

# Choices

## PHILOSOPHY

Outreach's Choices – Drug & Alcohol Education Program for Teens is designed as an opportunity to help families find answers. Our aim is to reduce substance abuse among adolescents by supporting families and educating teens.

The Choices program does not assume that every teen entering it has firmly set upon the road to addiction. The goals of this educational program are to help prevent reoccurrence of the previous behavior and to help teens make better decisions in the future.



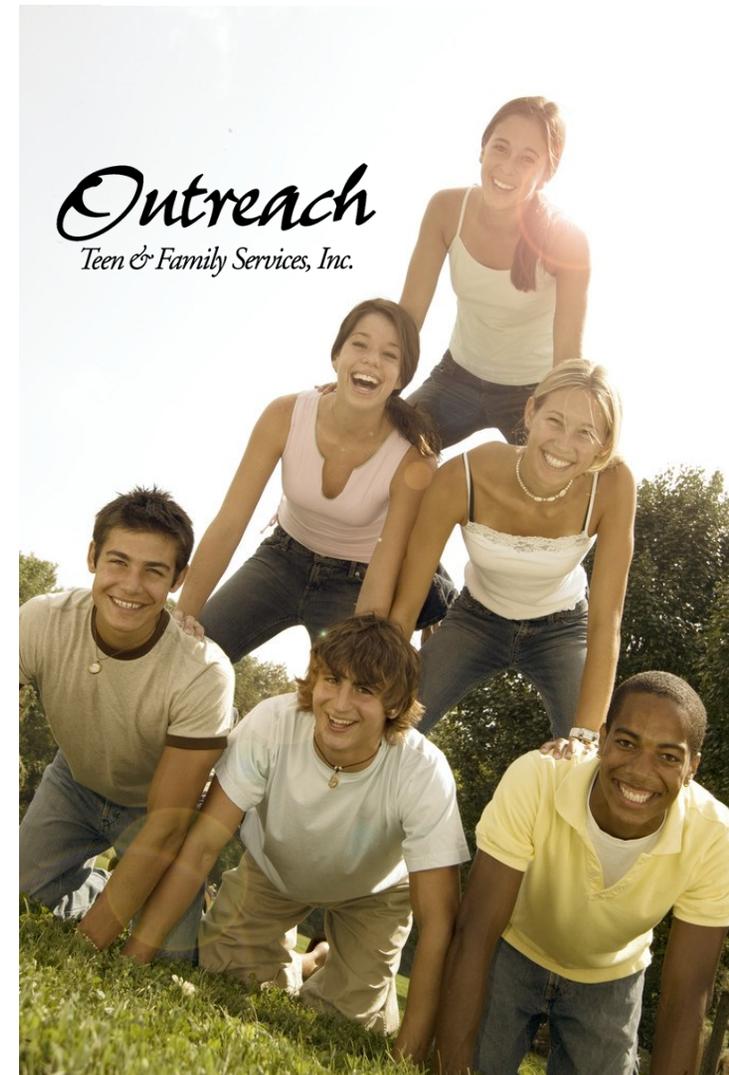
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# Choices

Drug & Alcohol Education  
Program for Teens



## CLASS TOPICS

- ◆ Physical, psychological, and legal consequences of drug and alcohol use;
- ◆ Cultural impact of mass media on teen drug and alcohol use;
- ◆ Development of adolescents and how drugs and alcohol can interfere with their growth;
- ◆ Short and long-term consequences of drug and alcohol use;
- ◆ The addiction process, concept and progression and the continuum of usage;
- ◆ Refusal techniques;
- ◆ Recognizing denial;
- ◆ The importance of setting limits, consistency and consequences in parenting a teen.



## PROGRAM INFORMATION

### Schedule for Teens

Teens sessions are the third Saturday of every month,  
9:00 a.m. - 1:00 p.m.

Registration is mandatory - no walk-ins.

### Schedule for Parents

A separate parent session is held on the same Saturday as the teen session,  
Noon—1:00 p.m.  
Attendance by one or both parents is highly recommended.

### Fee

\$175 is due before the first class.

### Registration

(412) 561-5405 or [info@outreachteen.org](mailto:info@outreachteen.org)

You can also register in person at the Outreach office:  
666 Washington Road, Pittsburgh, PA 15228  
Office hours: M-F, 8:30 a.m. - 4:30 p.m.  
Class size is limited.

## ADDITIONAL INFORMATION

What are the most important things you learned in the Choices Program?

- ◆ *I can say no.*
- ◆ *Underage drinking and binge drinking is in most cases deadly.*
- ◆ *How easily one can fall and succumb to addiction.*
- ◆ *Alcohol kills.*
- ◆ *Nothing positive ever comes out of binge drinking.*

If the teen was referred by a judge, Outreach will inform the magistrate of enrollment, successful completion and other relevant information.