

Young People In Recovery: Project PHI

WHAT WE PROVIDE

Project PHI, a preventative health initiative, aims to reduce alcohol and other drug misuse and to increase protective factors with the support of life skills training among youth aged 18-26 years by implementing the Botvin Life Skills Transitions Curriculum.

PROGRAM OVERVIEW

The Botvin *LifeSkills Training* Transitions program is a highly interactive, skills-based curriculum designed to promote positive health and personal development. This program helps young adults navigate the transition into the workforce, higher education, and other life goals they've deemed important. The Transitions program works to aid participants in achieving competency in critical skills for success, but also in reducing and preventing substance use and other high risk behavior.

PROGRAM LEARNING OBJECTIVES

The *LifeSkills Training* Transitions program uses a developmentally appropriate, integrated approach designed to strengthen abilities, listed below.

- Approximately 40-45 minutes each session and the schedule for implementation can be determined by YPR and implementation site

Session	Goals	Skills
Goal Setting for Success	Examine how goal-setting can assist in navigating transitions; analyze the feasibility of a goal; teach strategies involved in setting goals.	Effective planning; differentiating short term and long-term goals; enhancing perseverance.
Effective Communication	Understand the types of relationships and communication that occur in personal and professional environments; utilize effective verbal and written communication skills.	Preventing and reducing misunderstandings; identifying appropriate communication behaviors; enhancing self-representation.
Managing Stress	Increase awareness of common transitions of young adulthood and how they can cause stress; teach how stress reduction techniques can help to cultivate resilience; recognize how the use of substances can undermine resilience.	Coping with stressful situations; behavioral monitoring; relaxation and stress reduction techniques; developing resilience.
Decision-making and Risk	Examine personal and peer group attitudes about risk; understand elements involved in decision-making; teach how to analyze potential consequences associated with taking risks; increase awareness of the effects of substances on decision-making.	Analyzing the decision-making process; reducing risky behavior; reinforcing resistance to substances.
Managing Time and Money	Examine the relationship between priorities and managing time and money; increase awareness of potential obstacles to budgeting and scheduling; teach strategies for managing financial resources and time.	Prioritizing and planning; impulse control; self-monitoring; computational skills.
Building Relationships	Identify appropriate behaviors associated with different types of relationships; teach the skills and benefits of collaborating, negotiating, and compromising.	Differentiating types of relationships; productive conflict resolution; accepting differing points of view.