

LifeSkills Training is a groundbreaking substance abuse prevention program based on more than 30 years of peer reviewed scientific research.



LifeSkills Training now holds the distinction of being the top research-based substance abuse prevention program in the country.



Mercer Council is a private, non-profit, community-based health organization serving Mercer County. We have been providing quality prevention education, information, early intervention and referral services to county residents, businesses, schools, faith-based organizations, municipal alliances and social services agencies since 1978.

Mercer Council is a proponent of healthy lifestyles, working hard to minimize the incidence and impact of substance abuse on our county residents. We believe that substance abuse and violence are preventable through education and early development of life skills and that collaboration between communities and individuals can make a difference.

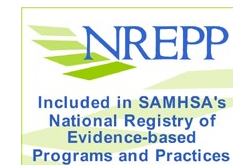
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Life Skills Training (LST) Middle



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Studies have show that when students receive Life Skills Training:

87% reduction in tobacco use

60% reduction in alcohol use

75% reduction in marijuana use

30% Reduction in Physical Aggression

42% Reduction in Verbal Aggression

40% Reduction in Delinquency

40% Reduction in Fighting



The Life Skills Training (LST) program is a research-based prevention curriculum developed by Dr. Gilbert J. Botvin, Director of the Institute for Prevention Research at Cornell University Medical College.

LST seeks to promote health and well-being among adolescents through the delivery of a combination of health information, general life skills and drug-resistance skills.

LST is proven to reduce the use of alcohol, tobacco and other drugs among adolescents, making it the most extensively evaluated substance abuse program available.

For More Information

Visit:

<http://lifeskillstraining.com>

Or

Call:

Mercer Council at (609) 396-5874

Curriculum



MIDDLE SCHOOL PRGRAM

LifeSkills Training is comprehensive, dynamic, and developmentally designed to promote positive youth development. In addition to helping kids resist drug, alcohol, and tobacco use, the **LifeSkills Training** Middle School program also effectively supports the reduction of violence and other high-risk behaviors

- **Personal Self-Management Skills** Students develop skills that enhance self-esteem, develop problem-solving skills, help them reduce stress and anxiety, and manage anger.
- **General Social Skills** Students gain skills to meet personal challenges such as overcoming shyness, communicating clearly, building relationships, and avoiding violence.
- **Drug Resistance Skills** Students build effective defenses against pressures to use tobacco, alcohol, and other drugs.