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LifeSkills Training Benefiting Audubon County Youth

Jeff May 7, 2019

The Audubon and Exira-Elk Horn-Kimballton schools, in collaboration with the Healthy Teen Coalition, and New Opportunities through the Iowa Partnership for Success (IPFS) Grant, continue providing youth focused prevention services through the LifeSkills Training program.

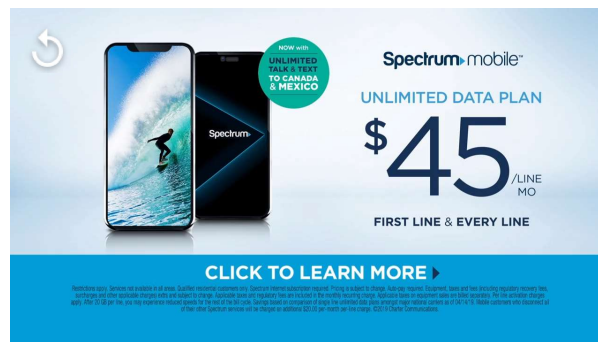
For the past 2 years, the LifeSkills Training curriculum has been taught in the Audubon Community School 9th grade and the Exira Elk Horn Kimballton School 8 th grade health classes.

The curriculum teaches skills of personal self-management, general social skills, and drug and alcohol resistance.

LifeSkills Training has received positive feedback. Audubon health teacher, Liz Stein, commented, "Life Skills curriculum benefits our students by facilitating an organized format for learning important life skills. The program not only presents reasons why students shouldn't

use tobacco, drugs, and alcohol, but it also teaches the knowledge and skills necessary for increasing self-esteem, making decisions, solving problems, communicating effectively, managing anxiety,

Ad



The advertisement features a light blue background. On the left, there is a smartphone displaying a surfer riding a wave. Next to it is a black Spectrum mobile phone. A green circular badge above the phone says "NOW with UNLIMITED TALK & TEXT TO CANADA & MEXICO". To the right of the phone, the text reads "Spectrum mobile", "UNLIMITED DATA PLAN", "\$45 /LINE MO", and "FIRST LINE & EVERY LINE". At the bottom, a blue bar contains the text "CLICK TO LEARN MORE" with a right-pointing arrow. A small, illegible disclaimer is visible at the very bottom of the ad.

standing up for themselves, and resisting peer-pressure.” Exira-EHK health teacher, Lisa Dreier made the statement, “The program gives the student information and skills to resist alcohol and make good decisions. The LifeSkills curriculum is a great program that will help our students with skills for the rest of their lives!” A great deal of positive prevention skills are being developed through LifeSkills Training.

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>

Jeff