



Jewish Community Services

PREVENTION EDUCATION



PROGRAM CATALOG

*Promoting
Healthy
Choices,
Reducing
Risky
Behavior*



THE STEVEN KAUFMAN AIDS OUTREACH PROJECT
&
THE PREVENTION PROGRAMS OF JEWISH ADDICTION SERVICES
have combined their resources, experience,
and talents to become

Jewish Community Services PREVENTION EDUCATION

*We are committed to providing quality educational programs
that increase knowledge and awareness of risky behaviors
and their consequences, while encouraging people
to make healthy choices.*

www.jcsbaltimore.org/prevention

Cover photos: istock.com

How to use this catalog

We are proud to offer a wide range of program choices for you and your organization. For your convenience, we have organized the programs according to the age groups they target: **Early Childhood to Pre-Teen, Teens to Adults, and Parents & Professionals.**

Most of our programs can be tailored appropriately for various ages and religious sensitivities.

Many of our school programs offer a companion program for parents. We will be happy to work with you to format a program to meet the needs of your audience.

Program Pricing

We charge a fee for our professional services. However, if your organization is unable to afford our full program fee, we will work with you to provide a program within your means.

**Call 410-843-7426
to discuss your
organization's
programming needs.**

Check our website
**[www.jcsbaltimore.org/
prevention](http://www.jcsbaltimore.org/prevention)** for updated
program information.

*For your convenience we have created this
“at a glance” index cross-referencing programs
by topic and target audience.*

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Early Childhood to Pre-Teen

◆ Think For Yourself

Pre-School –

Kindergarten

This interactive program uses puppetry, singing, and storytelling to help children realize they have the ability to make healthy choices.

Multi-media, participatory
35-40 minutes

◆ Omreem Lo -

We Say No!

Grades 1 – 2

Children learn about the effects of peer pressure through storytelling and song.

Multi-media, participatory
35-40 minutes

◆ Sooper Puppy

Grades 2 – 4

Kids learn that they are more likely to make healthy decisions when they feel special and are their own best friend.

Video, discussion
40 minutes

◆ Kool Kats

Grades 2 – 4

Two friends must make a tough decision if they want to save their friendship in this original play. Kids are shown the possible consequences of giving in to peer pressure.

Participatory play
45 minutes

◆ Phaseshifters

Grades 3 – 5

This professional puppet show illustrates the consequences that can happen from experimenting with alcohol and marijuana. Kids will see that other people are also affected by the decisions they make.

Puppet show

◆ It's Only Beer

Grades 5 – 7

A strong anti-use message and refusal tactics are highlighted in this video that examines how alcohol affects behavior, judgment, and performance.

Video, discussion
35 minutes

◆ Wellness Series

Grades 5 – 6

This series introduces the concept of risky behaviors (substance issues, eating issues) and their consequences, as well as the role of the media in encouraging risky behaviors. The program also teaches the responsibilities involved with making decisions related to risky behaviors.

Three-session workshop
35-40 minutes

◆ The Glug

Grades 5 – 7

This video highlights why a pre-teen might choose to use alcohol, how quickly abuse can escalate, and the consequences that follow.

Video, discussion
40 minutes

◆ Bullying

Grades 4 – Adults

Bullies can be found on the playground, at home, or in the corporate world. Participants learn coping skills while practicing the difference between assertiveness and aggression. In collaboration with CHANA: A Jewish Response To Domestic Violence

Interactive workshop

◆ The S.C.H.O.O.L. Project

Students Creating

Hope Out Of Love

School-Age Children

This project offers service opportunities to students in the Jewish community, congregational, public and private schools. Students may visit patients in the hospital, volunteer with an area service provider, or create gifts which are given to people living with AIDS. Programs also include education, evaluation, and reflection.

Community service project



Teens to Adults

◆ HIV 101 HIV/AIDS Awareness & Prevention

Grades 5 – College

This informative and interactive program teaches HIV/AIDS facts while encouraging healthy decision making. Basic education is followed up by a member of our speakers' bureau who openly and honestly shares his or her personal story about living with AIDS, including transmission, medication, family responses and personal reflections.

Interactive lecture

◆ Healthy Eating 101

Grades 5 – Adults

This program covers the basics of healthy eating and helps participants make healthy choices about food.

