

Project SUCCESS

Schools Using Coordinated Community Efforts to Strengthen Students

2022-2023



Local Outcomes/Results:

- Implemented in 7 schools.
- 402 middle and high school students were referred to Project SUCCESS.
- 255 middle and high school students met individually with a Project SUCCESS Counselor for interviews, assessment/referral, and time-limited counseling.
- Of the 230 middle and high school students who participated in groups,
 - 184 reported increased awareness of the risks of alcohol use,
 - 183 reported increased awareness of the risks of using prescription drugs that are not prescribed for you, and
 - 176 reported increased awareness of the risks of marijuana use.
- Of the 59 middle and high school students who received time-limited individual counseling, 50 students reported improvements in 2 of the following 6 areas:
 - relationships,
 - peer refusal,
 - problem solving,
 - attitude toward school,
 - awareness substance use risks, and
 - substance use.

A highly trained counselor is placed in each middle and high school building.

Interventions are proven to reduce risk factors and enhance protective factors.

Program Components:

- individual sessions and group sessions to provide support for students
- classroom or small group presentations to help students identify and resist pressures to use substances, understand the consequences of substance use, and correct misperceptions about the prevalence and acceptability of substance use.
- school-wide awareness activities to increase the perception of harm of substance use, positively change social norms about substance use, promote healthy choices and overall wellness, and increase awareness of and compliance with school policies and community laws related to substance use.
- training and consultation with school staff to increase awareness of substance use issues and to assist in developing appropriate policies, and
- Screening and referral to connect students and families to community resources like substance use treatment and mental health services.

Model program that prevents and reduces adolescent substance use and abuse.



Karen Bergbower & Associates
"Working Together for Health and Well-Being"



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Want More Information?

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