BUILDING STRONGER COMMUNITIES

YMCA COUNSELING SERVICE PREVENTION PROGRAMS

New York City’s YMCA | WE’RE HERE FOR GOOD.
WHY WE’RE HERE

FOR YOUTH DEVELOPMENT
Nurturing the potential of every child and teen
We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That’s why, through the YMCA, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

FOR HEALTHY LIVING
Improving our community’s health and well-being
In neighborhoods across the five boroughs, the YMCA is a leading voice on health and well-being. The Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

FOR SOCIAL RESPONSIBILITY
Giving back and providing support to our neighbors
The YMCA has been listening and responding to New York City’s most critical social needs for 160 years. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services, or preventing chronic disease and building healthier communities through collaborations with policy makers, the Y fosters the care and respect all people need and deserve.

We’re Here for Good. It’s been the signature phrase of New York City’s YMCA since early 2008, and it describes the Y’s commitment to building the foundations of – and strengthening – our communities, through nurturing the potential of every child and teen, improving community health and well-being and providing opportunities to give back and support neighbors.

We’re here for you and your family. We’re here for the community. We’re here for good.

New York City’s YMCA | WE’RE HERE FOR GOOD®

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YMCA COUNSELING SERVICE INFORMATION

SOUTH SHORE CENTER & ADMINISTRATIVE OFFICE
3911 Richmond Avenue
Staten Island, New York 10312
718-948-3232

NORTH SHORE CENTER
285 Vanderbilt Avenue
Staten Island, New York 10304
718-981-4382

HOURS OF OPERATION
Monday - Friday: 9:00 AM - 9:00 PM
Saturday: 9:00 AM - 5:00 PM
Sunday: Closed

HOURS OF OPERATION
Monday - Thursday: 9:00 AM - 9:00 PM
Friday: 9:00 AM - 6:00 PM
Saturday and Sunday: Closed

CONTACT OUR ADMINISTRATIVE OFFICE
Phone: 718-948-3232 | E-mail: sicounseling@ymcanyc.org | Web: ymcanyc.org/counseling
@YMCAConcerning | f Facebook.com/YMCAConcerningService

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YMCA COUNSELING SERVICE | 3
The YMCA Counseling Service offers hope to individuals and families whose lives have been turned upside-down by addiction. Since 1980, we have provided the Staten Island community with comprehensive prevention and treatment services that promote the development of spirit, mind and body. Our state-licensed outpatient program includes treatment services for adults and teens, prevention services for at-risk youth and counseling services for children whose lives have been affected by a family member’s addiction.
PROGRAM PHILOSOPHY

Our Community Prevention programs offer a variety of services, including evidenced-based practices, literature distribution and our Speaker’s Bureau, which provides speakers for schools, church groups, community agencies, or any other interested groups. Presentation formats and topics can be tailored to meet the needs of each audience.

The YMCA Counseling Service also offers a variety of prevention programs on-site in our buildings to assist in the healthy development of kids, families and our community. In addition, our counselors are available for presentations throughout Staten Island to discuss services including immigrant resources, addiction prevention, treatment and recovery.

To request information on our Prevention Programs, please contact Cindy Melera at 718-948-3232 or cmelera@ymcanyc.org.

PROGRAM GOALS

Prevention programs aim to help children and adolescents to:

• Promote healthy lifestyles
• Identify negative behaviors and replace them with constructive coping skills
• Eliminate aggressive and oppositional behaviors and implement proper conflict resolution, decision making and anger management skills
• Instill respect for self and others by labeling and promoting positive emotions to express their feelings
• Help children and adolescents recognize misconceptions of drug and alcohol use
• Promote healthy relationships with friends, family and community

All of our programs aim to instill the YMCA’s Core Values of Honesty, Caring, Responsibility and Respect in children and teens.
WE DRAW ON WHAT WORKS

Our in-school prevention model is built upon evidenced-based curriculum, which is delivered in classrooms and after school programs throughout Staten Island. They are designed to help youth who, while not yet dependent on drugs or alcohol, are at-risk for future substance abuse problems. Each of our evidenced-based programs are based on Office of Alcoholism and Substance Abuse Services (OASAS) approved programs, which deliver age-appropriate lessons to teach students character education, self-esteem, positive peer influence and how to make healthy choices. These approved evidenced-based services are shown to increase positive healthy behaviors and decrease the likelihood of future substance abuse.
Too Good for Violence is an evidenced-based practice delivered in a seven-week cycle. Its goal is to help children develop appropriate coping skills and learn tools to manage anger effectively. The program seeks to develop character with a focus on: caring, cooperation, courage, fairness, honesty, respect, responsibility and self-discipline. This program is designed for students in kindergarten through 12th grade.

