

www.NexusCoalition.org

# **DIVERSION PROGRAM**

This service can be used in place of suspension for misconduct, youth at risk, or as needed.

## Classes offered but not limited to:

- How drugs and alcohol affect your brain
- Building self-esteem/confidence
- Making wise decisions
- Service in your community
- Building resiliency/ BTAPS
  Belief, Trust, Adaptability, Persistence & Strength
- Dealing with stress & anxiety
- Healthy coping skills
- Real life stories from individuals in recovery

## Youth & Substance Use

The Arizona Youth Survey tells us that the 5 top reasons youth choose to use substances are: School Stress, Family Stress, Feeling Sad or Down, To Have Fun, or To Get High/ Feel Good.

This is why Nexus Coalition not only educates on substances but also helps youth develop tools and skills so they know other ways to have fun, feel good, and deal with stress other than substance use.

### How This Can Implemented:

#### For Schools & Parents:

Nexus Coalition staff can come in on a set schedule every week (specific day and time once a week) OR can come in as needed when you have a student needing services.

#### For Courts:

You give the information to the youth/ youth's guardian that is needing services and they schedule sessions with Nexus staff. We keep attendance logs and records of what is taught and can report back if needed.

#### For Distances Beyond Snowflake and Pinetop:

Same as above except meetings will be done via ZOOM

## **To Get Started**

#### Contact a Nexus team member below:

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