

Elevate is a community resource center focused on prevention, intervention, and support for drug and alcohol issues, mental health, and delinquency.

Elevate offers support for youth through their

Elevate “U” program.

Elevate “U” is a youth intervention program comprised of multiple research-based programs that are designed to help teenagers get back on track if they are experiencing negative impacts from alcohol or drug use, and/or school absenteeism. Upon successful completion of this program, teens will be back on a positive path.

Elevate “U” Programs

PROGRAM	DESCRIPTION
<u>Check & Connect®</u>	Check & Connect is a mentoring program that works! Individuals meet with the Check & Connect Coordinator on a regular basis. The mentor coaches and monitors the student’s performance, while helping them problem solve, build skills and boost their confidence and competence. Participating teens complete an initial assessment, during which individual needs are identified and program plans are presented. Following the initial assessment, students check-in and meet with the mentor, who supports them in reducing barriers to school attendance and improving school outcomes.
<u>Teen Intervene®</u>	Teen Intervene is a proven and effective approach for teens experiencing mild to moderate problems associated with alcohol or other drug use. Teen Intervene helps teens reduce the use of alcohol and marijuana; it increases favorable engagement and motivates teens to make better choices to improve their success in school and in life. Teen Intervene includes personalized and supportive programming in three to four sessions. During the first meeting, the individual is assessed and program plans are created. Following the initial assessment, teens meet one-on-one with their trained facilitator for two more sessions, with the option of a final session including parents and/or family.
<u>Prime for Life®</u>	Prime for Life is a motivational and nonjudgmental group education program with proven results. Elevate’s Prime for Life group consists of four sessions, which are intended to reduce risks for alcohol and drug problems. The program focuses on participants’ beliefs, attitudes and behaviors, and what needs to change in order to protect the things that are most valued in participants’ lives. Prime for Life provides a comfortable setting to share thoughts and feelings, while participants self-assess and identify personal risk levels associated with their behavior.
<u>PreVenture®</u>	PreVenture is an evidence-based program that uses brief, personality-focused interventions to promote mental health and delay substance use in youth. PreVenture aims to equip middle and high school-aged youth with self-confidence and skills to help them cope with the numerous developmental challenges that many adolescents face, such as academic stress, peer pressure, and interpersonal conflict. The program recognizes the importance of individual differences in how people interpret and cope with different types of life challenges. To keep it brief and personally relevant, PreVenture is delivered to small groups in four weekly 45-minute workshops.
<u>Peers 4 Peers</u>	The Peers 4 Peers program recruits, trains and supports high school students in grades 10-12 who make a commitment to remain alcohol and drug free. These students act as peer educators, peers listeners and in some cases peer mentors for their classmates and younger school students. They host alcohol free activities, teach their peers about the dangers of substance use and support other healthy lifestyle choices within their school communities. For more information about our prevention programs, please contact the prevention team at 262-677-2216.

How Referrals Work

Elevate “U” accepts referrals from family members, friends, school staff and occasionally through municipal court.

To refer a young person who may benefit from Teen Intervene or Prime for Life, please [complete this form](#) or contact their Teen Intervention Coordinator, **Maggie Reed** at **262-665-7779** or via email at mreed@elevateyou.org.

To inquire about Check & Connect or PreVenture you may contact their Youth Resiliency Coordinator, **Kayla Doege**, at **262-357-4369** or via email at kdoege@elevateyou.org.

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WEST BEND
— SCHOOL DISTRICT —
EXCELLENCE FOR ALL

Need more information and advice? We’ve got you covered.

If you would like more information about Elevate’s education, prevention, and support programs, you can reach out to **Miles Payne**, the Youth Services Program Manager. You can reach him by phone at **262-677-2216** or via email at mpayne@elevateyou.org.