



Botvin LifeSkills Training Program
High School

Botvin LifeSkills Training Program:

Botvin LifeSkills Training (LST) is a proven effective program endorsed by: CSAP, U.S. Department of Education Exemplary Programs, White House Office of Drug Policy, NIDA, OJJDP, CDC. LST is an evidenced based, skills focused, cognitive behavioral program that changes what youth think (perception of risk) and what they do (behaviors).

Strengths of LST Program:

- Based on scientific evidence of what causes substance abuse.
- Uses a comprehensive approach.
- Emphasizes proven skills training methods.
- Proven to reduce tobacco, alcohol and other drug use.

LST Lessons: 7 Units

Lessons are 45 minutes in length

Value of Good Health
Decision Making for Health
Risk Taking and Substance Abuse
The Media and Health (2)
Managing Stress, Anger, and Other Emotions
Family Communications (2)
Healthy Relationships (2)

Student Leadership Services Total Training Cost: \$2,000.00

*Total cost includes mileage and training.

**Students will need their own High School LifeSkills Training student guide which can be ordered and purchased. Contact www.lifeskillstraining.com to purchase student guides. If money is not available for individual books please contact me and we can make other arrangements regarding the student books.*

Please contact Dawn Flood, LMSW, CPC-R at Student Leadership Services, Inc. if you are interested in scheduling this training.

5195 Pontiac Lake Rd
Waterford, MI 48327
248-706-0757
dmf@slsToday.org