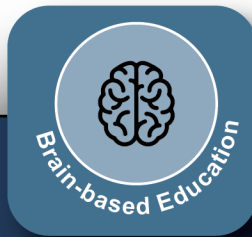


Substance Abuse Counseling Group



Our Mission

Our mission at CYM's Substance Abuse Counseling Group is to teach students leadership skills with a psychoeducational approach. We aim at fostering a safe and supportive environment that will empower students to make better choices with the knowledge they learn in the groups

What We Do

- Help students identify and resist pressures to use substances
- Correct misperceptions about the prevalence and acceptability of substance use
- Understand the consequences of substance abuse
- Help students develop future goals and set schedules to obtain goals
- Give middle school and highschool students a supportive group setting
- Strength-based and resilience-based approach

Group Process

- Meet once a week for a total of 10 weeks
- Supportive group setting
- Provide brain-based education of marijuana and other substances (i.e., physiological effects of alcohol and marijuana use)
- Give students opportunities to express feelings/thoughts about reasoning behind usage
- Curriculum CASEL approved: The Why Try Program and Resilience for Youth
- Stanford Medicine: Tobacco Prevention and Cannabis Awareness & Prevention Toolkits

Group Requirements

- Complete the KCUSD Substance Abuse Counseling Agreement Form
- Maintain group confidentiality
- Attend all 10 group counseling sessions
- Attend all 10 sessions promptly
- Student demonstrates signs of growth and improvement
- Student sets goals and demonstrates willingness to complete them

Contact Information



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"Where Potential Meets Opportunity"