CONTACT: Brandi Eckles, IPFS Coordinator

New Opportunities, Inc.

712-563-6035

beckles@newopp.org

(FOR IMMEDIATE RELEASE: December 2016)

**Audubon and Exira-EHK Schools to Work together to Bring Curriculum to Students**

In November, teachers Sue Hawkins and Lisa Dreier along with Sheriff’s Deputy Pat Riley and Audubon Police Chief Matt Starmer attended a 3 day intensive training for Prime for Life. Prime for Life is a new curriculum that will be presented for students of both Audubon and Exira- EHK schools. The Prime for Life curriculum is all about helping students make healthy choices. The program’s nonjudgmental approach reduces resistance to important life-saving information while increasing students’ openness to change. The lessons taught in Prime for Life are carefully selected to help people reduce their risk for alcohol and drug problems throughout their life. The information presented in this curriculum is based on documented research findings rather than opinion or scare tactics.

Some concepts that students will explore will answer questions such as: “How do I know when I am making high-risk choices? How can I specifically reduce my risk for problems? Does having a family history of alcohol problems increase my risk?”

One in ten individuals that drink develops alcoholism or other serious alcohol-related problems at some point in their lives. It is the intent of the Prime for Life curriculum to assist participants in recognizing what high-risk choices are being made and make a commitment to make low risk choices in the future.

To learn about all five underage drinking prevention strategies, the Healthy Teen Coalition, and how to get involved, contact Brandi Eckles at beckles@newopp.org. The IPFS project is funded by the Iowa Department of Public Health, through the Substance Abuse and Mental Health Services Administration (SAMHSA) of the U.S. Department of Health and Human Services. For more information on the Iowa Partnerships for Success Grant, visit <https://idph.iowa.gov/substance-abuse/programs/ipfs>.