Children sometimes express aggressive behavior patterns that can escalate to violent behavior if they are not taught how to identify and manage difficult feelings. With Too Good for Violence, children and adolescents in the aggressive stages can learn the necessary behaviors to manage difficult emotions. Teaching students to express their feelings in appropriate (non-aggressive) manners will help eliminate violent behaviors in the future. Students are taught that they have a responsibility to keep themselves and others safe without aggressive behaviors. According to the Youth Risk Behavior Surveillance (2013), it is reported that 70% of young people witness bullying in their schools. This program helps to reinforce positive character development to combat bullying.

Participants will feel powerful by mastering skills such as self-control and anger management, and will be able to live violence-free lifestyles. Children and adolescents exposed to prevention material will be more likely to reinforce this material to others, leading to fewer violent incidents. A supportive community environment that fosters opportunities for participation helps decrease the likeliness of violence.
Teen Intervene

Teen Intervene is a brief two or three session early intervention program for 12–19 year olds who display the early stages of alcohol or drug involvement. It provides education, support and guidance to teens and their families through a brief intervention model of care in which youth work toward identifying and changing behaviors. Focusing on individual goals and personalized feedback, Teen Intervene addresses each young person’s specific needs. It is administered in a school setting by a trained professional in several one-hour sessions conducted 10 days apart. During session one, an individual session with the adolescent, the therapist elicits information about the adolescent’s substance use and related consequences, examines the cost and benefits of the substance use and helps the adolescent set goals of behavior change, including goals to reduce or eliminate substance use. In session two, the therapist assesses the adolescent’s progress, discusses strategies for overcoming barriers and negotiates the adolescent’s continued work toward meeting goals. An optional third session will bring in the parents or guardian.

Too Good For Drugs

Too Good for Drugs is a school-based prevention program for students in kindergarten through 12th grade that aims to increase students’ resiliency by teaching them how to be proficient problem solvers. Too Good for Drugs is delivered in a 10-week cycle that focuses on developing personal and interpersonal skills for resisting peer pressure, goal setting, decision-making and social interaction. The program provides information and gives students knowledge about the negative consequences of drug use and the benefits of a non-violent, drug-free lifestyle. Students also are taught to develop the skills to counteract the pressures of drug use. These skills include: goal setting, decision making, managing emotions, identifying and communicating effectively. They will be able to role play likely scenarios of peer pressure to help them resist the use of drugs, alcohol and tobacco. This program also aims to increase attachment to the community, family and school, all crucial learning environments for the child.
Too Good For Drugs and Violence

Too Good for Drugs and Violence is an evidenced-based practice for students in high school who are in a new environment and navigating brand new situations and challenges. Based on a 10-week cycle delivered once a week for one hour, students discuss the negative effects of drinking on the developing brain and how to distinguish between healthy and unhealthy relationships. They also learn to recognize the misconceptions about tobacco, prescription, over-the-counter and other drug abuse, as well as how to analyze media influence, deal with prejudice and discrimination, set goals and peacefully resolve their conflicts.

Life Skills

Life Skills is an evidenced-based practice designed for upper elementary students through high school. This program teaches students drug resistance skills, social interpersonal skills and self-management techniques at an age appropriate level in an eight to fifteen-week cycle.

Children learn self-management skills, social skills and drug resistance skills by the completion of this program. They also will have an increased self-esteem that helps develop healthy attitudes toward substance abuse, violence and other high risk-behavior. In addition, it helps students prepare for young adulthood by explaining the responsibilities they will soon have.
**PATHS**

Promoting Alternative Thinking Strategies (PATHS) is an evidenced-based practice for children in elementary school. The program is designed to increase areas of social-emotional development, such as self-control, self-esteem, emotional awareness, social skills, friendships and interpersonal problem-solving skills, and reduce aggression and behavioral problems. Skills are taught through direct instruction, puppets, discussion, modeling, storytelling, role-playing activities and video presentations.

PATHS promotes children having a healthy and safe environment in order to foster pro-social behaviors and eliminate inappropriate behaviors. Students are taught to support one another by enhancing group attachment. Repeating positive experiences and encouragement by adults and peers will aid in building the child’s self-esteem and self-confidence. Rules will be introduced to students in order to help build impulse control. Children are expected to take ownership of the rules by helping create them for the classroom.

Students are taught collaborative learning, which helps them learn faster and more efficiently. In late elementary school, children discuss the “Golden Rule” - to treat others the way you would like to be treated - to help build relationships based on empathy and respect. PATHS problem solving skills can be used in a variety of real-life situations.
SMART (TEAM)

SMART (TEAM) is an eight-week module, interactive multimedia, computer/discussion-based violence prevention program designed for 5th through 9th graders. It teaches students conflict resolution skills in three areas: perspective-taking, dispute resolution and anger management. The program is based on social learning theory and the skill acquisition model; it approaches learning in five stages ranging from novice to expert, with learners from each stage having different needs. Students are taught self-reflection and can practice newly learned skills through computer-based scenarios and interactive components.

