

12-2-1

12 Hours 2 Change 1 Life – 12-2-1

is an educational, risk-reduction program for high school aged youth who are experimenting with tobacco, alcohol or drugs, but do not qualify for treatment. **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 offered monthly. The program runs for 3 consecutive days; Thursday and Friday, from 3:00 – 6:00 pm, and Saturday from 9-3 pm. For upcoming class dates, call 373-6957.

About the Instructor: Jessie Gogan has a passion for teaching and empowering youth. While working at AdCare she coordinated 12-2-1 for eight Maine schools. As a presenter she is engaging, receptive, and knowledgeable. She has an ability to connect with participants and engage them in the learning process to assess their personal risk levels for substance abuse and also learn the skills needed to make healthy choices. Jessie is a certified 12-2-1 instructor, has managed several community groups across the state and coordinated efforts to educate providers about the dangers of Inhalant Abuse. Jessie continues to stay connected to youth by attending skill building conferences to maintain her certification and volunteering in the local community with several youth based programs including Maine Youth Leadership and the Maine Youth Action Network.

LOCATION: The Addiction Resource Center, 66 Baribeau Dr. , Brunswick, ME, Conference Rm. 3

For more information or to register, please contact [Melissa](#) at 373.6957 or mfochesato@midcoasthealth.com

