

We have
prevention
services for
all ages!



BRiDGES
STRENGTH. HOPE. COMMUNITY.

**MADISON COUNTY COUNCIL ON ALCOHOLISM
AND SUBSTANCE ABUSE, INC.**



BRiDGES offers resources for staff and workplaces, assistance for adults, classroom education, interventions for teens, programming for parents, and more! BRiDGES staff can provide informational sheets, articles for your newsletter, and prevention presentations tailored to your needs.

Our staff is happy to participate in open houses, health fairs, and informational nights.

Our programming is ever expanding so if you don't see something you would like to explore, just ask!

For all programming
inquiries, please
contact us by
phone at
315-697-3947
or visit our website at
bridgescouncil.org

*Program offerings are
subject to change and
staff availability.



FOR BUSINESSES AND ORGANIZATIONS

Employee Assistance Program (EAP)

BRiDGES Employee Assistance Program provides comprehensive services to businesses that contract with us. This program assists employees and their family members to address issues that may impact job performance. All services are confidential.

Resiliency and Thriving: The Secret Power of Stress

This 60-90 minute course provides practical skills for identifying and reducing stress at home and work. Attendees will learn how to use stress as a positive resource. Participants each receive an 8 page workbook with exercises they can continue to use. This is perfect for a staff training!

TEAM Awareness Workplace Wellness

BRiDGES offers a variety of wellness trainings for businesses and organizations, big and small. If you are interested in learning tips to combat stress and encourage a healthier workforce, please reach out to learn more about our free trainings.



Empowered Health Consciousness

This session focuses on alternatives to prescription drug use and tips for safe use of prescription medication.

The Ripple Effect of Wellbeing

This training focuses on how our own wellness impacts others in the workplace. This is an excellent staff workshop to increase morale and staff wellness.

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Advancing Tobacco Free Communities

BRiDGES Tobacco Prevention Program and its youth component Reality Check, seek to build healthier communities through tobacco-free living in Madison, Oneida & Herkimer Counties with the goals of reducing the impact of retail tobacco product marketing on youth, increasing the number of tobacco free outdoor policies (which includes tobacco free worksites, parks, entryways and other public outdoor areas,) increasing the number of smoke-free multi-unit housing policies, and eliminating pro-tobacco imagery from youth-rated movies. Contact us if you want to learn more about creating a healthier business environment!

TiPS

This skill-based training program is designed to prevent intoxication, underage drinking, and drunk driving. TiPS can be offered to on-premise and off-premise establishments. Employees and managers who participate are able to spot underage drinkers and prevent sales to minors, recognize signs of intoxication and many other skills needed to run a safe and legal establishment. Now available online, eTiPS allows participants to obtain training anywhere, anytime. If you are ready to protect yourself and your business, contact us for more details!

Additional Workshops

Trainings can be held for anyone interested in learning how to administer Narcan, discuss safe medication disposal options, learn about problem gambling, help your staff de-stress, and more.

"Since we enacted a tobacco-free policy, there is less tobacco litter and unwanted secondhand smoke exposure, and our tobacco-free policy has made it easier for staff who smoked to quit."

- VP of Operations and Production for a local company

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For Adults



LGBTQIA Network

We connect those in Madison County who are working with, or part of, the LGBTQIA Community. Our goal is to enhance current resources, identify gaps and needs for services, and bring together the community to raise awareness, increase support and reduce isolation.

We meet monthly to aid each other in our work to make Madison County a safe and supportive place for LGBTQIA residents. If you are interested in joining, please contact us.



Information and Referral Services

If you are concerned about your or a loved one's problem gambling or harmful use of alcohol, drugs, or tobacco products give us a call. Information and Referral Specialists are here to help you explore your options and connect you with services. You can also visit bridgescouncil.org for more resources.

Marijuana Today

Marijuana Today is a 3-hour prevention education program for adults, ages 19 and older. Adults referred to the program meet twice with a BRiDGES staff member. There is a fee for this program.

Smoking Cessation Services

BRiDGES offers smoking cessation services for individuals and groups in Madison County. Smoking Cessation Specialists can help individuals interested in quitting smoking develop a plan that will assist them in meeting their goals.



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Suicide Prevention Coalition of Madison County

This coalition has been working to raise awareness and reduce the rate of suicide. They have organized trainings, delivered resource materials, held speaker events, and supported survivors of suicide. Members of the coalition are working to develop a comprehensive strategic plan for suicide prevention and postvention in Madison County. All are welcome to participate in this coalition.

Grief Support

After Death by Suicide

This support group for those impacted by suicide meets once a month. Please call for more details.

Underage Gambling Prevention Presentation

This presentation is appropriate for those who work with or engage with youth regularly. Learn about the convergence of gaming and gambling and how you or your organization can help prevent underage gambling.