ATLAS

Athletes Training & Learning to Avoid Steroids (ATLAS) is an evidence-based health promotion and substance abuse prevention program targeting high school athletes. There are 10 sessions that provide interactive educational games and role play designed to reduce male athletes’ illicit drug use, sport supplement and steroid use along with underage drinking.

All Stars

All Stars is designed for middle school students to learn to identify goals, develop positive standards for themselves and start thinking about their future. Through interactive discussions and games, students develop healthy pro-social norms, recognize peer pressure that leads to risky behaviors and discuss positive habits and ideal reputations. All Stars promotes student bonding to their school, community and family environment.
Protecting You, Protecting Me

Protecting You, Protecting Me (PY/PM) is an alcohol prevention curriculum for children in grades 1 through 5. PY/PM reaches children before they have fully formed their attitudes and opinions about alcohol use. PY/PM consists of 10 science and health-based lessons that teach children how to make informed decisions and safeguard themselves. The lessons reinforce the fact that the child/adolescent brain is still developing, putting them at a higher risk of abuse than adults.

The goal of this program is to prevent injury accidents related to underage drinking and vehicle-related incidents in which the driver is under the influence. Therefore, PY/PM helps children identify ways to avoid risks associated with drug and alcohol use, along with other reckless behaviors. Students are taught vehicle safety skills they can use when faced with an impaired driver. For this reason, children and adolescents go over the reasons for laws and rules, while discussing the consequences of lawbreaking behaviors.

Guiding Good Choices

Guiding Good Choices is a five-session parent participation program that teaches parents who have children ages 9 through 14 years old how they can reduce the risk of their children using drugs. Guiding Good Choices is a 10-hour program, held for two hours per session, once a week, for five weeks. Through the use of video clips, workbooks and discussions, parents will gain tips on how to best help their children avoid drugs during early adolescence.

Parenting Wisely

Parenting Wisely is a Family Works discussion-based program for parents with children from ages 3 to 18 years old. Based on cognitive behavioral, family systems and social learning theory, it aims to increase parental discipline skills and communications. In each of the sessions, a video enactment of a family struggle situation is paired with a list of possible solutions and the effectiveness of each, which is then discussed with a trained counselor.
Strengthening Families

Strengthening Families is a 14-week evidence-based family skills training program found to significantly enhance parenting skills and strengthen family bonds. It helps to decrease problem behaviors, delinquency and alcohol/drug abuse in children, and to improve social skills and school performance. The program’s foundation aims to develop four protective factors: parental resilience; social connections and knowledge of parenting and child development; support in times of need, and social and emotional skills of children, all of which lead to positive outcomes for families.

SPORT Prevention Plus Wellness

SPORT Prevention Plus Wellness is a single-session, evidence-based program designed to promote student wellness. It enhances behaviors like physical activity, sports participation, healthy eating, adequate sleep and healthy stress control techniques, while helping students to avoid alcohol, tobacco, marijuana and other drug use. The overall goals of SPORT include: recognizing healthy behaviors, promoting positive images of youth engaged in healthy behaviors and avoiding habits that can cause harm to one’s self.
ON-SITE PREVENTION:
Available at our North and South Shore Centers

Program Philosophy
Children experience their world on a feeling level and express themselves through action. Their therapy must be active, supportive and expressive.

Our Services Include:
- Evidenced-Based Programming
- Prevention Counseling
- Community Presentations
- Parenting Skills Classes
- Parent Group
- Teen Family Association
- Family Association
- Early Intervention (Teen Intervene)

Reasons for Referral
There are a variety of emotional, behavioral, school or family problems that may be cause for concern. You may want to consider referring a child to us if you observe any of the following signs:

- Aggressive behavior
- Low self-esteem
- Anger
- Depressed mood
- Oppositional behavior
- Social withdrawal
- Academic failure
- Chronic anxiety
- Experimentation with alcohol or drugs

Early intervention is crucial to preventing children from developing substance abuse problems later in life.
Prevention Counseling

Prevention Counseling offers one-on-one counseling to children and adolescents who are displaying high-risk behaviors. The goal is to explore ways to positively cope with stress and deal with anger and peer pressure.

Parenting Skills

Parenting Skills is a 12-week program aimed at enhancing the knowledge and understanding of the multifaceted aspects of parenting. Each class runs an hour-and-a-half long and takes an in-depth look at child development, communication, discipline and healthy parent/child relationships. Topics covered include play, learning, stress, nutrition, budget, substance abuse, family violence and teen behavior.

Anger Management

Anger Management is a 10-week program open to youth and adolescents ages 6 to 17 years old. This program seeks to reduce anger, aggression and tantrums, while improving coping skills. It is designed to combat unhealthy core beliefs, promote responsible behavior, and enhance the quality of life of youth and their caregivers.
YMCA of Greater New York
YMCA Counseling Service
3911 Richmond Avenue
Staten Island, NY 10312
P: 718-948-3232
W: ymcanyc.org/counseling

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There are now so many ways to learn the latest news and happenings at the YMCA Counseling Service!

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