

AHL Planning 2



January 2019

To empower residents to make positive choices every day. Together we work to prevent substance misuse, to improve the quality of life for those impacted, and to support programs that help youth and families thrive.

Activity: What will change as a result of our work?

Individual Change

Knowledge

Attitudes

Skills

Behaviors

Community Change

Population Health

Partnerships

Resources

Norms

What factors puts our youth/young adults at risk?

Alcohol	Tobacco	Opiates
Unsupervised time	Low perception of harm	Denial
Family Norms	Peer Pressure	Chronic Pain
Community Norms	Friends who use	Injury/Sports Injury
Mental Health	No Consequence	Mental Health
Peer Pressure		
Stress		

7 Effective Strategies

Individual

- Provide Information/Education
- Enhance Skills/Early Intervention
- Provide Supports/Healthy Alternatives

Environmental

- Change Norms
- Alter Access
- Change Physical Design
- Modify/Change Policies

Activity: Identifying Goals for AHL

1. Individually, list **10 goals** for AHL in the next 1-3 years.
2. Break into groups of 3. Discuss your personal list. Rewrite **top 5** Goals for your group.
3. Select **the 2** MOST IMPORTANT Goals of the 5 your group identified.
4. Then write each of the 2 goals using **one sticky note** per goal.