Interactive lecture

◆ The Positive Voices of Baltimore

All Ages

The Positive Voices of Baltimore, sponsored by The Steven Kaufman AIDS Outreach Project, offers a unique form of education through music and personal stories. These courageous men bring to life the daily struggles of living with AIDS through their personal stories while sharing facts about HIV/AIDS. The singers also address the crucial issues of personal responsibility.

Musical Presentation

◆ Taking Good Care of Yourself

Grades 5 – Adults

What does it mean to be good to your body, yourself? This workshop explores practical tools to maintain sound body, mind and spirit, in this age of fast food and fast living.

Workshop

◆ Strong Girls, Healthy Relationships

Grades 5 – College

Produced by Jewish Women's International, this program discusses issues related to friendships, relationships, and the media. Through small group interactions, girls learn how to develop healthy relationships by being self-empowered.

Six-week workshop

◆ Stress Management

Grades 5 – Adults

What is stress? How do you know if you are stressed and what can you do about it? This program will define stress and teach stress management techniques that can easily be incorporated into your daily life.

Interactive lecture

◆ Rosh Hodesh: It's a Girl Thing!

Girls, Grades 6 – 12

Through monthly get-togethers using discussion, arts and crafts, and drama, girls learn to integrate core Jewish values by drawing on Jewish tradition. In a safe environment, participants focus on the things they care about most, such as body image, friendship, relationships, competition, stress, and family.

Small group workshop series

◆ The Face of Substance Abuse

Grades 6 – 12

Recovering alcoholics and addicts from the community share their own personal stories and the impact that addiction has had on their lives, while our health educator frames the teachable moment these speakers create.

Speaker followed by audience participation



Teens to Adults

◆ Let's Get Honest: Breaking Barriers, Creating Trust, A Jewish Perspective *Grades 8 – 9 & Their Parents*

This interactive program emphasizes communication, listening, problem-solving and decision-making skills. Participants are encouraged to discuss issues involving risky behavior through exercise and discussion. A portion of the program may include an HIV/AIDS infected speaker or a recovering alcoholic/drug addict.

Parent/Teen workshop
1-3 hours

◆ Healthy Relationships *Grade 8, Parents & Professionals*

Learn the basic components of a healthy relationship, with friends, family, boyfriend/girlfriend. In collaboration with CHANA: A Jewish Response to Domestic Violence

Interactive lecture

◆ When Love Hurts: Violent Relationships *Grade 8 – Adults*

Is it normal for your boyfriend to tell you what to wear or what friends you can talk to? Learn the difference between emotional, psychological and verbal abuse. Acquire skills to know when enough is enough. Signs and intervention techniques will be discussed. In collaboration with CHANA: A Jewish Response to Domestic Violence

**Interactive lecture &
discussion (possible speaker)**

◆ Living in the Balance *Grade 8 – Adults*

In our society, many people live in extremes. This program emphasizes moderation and how to create balance in your life.

Interactive lecture

◆ Gambling *Grade 8 – Adults*

From the innocent water cooler wager, to investing in the stock market, to pathological gambling: a review of gambling's differing forms and impact. How to know and what to do when gambling moves from casual playing to a compulsion.

Lecture & discussion

◆ Alcohol & Drug Education Series *Grade 8 – Adult*

These workshops cover the range of information needed to understand the disease of addiction. Attend any one or the whole series. This series is appropriate for those concerned about their own substance abuse or that of a loved one. Approved for court mandated individuals.

**Six-week series of evening
lectures**

◆ New Jewish Equation *Grade 9*

This program trains high school students, recommended by teachers, to be peer educators. Students are taught all aspects of risky behaviors including their consequences, while encouraging healthy decision making. After attending a series of prevention programs and training sessions, including addiction and HIV/AIDS education, students use their acquired skills to assist the health educators.

**Two-year peer education
program**

◆ Addiction & the Family *Grade 10 – Adults*

This lecture gives participants a basic understanding of the effects of addiction on family members of all ages. Signs of addiction, relapse, self-care, personal boundaries, and co-dependency issues are discussed.

Interactive lecture
2 hours

Teens to Adults

◆ But I'm in Control

Grades 9 – 12, Optional Parent Component

This curriculum provides information about drugs including a medical/legal perspective, the reasons why people use drugs, consequences of substance abuse, and the skills necessary to abstain from drug use.

A session on dealing with friends who use drugs may be included. This program gives students the information and skills necessary to make informed, healthy choices regarding drug use.

