

What is Prevention?

Sarah McCully, OCPS; Townhall II

HEALTH



WELLNESS



RECOVERY



- 24/7 Crisis Helpline
330-678-HELP
- Portage Rape Crisis Center
- Crime Victim Counseling
- Outpatient Addiction
Treatment & Counseling
- Opioid Recovery Clinic
- Horizon House: Women's
Residential Treatment
- Project Detour: Driver
Intervention Program
- Alcohol, Drug, Gambling,
& Violence Prevention
Education

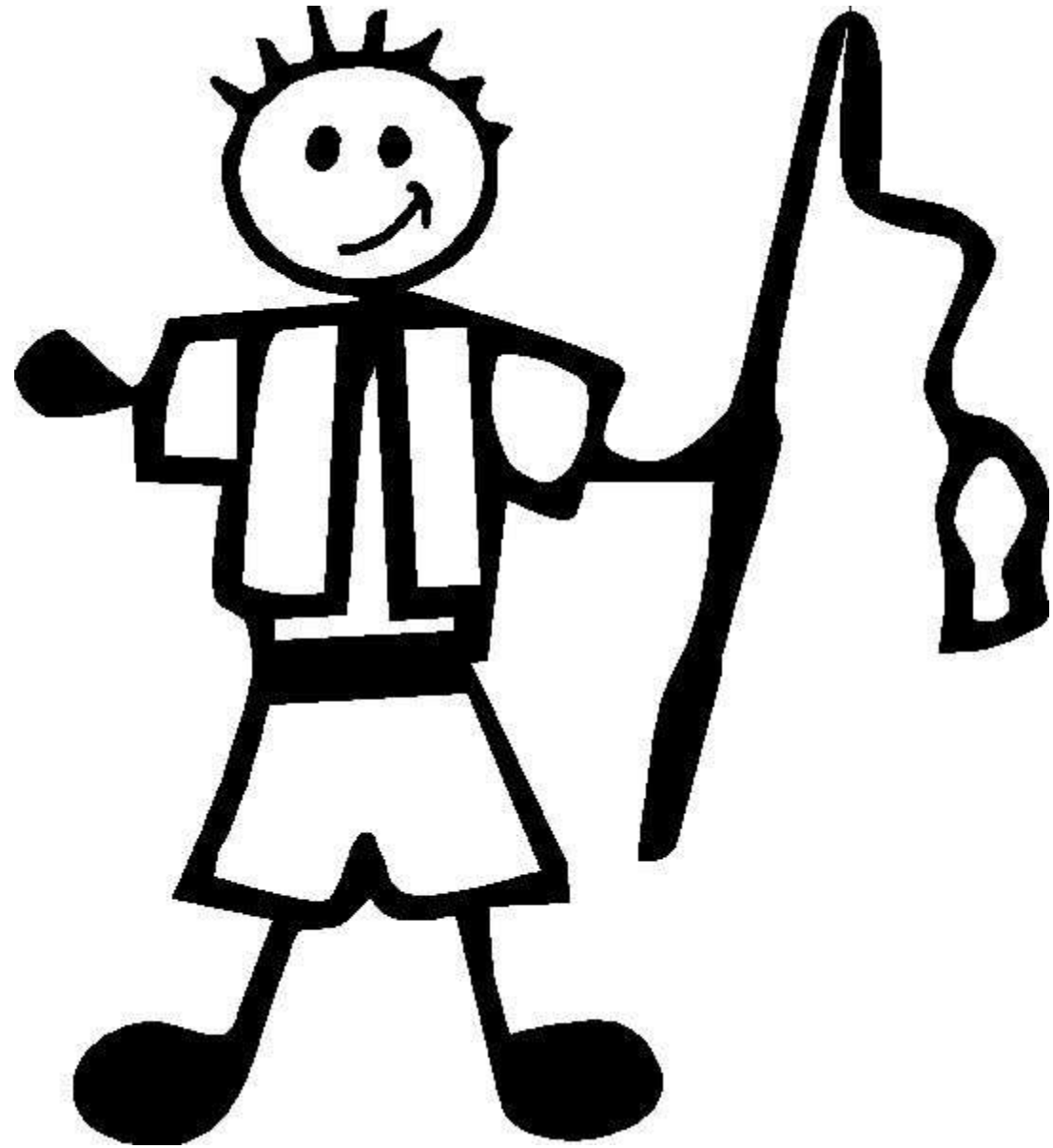


Office: 330-678-3006 Toll Free: 866-449-8518
155 North Water Street, Kent, Ohio 44240