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FOR THE CLASSROOM AND YOUTH GROUPS

SPORT, Prevention Plus Wellness

This is the only single session substance use prevention program designed to increase wellness-enhancing behaviors. This lesson includes a brief health and fitness behavior screening survey and youth set a goal to avoid substance use and increase protective wellness behaviors. This lesson is accompanied by four optional parent flyers to engage parents. This is currently offered for Middle or High School Students.



Botvin Life Skills

This program has been shown to cut tobacco, alcohol, and marijuana use by up to 75% and increase healthy decision making skills. Program topics include self-image, decision making, advertising, coping with anxiety, social skills, assertiveness, tobacco, alcohol, and marijuana. We currently offer this program for middle school students in 12 sessions with the options to add on violence prevention sessions.

"Life Skills is valuable because it gives students time to explore important topics that are not usually included in the core curriculum."

- Hamilton CSD Teacher

All Stars Core

This is an evidence-based program that targets the five most influential protective factors in a way that allows students to come to their own conclusions about healthy behaviors. This program educates through hands on activities, discussion, and critical thinking skills, along with strong involvement of adults in student lives. Aimed at 6th graders and can be followed by All Stars Booster for 7th graders.

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The Stanford Cannabis Toolkit

This program, from Stanford Med, is aimed at prevention of marijuana use by middle and high school students and can be delivered in a variety of settings. It is filled with theory-based and evidence-informed resources developed by educators, parents and researchers.

Girls Circle

Girls Circle is a structured support group for girls and gender expansive youth ages 9-18. This evidence-based program consists of activities that center on topics the group participants choose, including but not limited to self-image, friendship, diversity, peer relationships and individuality. The circle uses motivational interviewing techniques, a focus on strengths, resiliency practices and skills training in order to bring youth involved to a more positive place and increase connection. Girls Circle has been shown to reduce delinquency in participants and increase educational aspirations. This program can also be run specifically for LGBTQ+ youth as Unity Circle.

Support for Students Exposed to Trauma (SSET)

In ten 45-60 minute group support sessions, we will work with up to 10 middle school students who have experienced trauma. We recommend this program be implemented in conjunction with the school counselor.

Customized Presentations

We can cover topics such as tobacco, alcohol, marijuana, gambling, and current trends but prevention programming doesn't stop there! Presentations on topics such as positive coping skills, growth mindset, anger management, social skills, and assertiveness are all prevention too!

Or are you looking for a fun, meaningful activity for your group to participate in? Reach out to us and we would love to talk with you about activities your students can participate in throughout your community to make a positive impact. We can help or provide you with a toolkit to do on your own!

We may also be able to assist with covering the cost of a guest speaker or other prevention programming. We look forward to hearing from you!



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Interventions for Teens

We have several individualized programs for youth. Parents, Schools, Probation, or Courts may refer a child for these programs. BRiDGES staff will complete an initial assessment. Depending on the assessment results and age of the youth, one of two evidence-based programs will be implemented; Teen Intervene or Choices and Consequences. Schools or other organizations may consider adding these interventions to school policies as an intervention for teens who have been caught using. There is a small fee for each of these programs.

Choices & Consequences

An Individual Program for Teens up to Age 18

Schools, Probation or Courts in Madison County may refer a youth to the program if they are at risk for, or are using drugs or alcohol or are facing consequences as a result of being caught with drugs or alcohol. Parents may also refer their son/daughter if drug or alcohol use is a concern. The Choices and Consequences Program consists of a one hour assessment and 2 two hour program sessions .

Teen Intervene

For Teens Who Are Using Substances

Teen Intervene is an evidence based program for teenagers suspected of experiencing mild or moderate problems associated with alcohol or other drug use. TI integrates stages of change theory, cognitive-behavioral therapy and motivational interviewing into its program. Schools or parents may refer a teen for participation in this individualized 3 session program.

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FOR PARENTS and CAREGIVERS

Active Parenting

Parents/Caregivers will learn a proven approach to parenting that will lead to more harmony and happiness for them and their children. This interactive and entertaining program uses video, activities, and discussion to show ways we can raise responsible, cooperative children who are able to resist negative peer pressure.

This program is available in three separate components in order to best suit the parenting needs based on the age of the children being cared for.

