follows:

Session 1: The Active Parent

Session 2: Cooperation and Communication

Session 3: Responsibility and Discipline

Session 4: Building Courage and Self-Esteem

Session 5: Understanding and Redirecting Misbehavior

Session 6: Active Parenting for School Success

**We can also offer Active Parenting for Teens.  
Let us know if you're interested!**

**For all programming inquiries contact us at 315-697-3947 or [info@bridgescouncil.org](mailto:info@bridgescouncil.org)**



# Interventions for Teens

We have several individualized programs for youth. Parents, Schools, Probation, or Courts may refer a child for these programs. BRiDGES staff will complete an initial assessment. Depending on the assessment results and age of the youth, one of two evidence based programs will be implemented; Teen Intervene or Choices and Consequences. Schools or other organizations may consider adding these interventions to school policies as an intervention for teens who have been caught using. There is a small fee for each of these programs.

## Teen Intervene

### **For Teens Who Are Using Substances**

Teen Intervene is an evidence based program for teenagers suspected of experiencing mild or moderate problems associated with alcohol or other drug use. TI integrates stages of change theory, cognitive-behavioral therapy and motivational interviewing into its program. Schools or parents may refer a teen for participation in this individualized 3 session program.

## Choices & Consequences

### **An Individual Program for Teens up to Age 18**

Schools, Probation or Courts in Madison County may refer a youth to the program if they are at risk for, or are using drugs or alcohol or are facing consequences as a result of being caught with drugs or alcohol. Parents may also refer their son/daughter if drug or alcohol use is a concern. The Choices and Consequences Program consists of a one hour assessment and 2 two hour program sessions .

# For Adults



## LGBTQIA Network

We connect those in Madison County who are working with, or part of, the LGBTQIA Community.

Our goal is to enhance current resources, identify gaps and needs for services, and bring together the community to raise awareness, increase support and reduce isolation. We meet monthly to aid each other in our work to make Madison County a safe and supportive place for LGBTQIA residents. If you are interested in joining, please contact us.

## Suicide Prevention Coalition of Madison County

This coalition has been working to raise awareness and reduce the rate of suicide. They have organized trainings, delivered resource materials, held speaker events, and supported survivors of suicide.

Members of the coalition are working to develop a comprehensive strategic plan for suicide prevention and postvention in Madison County. All are welcome to participate in this coalition.

## Information and Referral Services

If you are concerned about your or a loved one's problem gambling or harmful use of alcohol, drugs, or tobacco products give us a call. Information and

Referral Specialists are here to help you explore your options and connect you with services. You can also visit [bridgescouncil.org](http://bridgescouncil.org) for more resources.

## Smoking

### Cessation Services

BRiDGES offers smoking cessation services for individuals and groups in Madison County. Smoking Cessation Specialists can help individuals interested in quitting smoking develop a plan that will assist them in meeting their goals.

## Marijuana Today

Marijuana Today is a 3-hour prevention education program for adults, ages 19 and older. Adults referred to the program meet twice with a BRiDGES staff member.

There is a fee for this program.

## Grief Support

### After Death by Suicide

This support group for those impacted by suicide meets virtually every two weeks on Wednesdays from 6:45-8pm.

**For all programming inquiries contact us at 315-697-3947 or [info@bridgescouncil.org](mailto:info@bridgescouncil.org)**

# ADDITIONAL RESOURCES

## LGBTQIA Youth Group

This youth group is for students in grades 7-12. Currently this group meets virtually once a week. Please contact us for more information.

## Central Region Addiction Resource Center

The CRARC reduces stigma around opioid addiction and gives people in the Central Region access to the resources available in Cayuga, Cortland, Madison, Onondage, and Oswego counties. The CRARC coordinates cross-sector collaboration and gives communities the chance to share resources, address concerns surrounding addiction and put in place a plan to address all aspects of addiction. For information, resources, and Naloxone training please contact us.

*"Because of Reality Check, I was able to write on my college applications that I have experience meeting with state legislators on a regular basis, speaking to audiences of 700+, and I have attended numerous leadership seminars!"*

*-Former RC Youth Leader  
from Morrisville, NY*

*"It gave me a community"*  
*-LGBTQIA Youth Group Participant*

## PILL DISPOSAL

Please contact us if you have questions about safe pill disposal whether you are an individual looking to dispose of your own unused or expired medication or an organization looking for a long term solution for pill disposal. You can find medication disposal kiosks at these locations in Madison County:

Chittenango- Police Department

Hamilton- Police Department

Hamilton- Community Memorial Hospital

Oneida- NYS Police Troop D

Wampsville- Department of Social Services

Wampsville- Lobby of Department of Motor Vehicle

## Reality Check

**A Component of Advancing Tobacco Free Communities**

Reality Check is a youth led movement for youth ages 12-18 in New York State that empowers youth to become leaders in their communities and expose the deceptive marketing tactics of the tobacco industry.

The organization's members produce change in their communities through grassroots mobilization and education. These students have opportunities to gain experience in the areas of government, social justice, media, public speaking, event planning, health, and so much more. Currently meeting virtually.

**For all programming inquiries contact us at 315-697-3947 or [info@bridgescouncil.org](mailto:info@bridgescouncil.org)**