

CAST

Coping And Support Training

THREE PROGRAM GOALS

- **Increase School Smarts** (grades, attendance, attitude)
- **Increase Mood Management**
- **Increase Drug Use Control** (including staying drug free)

FOUR SKILL AREAS

- **Building Self-Esteem**
- **Setting Goals and Monitoring**
- **Decision Making**
- **Personal Control**

TWELVE SESSIONS

- In **small groups** of 6 - 8 youth
- **Invited**, not mandated to attend
- Led by a **trained Facilitator**
- Meeting over **6 - 12 weeks**



BRING PROMISE TO YOUR LEARNERS



ANY SETTING. ANY TIME.

CAST is an evidence-based, model prevention program for **middle and high-school-aged youth**. It is a **12-lesson skills training** group, embedded in a **positive-peer culture**, designed for just 6-8 youth. CAST is used across the US and Canada, in schools, community centers, and a wide variety of other youth-oriented agencies.

BIG TIME PAY-OFFS.

↓ **65%**

reduction in suicide risk behaviors

↓ **62%**

reduction in hard drug use

↓ **35%**

reduction in dropout rates

↓ **34%**

reduction in anxiety



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