Active Parenting First Five Years

- Session 1: You and Your Child
- Session 2: Preventing Problems
- Session 3: Encouraging Positive Behavior
- Session 4: Preparing for School Success

Active Parenting 4th Edition For Parents of 5-12 year olds

- Session 1: The Active Parent
- Session 2: Cooperation and Communication
- Session 3: Responsibility and Discipline



- Session 4: Building Courage and Self-Esteem
- Session 5: Understanding and Redirecting Misbehavior
- Session 6: Active Parenting for School Success

Active Parenting for Teens

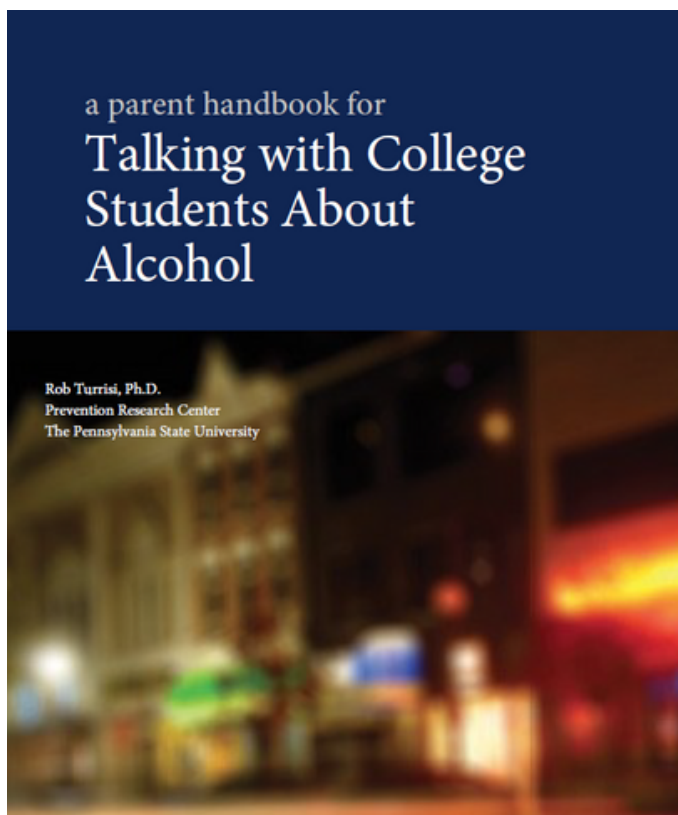
- Session 1: The Active Parent
- Session 2: Winning Cooperation
- Session 3: Responsibility and Discipline
- Session 4: Building Courage, Redirecting Misbehavior
- Session 5: Drugs, Sexuality, and Violence
- Session 6: Drugs, Sexuality, and Violence Continued

No matter what stage of parenting you're in we can help you learn the skills to help foster better relationships with your children or the children you care for. This is a great program for PTOs, Scout parents, church groups, and many other parent organizations!

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A Parent Handbook for Talking with College Students About Alcohol

This handbook was developed by the Prevention Research Center at Pennsylvania State University. The handbook provides parents with information and resources to better talk to their college age children about alcohol use. Schools can request this resource digitally, at no cost, for distribution to parents of first year college students and parents of high school seniors.



LGBTQIA Caregivers Support

We offer support for Madison County parents and caregivers of LGBTQIA youth. Please call for more information and to discuss your support needs.



Customized Presentations

We can customize presentations for parents too! If you are a parent group looking to learn more about a specific prevention topic, let us know! We may also be able to assist with covering the cost of a guest speaker or other prevention programming.

ADDITIONAL RESOURCES



Central Region Addiction Resource Center

The CRARC reduces stigma around substance use issues and gives people in the Central Region access to the resources available in Cayuga, Cortland, Madison, Onondaga, and Oswego counties.

The CRARC coordinates cross-sector collaboration and gives communities the chance to share resources, address concerns surrounding addiction and put in place a plan to address all aspects of addiction.

For information, resources, and Naloxone training please contact us.



CENTRAL REGION
ADDICTION RESOURCE CENTER

Medication Disposal

Please contact us if you have questions about safe pill disposal whether you are an individual looking to dispose of your own unused or expired medication or an organization looking for a long term solution for pill disposal. You can find medication disposal kiosks at these locations in Madison County:

- Canastota - Police Department
- Cazenovia- Police Department
- Chittenango- Police Department
- Hamilton- Police Department
- Hamilton- Community Memorial Hospital
- Oneida- NYS Police Troop D
- Oneida- Oneida City Police Department
- Wampsville- Department of Social Services
- Wampsville- Lobby of Department of Motor Vehicle
- Wampsville- Lobby of Department of Mental Health



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LGBTQIA Youth Group

This youth group is for students in grades 7-12 and aims to bring together LGBTQIA+ youth from around the county. Please contact us for more information on joining the group!

"Because of Reality Check, I was able to write on my college applications that I have experience meeting with state legislators on a regular basis, speaking to audiences of 700+, and I have attended numerous leadership seminars!"

*-Former RC Youth Leader
from Morrisville, NY*

*"It gave me
a community"*

-LGBTQIA Youth Group Participant

Reality Check

A Component of Advancing Tobacco Free Communities

Reality Check is a youth led movement for young people ages 12-18 in New York State. This program empowers youth to become leaders in their communities and expose the deceptive marketing tactics of the tobacco industry. The organization's members produce change in their communities through grassroots mobilization and education. These students have opportunities to gain experience in the areas of government, social justice, media, public speaking, event planning, health, and so much more.



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