

U.C.A.N.

Fayette County Drug and Alcohol Commission, Inc. (FCDAC, Inc.) offers a caring hand by enhancing personal wellness and promoting addiction free living. We achieve this mission by empowering individuals to access education, intervention, assessment, treatment, and referral sources. Acting as the Commonwealth of Pennsylvania's local Single County Authority (SCA), it is the responsibility of FCDAC, Inc. to see that a system of quality substance abuse services is provided to the residents of Fayette County. This is accomplished not only by monitoring all substance abuse services, but also by providing direct services that includes prevention, case management, intervention, and treatment services.

Underage Curriculum for Adolescent Needs

Fayette County Drug & Alcohol Commission, Inc.

Underage Curriculum for Adolescent Needs



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**Expand your knowledge...
...Expand your life!**

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...Expand your life!**

"UCAN Reach for the Stars"

Underage Curriculum for Adolescent Needs

Underage substance abuse is a significant problem among young people and finding a solution is not always easy. The Underage Curriculum for Adolescent Needs (U.C.A.N.) program will assist adolescents in re-evaluating their decision to turn to alcohol, drugs and/or tobacco at such an early and illegal age. This five day treatment program will identify effective ways to reduce substance abuse problems among young people. The best preventive measures are often the simplest and most economical and can be easily implemented by parents and educators. But, when these measures fail, the U.C.A.N. program will offer a caring hand by enhancing personal wellness and promoting substance free living. The U.C.A.N. program will achieve the mission of empowering adolescents to live a substance free lifestyle by training them how to access prevention educational materials and programs; with the ability to have the preventative skills necessary to live a substance free lifestyle. FCDAC, Inc. ensures that a system of quality substance abuse education and services will be provided to the youth of Fayette County.

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What to expect during the 5 day program:

Day 1

- Meet and Greet
- Rules/regulations of U.C.A.N. program
- Underage drinking laws
- Facts about alcohol
✓ *Pre-test*

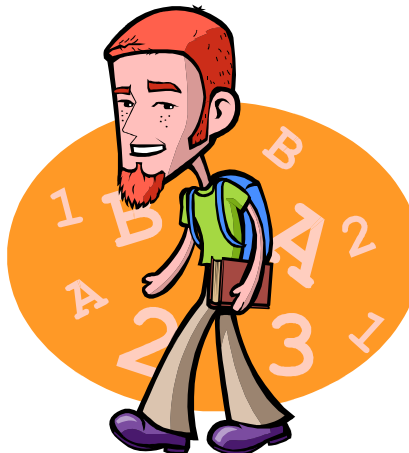
Day 2

- Choices
- Possible consequences
- Alcohol/drugs - its effects on the body

Day 3

- Media and the role it plays on choices
- Peer influences
- Common myths about drugs and alcohol

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Day 4

- Disease concept of addiction
- Warning signs of drug/alcohol abuse
- Decision making

Day 5

- Problem solving
 - Relaxation techniques
 - Sex/drugs/drinking
 - STDs
 - HIV/AIDS
 - Birth control
- ✓ *Post-test*

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