



**Reading
Coalition
Against
Substance
Abuse**

For more information:

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**READING PUBLIC SCHOOLS & RCASA
1ST VIOLATION CHEMICAL HEALTH EDUCATION PROGRAM (CHEP)**

STAFF:

- *Ms. DeAngelis (RCASA Outreach Coordinator)* is an Addictions Specialist, Licensed Alcohol and Drug Counselor (LADC), and Certified Alcohol and Drug Counselor (CADC). She has worked in the substance abuse field for over 28 years.
- *Ms. Callahan (RMHS Health Educator)* is a Health Educator at the high school.

OUTLINE: Staff focuses on three major elements:

1) GROUP EDUCATION CLASS- Staff delivers the class in one (2hr) session on a monthly basis. Staff expects all students to be on time and participate fully in class. The class focuses on substance abuse education, risk behavior, individual responsibility and accountability (class agenda right).

The material is drawn from:

- Alternate Routes: An Alcohol Diversion Program (Hazelden);
- Creating Lasting Family Connections (Council on Prevention & Education/ Resilient Futures Network)

2) FOLLOW-UP MEETING - After the class, staff conduct a follow-up meeting with each student. Staff gives students an appointment at the end of class for their meeting (usually within 2 weeks of their class date). At the follow-up meeting, staff provides the letter of program completion.

3) FAMILY FOLLOW-UP- RCASA calls the parent/caregiver to let them know if their child completed the class. Staff also sends a packet of resources with a cover letter.

Introduction & pre-test

I: Life Snapshot

II: How Alcohol/Drugs Got You Here

III: Role of Alcohol/Drugs in our Society

IV: Role of Alcohol/Drugs in Behavior

V. Intro to Disease & Dependency

VI. Rights & Responsibilities

Closing & post-test

REFERRALS:

- Staff accepts referrals from high school administrators and Reading Police Diversion Program. The program accepts referrals from the Middlesex District Attorney's Office on a case-by-case basis.