



Learning LifeSkills

Feb 8, 2019

Prevention services that address underage drinking and youth binge drinking contributes to the successes of youth. The Audubon and Exira-Elk Horn-Kimballtion schools, in collaboration with the Healthy Teen Coalition, and New Opportunities through the Iowa Partnership for Success (IPFS) Grant, are providing these prevention services through the *LifeSkills Training* program. *LifeSkills Training* is an evidence-based curriculum that teaches skills such as personal self-management, general social skills, and drug and alcohol resistance.

The 2018-2019 school year is Audubon's and Exira-EHK's second year in teaching *LifeSkills Training* curriculum to their health class students. This curriculum is being implemented in the Audubon's 9th grade health class, and in Exira-EHK's 8th grade health class. Based on student survey results, the curriculum is making a positive impact on these students view of risk and possible consequences of underage drinking and youth binge drinking.

LifeSkills Training is one of five prevention strategies that are being implemented throughout the county. If you are interested in learning more about all five strategies, the Audubon County Partnerships for Success Subcommittee, or would like to become involved in this effort, please contact Morgan Bruck at mbruck@newopp.org or call 712-563-6035. The IPFS project is funded by Iowa Department of Public Health, through the Substance Abuse and Mental Health Services.

Administration (SAMHSA) of the U.S. Department of Health and Human Services. For more information on the Iowa Partnerships for Success Grant, visit <https://idph.iowa.gov/substance-abuse/programs/ipfs>