

Prevention Programs

It is our belief that children need to feel safe so that they are free to dream: to dream of a future that involves success. To reach this goal, Prevention Counselors and Specialists work to stabilize families and children so that they can begin to reach their potential.

All Prevention programs are designed to help individuals develop:

- A positive self-image
- Effective coping skills
- Education and career goals
- Substance abuse refusal skills
- Social skills necessary to avoid high-risk behaviors
- Effective interpersonal relationships
- Strong family bonds

DACCO offers many different Prevention programs. Each serves a different target population. All Prevention programs are free of charge to Hillsborough County residents.

For more information or to make a referral to one of the programs described in this brochure, please contact:

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Prevention Programs

*Working for a Drug-Free Community:
One Person, One Family at a Time.*



*Drug Abuse Comprehensive
Coordinating Office, Inc.*

Prevention & Treatment
for a Healthier Life and Community

EMPOWER

This evidence-based program increases family cohesiveness & communication. Middle School-aged youth/families receive counseling in their home. Counselors work with clients to identify early risk factors that can lead to later at-risk behaviors – specifically underage drinking.

This program is offered in 8-10 week cycles, and referrals to wrap-around services are made as needed. Families are introduced to the Be The Wall website during the course of services to use as ongoing support and information about adolescence and alcohol use. [www.bethewall.org]

Strengthening Families

This evidence-based program increases family cohesiveness. Children ages 3-17 receive counseling in their home, at school, and in the community. Counselors work with clients to identify early risk factors that can lead to later at-risk behaviors.

Counselors help families set rules and goals that are achievable. Studies show that children who live in a structured environment, can read, follow rules, communicate, and think independently, achieve more and report higher feelings of contentment than others.

Counselors work with the client from four (4) to six (6) months dependent upon individual need. Referrals to wrap-around services are made as needed.

New Directions/Safe & Sound

Throughout Hillsborough County, Counselors use evidence-based curricula, Life Skills Training and Kids' and Youth Connection, for elementary, middle, and high school students. Topics include drug and alcohol education, resisting peer pressure, improving self-esteem, managing anger, decision-making skills, goal-setting and more.

Counselors offer group and individual counseling to students that have been referred by school officials, parents, peers, or by self-referral. A New Directions/Safe & Sound Counselor can be found at 36 schools within Hillsborough County – for a complete list please contact us!

 /newdirectionshillsborough  /safesoundhillsborough
 newdirectionshillsborough

COMMUNITY-BASED PREVENTION

Environmental

These strategies address prescription drug and alcohol abuse to all residents of Hillsborough County. Prevention Specialists provide information and education via tabling events, commercials, and other community health/wellness fairs.

To learn more about what DACCO can provide to you and/or your organization, please contact us! www.bethewall.org, www.bethewalltampa.org, and www.watchyourbac.com

Please also visit our social media sites:

 /hillsboroughbethewall

 /watchyourbac  bac2green

 /rxedu

Senior Adult

Throughout Hillsborough County, Prevention Specialists use the **Get Connected** curriculum to provide services to adults 55 years of age or older. The Get Connected program is a three-session program that discusses topics specific to this population including: Coping with Life's Transitions, Using Medications Wisely and Keeping a Healthy Outlook on Life. Specialists coordinate with local agencies (such as retirement communities) that provide services to this population.

DACCO is one of Florida's largest community-based providers of behavioral health services, providing services to over 30,000 people annually since 1973, through our award-winning drug and alcohol prevention, intervention and treatment programs. Our mission is to support the local community by offering prevention, treatment and support services for men, women, pregnant women and adolescents suffering from substance use disorders or co-occurring mental health disorders. Our expert physicians are board certified in Addiction Medicine and our staff is highly qualified and committed to enabling clients to achieve life-long recovery, demonstrated by excellent outcomes.

"It is our mission to focus on the recovery and not the silent disease of addiction"

"Recovery from drug addiction is possible with treatment, lifestyle changes and awareness"