Four-session workshop

◆ Current Drug Trends

Grade 10 – Adults

Pharming? Huffing? The current popular street and prescription drugs of abuse are identified among the various age groups. Learn the signs that someone you care about is becoming addicted, as well as effective intervention techniques.

Interactive lecture with discussion

◆ Smoking Cessation

Grade 10 – Adults

A look at why it's often so difficult to shake the habit. This program helps participants understand the depth of the reward system, identify healthier alternative reward patterns and learn proven techniques to quit smoking.

Interactive lecture with an ex-smoker

◆ Starving for Perfection

Starving for Affection

Grade 10 – Adults

This program focuses on dispelling the myth of perfection shown in today's media. Participants explore the difference between wanting to look your best and crossing the line to compulsive behavior. While this lecture focuses on a healthy relationship with food and body image, related issues may be discussed as well.

Interactive lecture

◆ Obesity: The Facts

Grade 10 – Adults

This program focuses on the issue of obesity in our society today. Healthy eating, exercise and other ways to incorporate simple changes with healthy payoffs are discussed.

Interactive lecture

◆ Single Again & Dating: What you need to know about HIV/AIDS that can save your life

Adults

One of the fastest growing segments of the population newly contracting the HIV virus is the over 40 year olds – those divorced or widowed and now dating again. As the pressure for intimacy mounts, so too does the need to know the facts about the different ways you can and cannot get the disease, and what you can do to keep yourself safe, while still being open to new relationships.

Lecture & discussion

◆ HIV 101 for Adults

Adults, Parents & Caregivers

This program, similar to HIV 101, is targeted to parents, educators and other adults who need to know the latest information on the illness and its spread. It includes the basic facts of HIV/AIDS as well as suggestions for opening the lines of communication with children.

Interactive lecture

◆ The Power of Internet Addiction

Adults, Parents & Professionals

A look at how the internet can lead to spending more time and money online than one has. Soft and hard pornography, online simulated stimulation and virtual relationships prove highly attractive, as does the ease of gambling with one's heart or wallet.

Interactive lecture



Parents and Professionals

◆ Roots & Wings

Parents of Children, Pre-school – Middle School

A pro-active program for parents that emphasizes the skills children need to face today's problems. Although substance use/abuse is emphasized, the broader objective involves learning the skills needed to raise resilient children. Parents discuss the following topics in small groups: risk and protective factors, teachable moments, consequences, feelings, chemical health, and the importance of rituals and traditions.

Workshop

◆ You Don't Understand

Parents

Have you heard this from your child? This program helps create dialogue between parents and teens to improve communication. Parents will learn how to broach sensitive issues with their children.

Workshop

◆ Do as I Say, Not as I Did

Parents

What do you do when your child asks, "Did you.....when you were my age?" How do you impart your current values to your child when you've engaged in risky behavior yourself? This program discusses the best way to answer these questions so that you can help your child make healthy choices.

Interactive lecture

◆ Secret Lives of Students

Educators & Other Professionals

A program providing practical understanding of how children cope with difficult childhoods, which affect risk taking behaviors in adolescence and beyond. Irritating classroom behavior seen in this light can become more tolerable and a positive long-term impact more possible. Offered in partnership with The Shofar Coalition: Collaborative Response to Childhood Trauma in the Baltimore Jewish Community.

Interactive lecture & discussion

◆ Child Abuse Prevention: What We Can Do for Our Children

School & Synagogue Communities

Abuse can often explain learning difficulties, childhood anxiety, and depression. Abuse is a major risk factor for teen-age high risk behaviors like drug abuse and sexual acting out. Untreated, many report great difficulties managing marriage and family relationships and are at greater risk for chronic health issues. This workshop focuses on creating safe schools and synagogues. Offered in partnership with The Shofar Coalition: Collaborative Response to Childhood Trauma in the Baltimore Jewish Community.

Workshop





**Jewish Community Services
is a non-profit agency which
provides a broad range of human
services to individuals and families
in Central Maryland.**

Career Services
Counseling/Therapy
Senior Resources
Addiction Services
Big Brother/Big Sister
Psychiatric Services
Special Needs Services
Prevention Education
Parenting Resources
Service Coordination
Community Information
Legal Services
Volunteer Services
Teen Outreach

**Jewish Community Services
5750 Park Heights Avenue
Baltimore, MD 21215
410-466-9200
www.jcsbaltimore.org**



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