

Why was Botvin LST Health & Wellness developed?

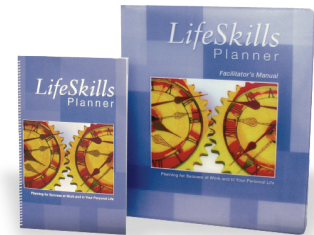
Young adulthood is a time of transition toward greater freedom and independence. These joys are balanced by new adult responsibilities, such as creating a home, working, and taking care of oneself. Because of all these transitions, however, young adults 16 to 24 years old run the risk of developing substance abuse and other behaviors that jeopardize their health. These risks can make it difficult for them to function safely and productively in the workplace.

What does Botvin LST Health & Wellness include?

Botvin LST Health & Wellness includes training modules in goal-setting, problem-solving, stress and anger management, effective communication and conflict resolution, time and financial management, the risk of substance use to personal and professional success, and understanding policies that promote a safe and drug-free workplace.

How is this program different?

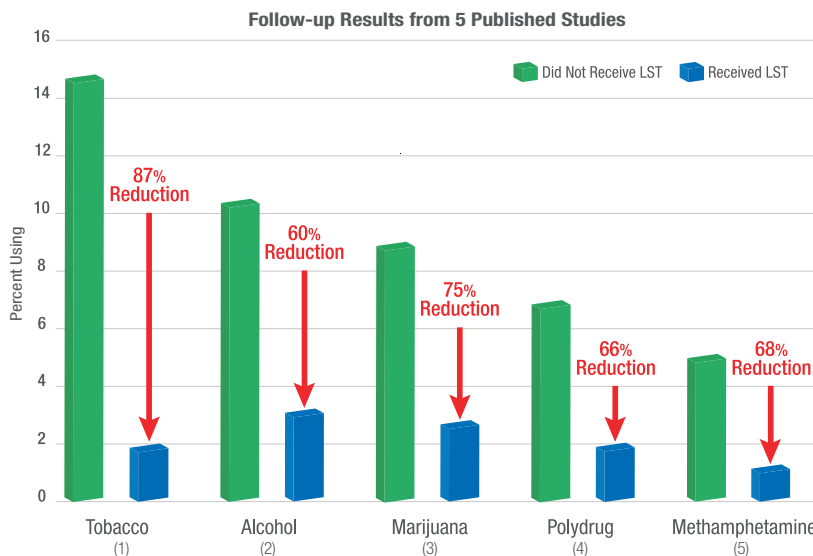
Botvin LST Health & Wellness helps young adults develop the self-management skills they need to succeed. The program is unique in its approach, focusing on both the work and home life; problems in one area can dramatically impact the other. The Botvin LST Health & Wellness program focuses on prevention, helping people before problems develop.



User Guide and Facilitator's Manual

- ▶ Increase employee productivity
- ▶ Decrease absenteeism, tardiness, and turnover
- ▶ Reduce substance abuse

“This innovative, evidence-based program improves workplace productivity and profitability by preventing and reducing health risk behaviors in young adults.”



This program is based on the highly effective *LifeSkills Training* approach (see graph for results). This approach has been proven effective by over 30 federally funded studies and 25 years of scientific research. It is top rated for excellence by numerous organizations including:

- National Registry of Evidence-based Programs and Practices (NREPP)
- National Institute on Drug Abuse
- U.S. Department of Education
- Center for Substance Abuse Prevention
- Office of Juvenile Justice and Delinquency Prevention
- American Medical Association

Who developed Botvin LST Health & Wellness?

Botvin LST Health & Wellness was developed by Dr. Gilbert J. Botvin, professor of Public Health and Psychiatry and director of the Weill Medical College of Cornell University's Institute for Prevention Research. Dr. Botvin has served as adviser and consultant to a long list of renowned organizations including the World Health Organization, the National Centers for Disease Control, the National Institute on Drug Abuse, and the White House Office of Drug Control Policy.

Source:

- (1) Journal of Behavioral Medicine (1983), (2) Journal of Studies on Alcohol (1984), (3) Journal of Consulting and Clinical Psychology (1990), (4) Journal of the American Medical Association (1995), and (5) Archives of Pediatric & Adolescent Medicine (2006)

Please contact us for more information on these and other studies.



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