

Adolescent Outreach Services

Program Descriptions

Free 2BU

An eight week program that allows youth to explore, develop, and discover their strengths. Topics of sessions includes Mental Health Wellness, Healthy Relationships, communication, media and body image. A discussion component is included to give participants an opportunity to connect on a personal level and to discuss topics that are important to them.

Finding Balance

An eight week interactive program for youth that focuses on promoting a healthy lifestyle. Participants will have an opportunity to experience and practice specific coping strategies/skills including: time management, interpersonal communication, and goal setting.

CAST(Coping and Skills Training)

An evidence informed 12 session program for youth. The CAST program focuses on making healthy choices, decreasing substance use, increasing coping skills for mood management, and increase youth's engagement in school.

Quash

A Lung Health Foundation smoking and vaping cessation program targeting youth ages 14-19 who are interested in quitting smoking/vaping. The program helps youth develop a quit plan, offers tips, and ways to stay smoke/vape free. There is both a Quash website and mobile app with tools to support youth in their journey to reduce their use and/or quitting.