



# THE POWER OF CHOICE

An effective alcohol and drug prevention program for teens.

Easterseals MORC is proud to bring you “The Power of Choice,” a unique substance misuse prevention program featuring Prime For Life™ evidence-based curriculum. This program is offered monthly in-person or online to all Oakland County youth.

## Did you know...

- 2.5 million U.S. middle and high school students reported e-cigarette use in 2022.
- 1 in 10 drinkers develop alcoholism or other serious alcohol-related problems at some point in their lives.
- 200,000 people seek help each year for marijuana dependence.

## What is The Power of Choice?

This educational program is based on Prime For Life™, a proven curriculum with 30+ years of research. It changes beliefs, attitudes, and perception of risk of drugs and alcohol. Participants are empowered to identify their values and are given clear tools to make low-risk choices to protect what they value.

## What to Expect:

- “The Power of Choice” is a drug and alcohol course for anyone making high risk choices, no matter what they've used or why. It is taught in a group format over six hours.
- This class covers the biology and choices that can lead to addiction. Participants learn about phases of addiction and coping skills to support a decision to quit.
- The Power of Choice is taught by trained facilitators and includes local resources for support.



Sign up for a group at the QR code above!

For more information, contact Joan Baert, Certified Prevention Specialist, at:

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