

12-2-1

12 Hours 2 Change 1 Life – 12-2-1

is an educational, risk-reduction program for high school aged youth who have had experiences with tobacco, alcohol or drugs, and who may not qualify for treatment. If through the course of the program it's determined that treatment seems like an appropriate option, the instructor can assist parents with referrals.

12-2-1 gently and powerfully challenges common beliefs and attitudes that contribute to high-risk alcohol and drug use. The program's non-judgmental approach coupled with evidence based information reduces students' resistance and increase students' openness to self-reflect.

A primary goal of **12-2-1** is prevention of any type of alcohol or drug problem. This includes problems such as being absent from school, car crashes, and fights, as well as health problems such as dependence and addiction. Emphasis is on knowing and understanding risks one cannot change and reducing risks one can change.

12-2-1 is based on Prime for Life, which is supported by over 1,000 scientific references. Information and activities in **12-2-1** are designed to achieve specific attitude and behavior changes. Teachers use workbooks, individual activities, small group discussion, DVD's and audio clips to enhance the learning experience.

The **12-2-1** program has three units. In Unit One – *Prevention*, teens learn specific age-appropriate guidelines for alcohol use that reduce risk for alcohol and drug related problems at any point in life. In Unit Two – *Reflection*, participants take time to determine what phase of use they are in and what that means to them. In Unit Three – *Protection*, they apply what has been learned, obtain support from others, and prepare to follow through with their commitment to making low-risk choices in their daily lives.

Who is eligible? 12-2-1 is appropriate for high school youth willing to safely and respectfully interact in a small group and classroom setting. If this setting is not appropriate, please call for other resources.

Upcoming Dates: 12-2-1 is held bi-monthly, over the course of 3 days (days/times vary each month). See schedule below. Light snacks will be available during the classes, and lunch will be provided on any class with a 6-hour session.

2011 – 2012 Classes:

- **March 7** (3-6 pm), **9th** (3-6 pm) & **10** (9 am – 3 pm) 3 class session
- **March 31st** (9 am – 3 pm) & **April 7th** (9 am – 3 pm) 2 class session
- **April 25** (3-6 pm), **27** (3-6 pm) & **28** (9 am – 3 pm) 3 class session
- **May 5th** (9 am – 3 pm) & **May 12th** (9 am – 3 pm) 2 class session
- **June 11, 12, & 13** (3-7 pm) 3 class session

LOCATION: Mid Coast Hospital's Behavioral Health Building, 66 Baribeau Dr, Brunswick, ME

For more information or to register, please contact [Heidi](#) at 373.6958 or htucker@midcoasthealth.com

Our Roster of Certified Instructors:

Linda Tiffany is a Licensed Clinical Professional Counselor (LCPC) and a Licensed Alcohol and Drug Counselor (LADC). She has worked with children and adolescents in residential, educational, correctional, intensive outpatient, and outpatient settings, addressing mental health and substance abuse issues. Linda received a Bachelor's Degree in Psychology in 1994, and a Master's Degree in Counseling in 2001. Linda was certified as a 12-2-1 instructor in 2011.

Melissa Fochesato is the Partnership Director for Access Health, a local Healthy Maine Partnership & the Substance Abuse Prevention Project at Mid Coast Hospital. Melissa has been in the Health Education field since receiving her degree in Health Education from the University of Maine in 1994. In addition to coordinating Healthy Maine Partnership outreach efforts, she also teaches substance abuse prevention classes at Brunswick High School and was certified as a 12-2-1 instructor in 2009.

Linda Christie is a prevention specialist at Access Health. She has worked in the field of health education for over 25 years and has a BS in community health education. Her strongest area of interest and expertise is preventing youth from using tobacco, drugs and alcohol. She recently created the Tackling Tobacco program, a local alternative to suspension program and teaches a substance abuse prevention program for middle school students called Project Alert. Linda was certified as a 12-2-1 instructor in 2011.

Becky Miller is a prevention specialist at Access Health, an RN with a Master in Public Health, and is a Certified Specialist in Poison Information. She has worked at the Northern New England Poison Center for almost 25 years and has taught many different substance abuse topics to a variety of audiences. Becky was certified as a 12-2-1 instructor in 2011.

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