

Davis Behavioral Health works toward an improved quality of life for everyone in the community.

#### FAMILIES

Project Davis  
Strengthening Families

#### ADULTS

Alcohol & Drug Intervention (ADI)  
Anger Management  
Love & Logic  
Prime for Life (DUI)

#### CHILDREN & YOUTH

Anger Management  
Divorce Adjustment  
Prime for Life

#### SCHOOLS

Anger Management  
Divorce Adjustment  
Project Davis  
Protecting You/Protecting Me (PY/PM)  
Strengthening Families  
Vectors

# DAVIS BEHAVIORAL HEALTH PREVENTION AND EDUCATION IN DAVIS COUNTY

for more information, or  
to enroll in a class

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promoting a healthy lifestyle



# PREVENTION & EDUCATION

Davis Behavioral Health plays a key role in the effort to create healthy communities in Davis County through the development and implementation of substance use prevention systems. DBH seeks to reduce risk factors and substance use while promoting protective factors. Risk and protective factors are predictors of both problem behaviors and positive youth outcomes. *Risk Factors* are conditions that increase the likelihood that children will become involved in problem behaviors, such as delinquency, violence and substance abuse. *Protective Factors* buffer children from the effects of exposure to risk, such as bonding with caring adults, eating dinner together as a family and prosocial opportunities. Decreasing risk factors and increasing protective factors can have a positive effect on multiple problem behaviors. At DBH we use tested prevention strategies to increase positive effects on individuals and families.

## ALCOHOL & DRUG INTERVENTION (ADI)

Participants in the program learn about the adverse effects of alcohol and other drug use. Instructors challenge the common beliefs and attitudes that contribute to high risk alcohol and other drug use.

## ANGER MANAGEMENT

Anger Management classes are offered to children 6 and older, youth, and adults. Participants learn about anger, how to recognize anger triggers, and effective ways to keep their anger under control.

## DAVIS FAMILY ADVOCATES

This program helps to improve the outcomes of pregnancy by helping pregnant women who abuse substances to improve their diets and eliminate the use of alcohol, tobacco, and other drugs.

## DIVORCE ADJUSTMENT

Divorce Adjustment classes are offered to children ages 6 to 12. This class helps identify feelings common to children in divorce situations, while teaching communication skills to empower children to express their feelings. Children learn about the divorce process and that the divorce is not their fault.

## PARENTING WITH LOVE & LOGIC

The Love and Logic parenting class offers participants practical techniques to help improve and develop happy and healthy relationship with their children. Over the 6-week course, parents will learn how to raise responsible children, share control by offering appropriate choices, guide children to own and solve their own problems, allow children the opportunity to think about the decisions they make, and how to design appropriate consequences. Love and Logic classes include parenting techniques for children and teens.

## PRIME FOR LIFE (PRI)

PRI participants learn about the effects on physiology caused by alcohol and drug use.

## PROJECT DAVIS

Project Davis is a free 8-week course for 5 to 12-year-old children and their parents. Family members to communicate effectively and to deal with each other in a positive and respectful way. Parents will learn how to set appropriate limits and consequences, and how to reward and increase desired behaviors. Children will increase personal power as they learn how to recognize feelings, deal with conflict, and use problem solving and communication techniques.

## PROTECTING YOU / PROTECTING ME

Protecting You / Protecting Me (PY/PM) is an alcohol use prevention curriculum for children grades 1 through 5. PY/PM helps reach children before they have fully shaped their attitudes and opinions about alcohol use by youth and their role in preventing it. The curriculum focuses on the effects alcohol has on the developing brain during the first 21 years of life. In addition, the lessons cover a variety of life skills, including media awareness, stress management, resistance strategies, decision making and communication.

## STRENGTHENING FAMILIES

The Strengthening Families program is a free 7-week course for youth ages 10-14 and their parents. This program is designed to help parents learn nurturing skills that support their children and teaches them how to effectively discipline and guide their youth. It gives youth a healthy future orientation, an increased appreciation for their parents and teaches them skills for dealing with stress and peer pressure.

## THE VECTORS

The Vectors perform psychodrama skits to children in elementary school, addressing issues such as substance abuse, violence and bullying. The performances and activities promote decision making skills that enable students to adopt healthy, responsible attitudes and behaviors.