



Commonly Utilized Focus Area Programs Content Relevant to: All Clinical & Alternative Clinical CAHCs and School Wellness Programs

Below is a list of evidence-based interventions commonly used by the CAHC program. This list is sorted by focus area and is not all inclusive. This resource is meant to assist a CAHC in selecting an evidence-based intervention that has successfully been implemented in other CAHC settings. Focus areas should be chosen based on the current needs assessment results. Please contact your assigned consultant with any questions.

ALCOHOL/TOBACCO/ OTHER DRUG PREVENTION

CANDIS
Lifeskills
Michigan Model for Health
Not On Tobacco
Positive Action
Project Alert
Project Northland
SPORT
The Fourth R
The Project Toward No Drug Abuse

ASTHMA

Open Airways
Roaring Adventures of Puff

HIV/AIDS/STI PREVENTION

Abstinence Works
Be Proud Be Responsible
Cuidate
Healthy and Responsible Relationships
Making A Difference
Making Proud Choices
Puberty the Wonder Years
Rally Against Peer Pressure
Reducing The Risk
Safer Choices
Sister 2 Sister (Teen)
The Fourth R

NUTRITION AND PHYSICAL ACTIVITY

Catch Kids Club
Cooking Matters
Do More Watch Less
Foodplay
Girls on the Run
Health At Every Size
Healthy Classroom, Healthy Schools
Jump Into Foods And Fitness
Kids In The Kitchen
Linking Lessons
Marathon Kids
Michigan Model
MI Harvest Of The Month
Planet Health
Project Healthy Schools
Show Me Nutrition
SPORT

PREGNANCY PREVENTION

Abstinence Works
Girls Only
Healthy and Responsible Relationships
Making a Difference
Making Proud Choices
Puberty the Wonder Years
Rally Against Peer Pressure
Reducing the Risk
Safer Choices
Sister 2 Sister
The Fourth R



SUICIDE PREVENTION

LEADS

Signs of suicide

CARE (care, assess, respond, empower)

Look, Listen, Link

TRAUMA

Bounce Back

CBITS ((Cognitive Behavioral Interventions for Trauma in Schools)

Supports for Students Exposed to Trauma

Seeking Safety

VIOLENCE PREVENTION

Lifeskills

Good Behavior Game

PATHS

Second Step

Safe Dates

DEPRESSION/ANXIETY

Michigan Model for Health

Interpersonal Psychotherapy - Adolescent Skills Training (IPT-AST)

Teaching kids to cope

EMOTIONS: Coping Kids, Managing Anxiety and Depression

Coping Cat

CBITS (Cognitive Behavioral Interventions for Trauma in Schools)

