



Northern Arizona Regional Behavioral Health Authority

Managing behavioral healthcare with a conscience.

Program Descriptions

Big Brothers/Big Sisters of Northeastern Arizona

Big Brothers/ Big Sisters (BB/BS) High School program is a modified best practice program serving youth in Navajo and Apache counties. The core of the program is to provide at-risk children the opportunity for one-on-one relationships with high school students. The mentoring program encourages three to four meetings a month or more between mentor and child, with each meeting lasting at least an hour. Mentoring activities include tutoring, assistance with school projects, recreational activities, attending cultural or sporting events, performing community service or other activities. The matches also establish telephone communication that enables the mentees to contact mentors as well as vice versa.

BB/BS of Northeastern Arizona also has developed a program at Blue Ridge Elementary School in Pinetop linking high school student volunteers to the ESL class. It is strongly supported by school personnel, and conversations have begun on how to expand this program to other classes for the 2009-2010 school year.

In addition, the program recently established a partnership with the White Mountain Apache Tribe to expand programs to the reservation.

Botvin Life Skills/Bullhead City Stop Teen/Underage Drinking Coalitions

The philosophy of Arizona Youth Partnership (AzYP) is that communities are most capable of solving community problems. Methods including needs assessments, community mobilization and strategic action planning identify needs and assist with bringing appropriate resources to the communities. In addition, the Tucson-based AzYP collaborates with local school districts to provide prevention services and programs through the Botvin Life Skills curriculum. NARBHA's school-based program is in Mohave County.

The Botvin Life Skills Training program is a proven substance abuse prevention/competency enhancement program designed to focus primarily on the major social and psychological factors promoting substance use/abuse. The Life Skills Training program is designed to:

- provide students with the necessary skills to resist social (peer) pressures to smoke, drink, and use drugs
- help them to develop greater self-esteem, self-mastery and self-confidence
- enable children to effectively cope with social anxiety
- increase their knowledge of the immediate consequences of substance use.

Connect2Help Circle

The Connect2Help Circle (C2HC) is an online assistance request forum developed in partnership with the Southwest Institute for Families and Children. The site provides a connection between community

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members with needs and community members with resources that include information, materials and/or a helping hand.

Through the C2HC website, <http://swiftresource.com> volunteers who live in or near Flagstaff and Lake Havasu City can register to be "Helpers," then receive email notices of individual needs from a C2HC staff. Anyone can register a need for themselves or for others; examples include equipment like a wheelchair, a request for special knowledge, like working with Individual Education Plans, or accessing community resources. The C2HC Parent Coordinators oversee, facilitate and obtain feedback on the connection experience.

Healthy Families/First Steps at YRMC

Healthy Families and First Steps programs provide intensive family support and education for parents with infants and young children. The Yavapai Regional Medical Center's Family Resource Center uses these best-practices programs to provide parent education, peer support groups, referrals and support services for every birth at YRMC.

First Steps helps parents and infants adjust to their new relationship. Every mother will receive a hospital visit from a First Steps volunteer, who provides educational materials and follows up with warm-line phone calls once the baby arrives home. Healthy Families is a home-visitation program designed to provide supportive services and education to parents of infants to children five-years old. Educational materials are provided in English and Spanish.

Parent Resource Centers in Flagstaff

Parenting Arizona provides a school-based prevention and early intervention program for at-risk youth and their families at Kinsey and Christensen elementary schools. The goal of the program is to enhance the relationships between parents and their children, and strengthen parents' ability to provide safe, nurturing environments. Specifically, Parenting Arizona focuses on improving parenting skills and knowledge of child development through modeling and re-parenting techniques that reduce the use of corporal punishment.

In conjunction with the Parent Resource Centers, PA uses the Families and Schools Together (FAST) program, where families are invited to participate in eight weekly sessions that engage parents and children in fun, educational activities. The program also is a community-building and networking forum for parents. Documented successes include improvements in the children's grades and social skills after participation.

At Christensen school, English as a Second Language is incorporated for Spanish speaking parents, with some literature available in Spanish.