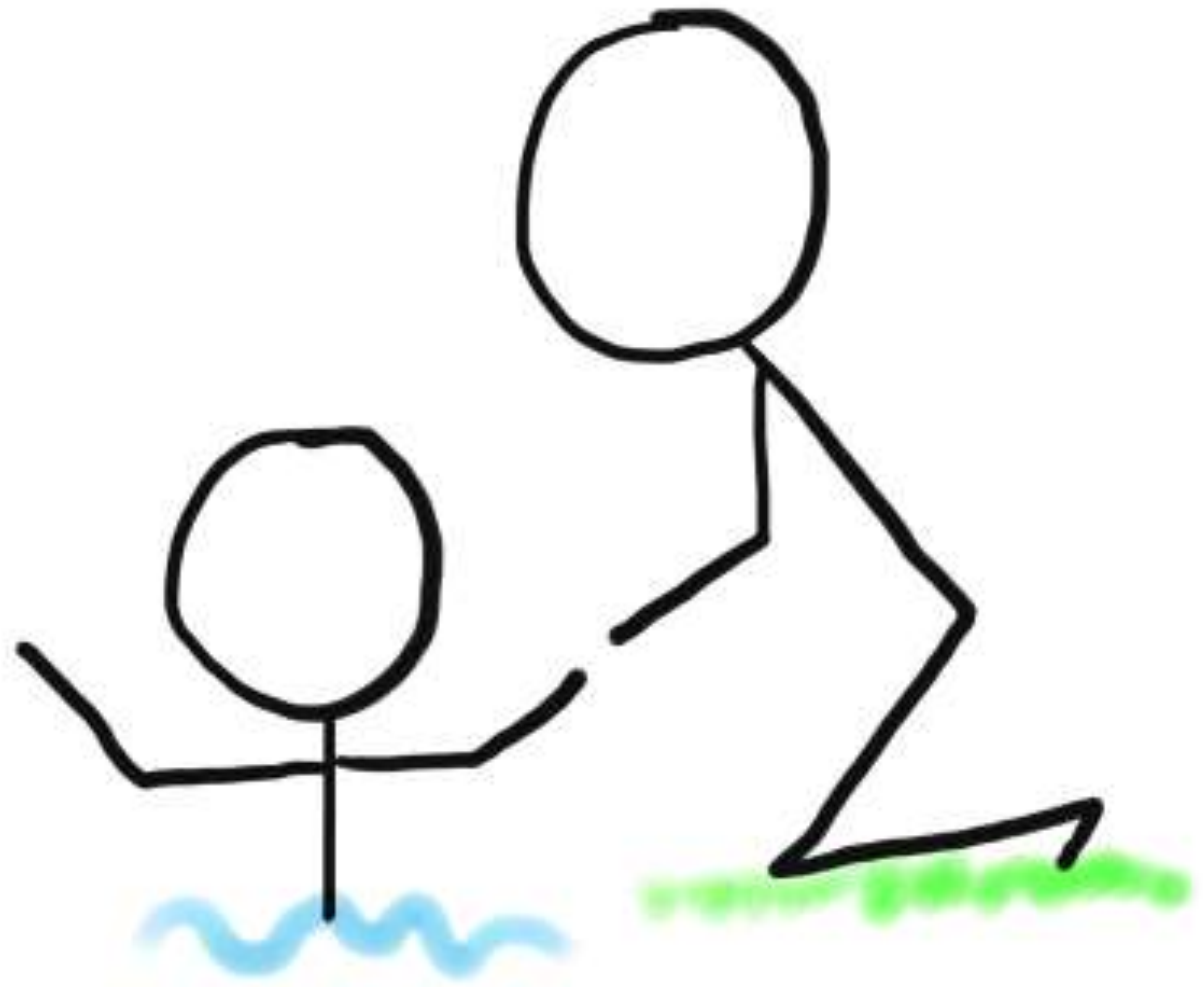
www.townhall2.com

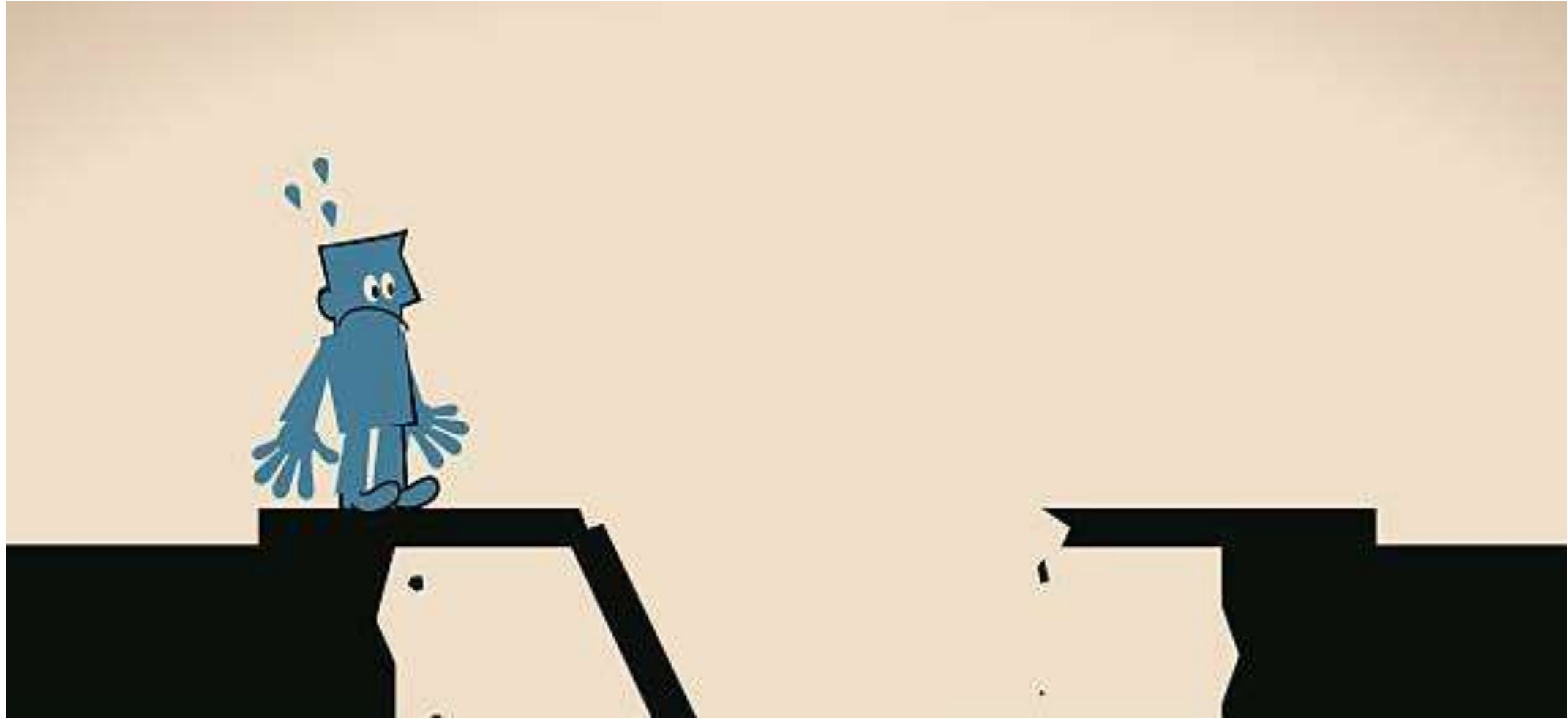
Medicaid & insurance accepted. Some services are on a sliding fee scale.



