

prime for life<sup>®</sup>  
provider

motivates change



**PRIME FOR LIFE IS AN EVIDENCE-BASED EXPERIENCE THAT HELPS PEOPLE MAKING HIGH RISK ALCOHOL AND DRUG CHOICES.** Prime for Life helps them accept the need to change their attitudes, beliefs, and behaviors. Motivational Interviewing and cognitive behavioral methods are woven into the program. Every element is designed to promote change and reduce problems.

For more information contact **prevention**  
**WORKS**

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**GIVING PEOPLE TOOLS TO MAKE HEALTHY DECISIONS**

## PRIME FOR LIFE DETAILS

The following can be adapted to fit different groups and ages.

### FOR EVERYONE

- Adults of all ages
- 10 to 20-hour program (number of sessions can vary)
- Designed for evening and weekend hours
- (Mid to large group sizes)

### LESSON TOPICS

#### Exploring Unit

- Values; Norms; Life-style Related Health Problems; Body, Brain, Biology; Choices; Tolerance and Impairment; “Low Risk” Guidelines

#### Reflecting Unit

- Phases of Use (Low Risk, Psychological Dependence, Addiction)

#### Protecting Unit

- Moving Toward My Future; Planning for Success

### SPECIAL FEATURES

- Prime For Life<sup>®</sup> is delivered to thousands of adults and young people annually through programs such as: Adult Impaired Driving, Youth Impaired Driving Drug Courts, Court Diversion, Jail Transition, Zero Tolerance, Student Assistance Drivers’ Education, Early Intervention, Campus Sanction, Juvenile Justice
- Program content is based on biological, psychological, and sociological research. The program process is drawn from research on how communicated messages affect attitude and behavior change.
- Prime for Life is recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA) National Registry of Evidence-Based Programs and Practices.