



**Renz Addiction Counseling Center
One American Way, Elgin, IL 60120
847.742.3545**

Elgin and Larkin high schools, in partnership with Elgin Gang/Drug Task Force and Renz Addiction Counseling Center Prevention staff, began implementing a substance abuse prevention program for all freshman students. The prevention program, Project Towards No Drug Abuse, (TNDA) is a nationally recognized drug abuse prevention program and is based on more than two decades of research by the University of Southern California.

Project TNDA is an age-appropriate curriculum for high school students built on a comprehensive motivational skills decision-making model. The course will be implemented in 12 sessions over a 12-week period at Elgin High School and in six weeks, (twice a week) at Larkin High School. All coursework will be during the day in a classroom setting. Specifically, this school-based program focuses on three factors that predict tobacco, alcohol and other drug use, violence-related behaviors, and other problem behaviors among youth, including: motivation factors (i.e. students' attitudes, beliefs, expectations, and desires regarding drug use), skills (social, self-control, and coping skills) and decision- making (i.e. how to make decisions that lead to health-promoting behaviors).

Project TNDA provides youth with detailed information about the social and health consequences of drug misuse, provides motivation enhancement strategies, and includes instruction in active listening, effective communication skills, stress management/coping skills, tobacco cessation techniques, self-control, and decision-making to counteract risk factors for drug abuse relevant to older teens. The objective of the program is to have students: stop or reduce the use of cigarettes, alcohol, marijuana, and hard drugs (i.e. cocaine, hallucinogens, depressants, amphetamines, etc.); stop or reduce weapon carrying; understand information about the consequences of drug use and abuse, including environmental, social, physiological and emotional consequences; demonstrate behavioral and cognitive coping skills; and make a personal commitment regarding drug use.

Project Towards No Drug Abuse (Project TNDA) has identified critical factors that lead young people to begin experimenting with substances and participating in other high-risk behaviors.

For information related to the Project Towards No Drug Abuse, call Ricardo Gasca, Prevention Coordinator, at 847-742-3545 x264. Visit the Renz Center website at www.renzcenter.org.