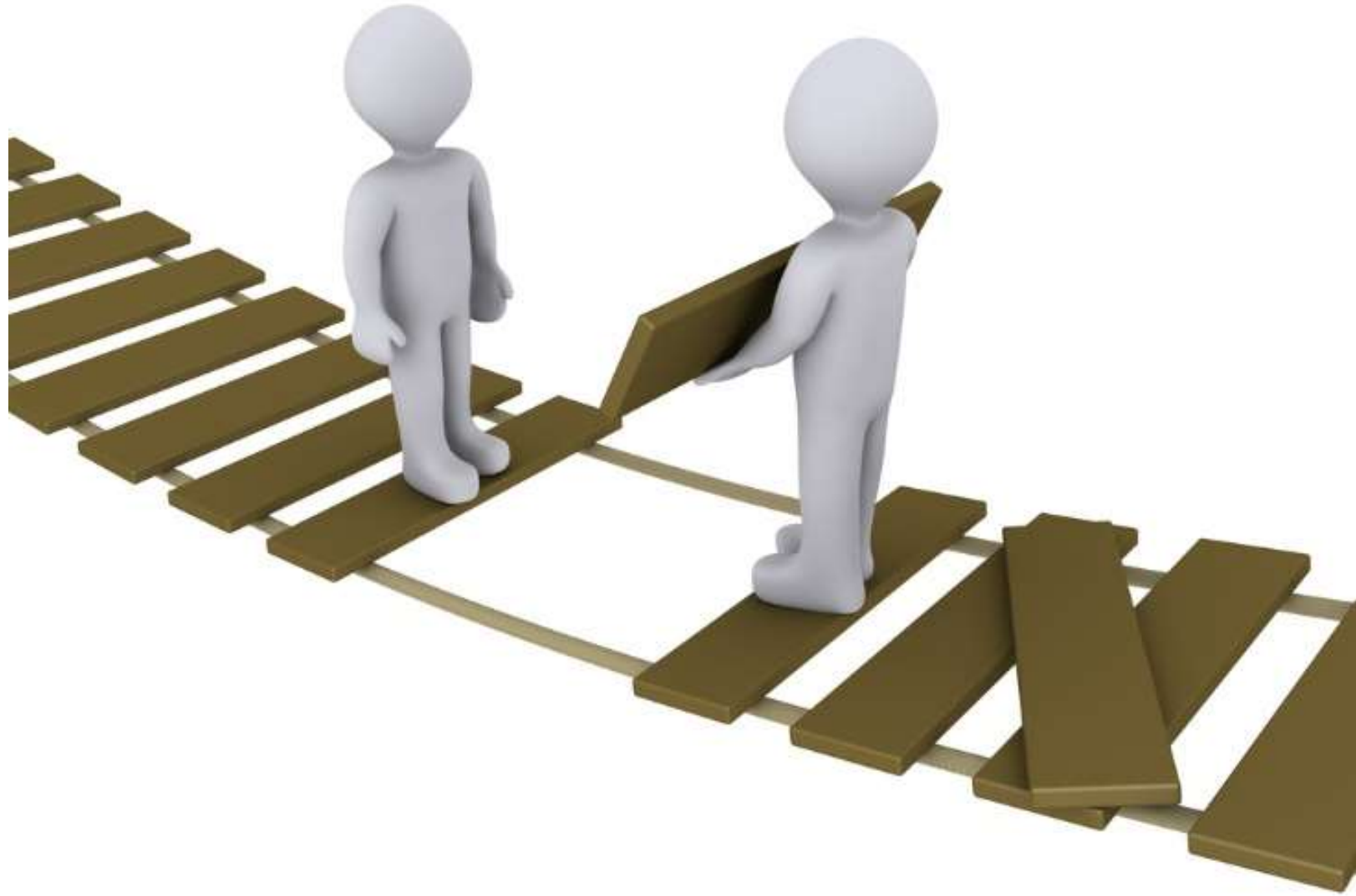
















MENDEZ FOUNDATION



Say YES to the program
that helps them say NO.



PROJECTALERT

Easy to adopt. Proven to work.



PROJECTALERT

SEL Core Competencies

Self-Management

- Regulating one's emotions
- Managing stress
- Self-control
- Self-motivation
- Stress management
- Setting and achieving goals

Social Awareness

- Perspective taking
- Empathy
- Respecting diversity
- Understanding social and ethical norms of behavior
- Recognizing family, school, and community supports

Relationship Skills

- Building relationships with diverse individuals and groups
- Communicating clearly
- Working cooperatively
- Resolving conflicts
- Seeking help



Self-Awareness

- Labeling one's feelings
- Relating feelings and thoughts to behavior
- Accurate self-assessment of strengths and challenges
- Self-efficacy
- Optimism

Responsible Decision-Making

- Considering the well-being of self and others
- Recognizing one's responsibility to behave ethically
- Basing decisions on safety, social and ethical considerations
- Evaluating realistic consequences of various actions
- Making constructive, safe choices for self, relationships and school

Sources: CASEL, Acknowledge Alliance



