

# MOVING COMMUNITIES TO ACTION



## LIFE CHANGING



Mile High  
Behavioral Healthcare

Comprehensive, integrated care  
www.MileHighBehavioralHealthcare.org : 303.825.8113

## LIFE CHANGING

The adage “It takes a village” is true when encouraging healthy coping strategies within our community. Substance use prevention is only as strong as the involvement of the community: individuals, families, schools and organizations. Mile High Behavioral Healthcare’s objective is to engage the community through consistent, expansive programming and support. With inclusive, evidence-based programs, together we can develop the skills, strengths and resilience needed for long-term systemic change in our community.

### GOALS

- Unify community members in advocating for substance use prevention
- Identify risk factors in diverse communities
- Expand communication skills, strengths, resources and support
- Empower the community in strengthening healthy coping skills
- Reduce stigma associated with substance use
- Develop safe space for youth to talk about substance use

### KEEPIN’ IT REAL

*Ages 12 to 17  
10 sessions, 45-minute long*

A multicultural prevention program, Keepin’ it REAL has proven to reduce tobacco, alcohol and other drug use. Youth-centric and culturally grounded, the program meets youth exactly where they are, encouraging critical thinking and effective communicate skills. The youth learn resistance strategies: REAL—Refuse, Explain, Avoid and Leave. These strategies are presented through interactive learning and discussion.

### PRIME FOR LIFE®

*Ages 18 to 26  
Five to 20 sessions, 45 -60 minutes long*

PRIME for Life is an evidence-based prevention program that provides participants with resources to make informed, low-risks choices about alcohol and other drug use. Using motivational techniques in a collaborative atmosphere, the participants are encouraged and empowered to identify, change and develop beliefs, attitudes, risk perceptions and resolutions that make sense for their experiences.