Prescott Unified School District Family Support Services

The Family Support Services program collaborates with schools, families, juvenile probation and the community to provide programs and opportunities that will promote enrichment for children and parents, and prevent child abuse and substance abuse. This school-based prevention program offers activities to high-risk students and parents/caregivers in the Tri-City area (Prescott, Prescott Valley and Chino Valley). It offers education for parents to learn necessary child development skills, including positive social skills and concepts identified by teachers, school administrators, parents and students as the most meaningful for students in the district.

Social skills and coping skills are developed through Social Responsibility Training (SRT) and White Bison programs, which are recognized nationally as successful in helping students resist peer pressure and drug and alcohol use.

Project ALERT in Holbrook Junior High School

Project ALERT is a nationally recognized, middle-grade substance abuse program that uses small group activities, role-playing and guided classroom discussions to provide students insight, understanding and skills for resisting substance abuse. Project ALERT specifically addresses tobacco, alcohol, marijuana and inhalants – the substances teens are most likely to use – by focusing on three core strategies: motivating students against drug use; providing skills and strategies to resist drugs; and establishing new non-use attitudes and beliefs.

The program is based in Holbrook Junior High School, as an outreach program of Community Counseling Centers.

Project Resiliency of The Guidance Center

Project Resiliency is a school-based program that builds protective factors throughout a child's elementary education. This project is designed to guide youth in making smart decisions and avoiding substance use through the development and utilization of the 40 Assets highlighted in the Search Institute's curriculum. Program success is marked by improvement in positive social skills, self-confidence and academics. The program is based at Killip Elementary School in Flagstaff, which is one of the most ethnically diverse schools in FUSD. Therefore, focus is placed on cultural pride and respect as protective factors.

All parent materials are available in both English and Spanish, and Spanish and Navajo interpreters are on hand at the school to assist in communicating with monolingual family members of participants.

The program is an outreach project of The Guidance Center in Flagstaff.

Reconnecting Youth/Suicide Prevention in Page

Reconnecting Youth is a school-based prevention program that targets students in grades 9 through 12 who show signs of poor school achievement and potential to drop out as well as substance abuse, depression or suicidal ideation. The program functions as an elective class that teaches skills to build resiliency to substance abuse. The main goals of Reconnecting Youth are to improve students' school performance, substance use control, and mood management. Approximately 60 students participate each year in the class.

Question, Persuade and Refer seminars are provided to school and community groups in Page as suicide prevention and early intervention. The program is aimed to reduce suicidal behaviors and train community members to identify suicidal ideation and intervene. The program is based on the belief that education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

Both programs are outreach of Community Behavioral Health Service in Page.

WYGC Senior Peer Program

The Senior Peer Program is a primary prevention and early intervention program whereby adult volunteers ages 55 and older peer with another their age cohort to provide companionship and resources that will enhance quality of life and sense of wellness. The goals of the program are to reduce depression and risk of suicide, and increase the ability for independent senior care within the Tri-city Prescott area (Prescott, Prescott Valley and Chino Valley).

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The program consists of home-based visits to assist seniors who are unable or unwilling to seek professional help in conventional settings such as hospitals, private counselors or mental health centers.

The program is outreach for West Yavapai Guidance Center.

Yavapai Big Brothers/Big Sisters

Yavapai Big Brothers/ Big Sisters is divided into two programs: School-Based Mentoring Projects at Camp Verde schools and Community Based Mentoring in the Verde Valley. The core of the program is to provide at-risk children an opportunity to establish healthy one-on-one relationships with adults.

The community mentoring program encourages at least weekly hour-long meetings between mentor and child. Mentoring activities include tutoring, assistance with school projects, recreational activities, attending cultural or sporting events, performing community service or other activities. The matches also establish telephone communication that enables the mentees to contact mentors as well as vice versa. Mentors may be paid or unpaid, high school or college students or adults who are screened and trained. Mentors also are supervised by project staff, who provide additional support.

School-based mentoring matches high school role models with at-risk elementary students in a guided 45-minute session each week at Camp Verde Elementary School.