

# Botvin Lifeskills

## What is Lifeskills?

Botvin LifeSkills Training (LST) is an evidence-based substance abuse and violence prevention program that is uniquely designed to be flexible and interactive.

### Program Breakdown

This program consists of 15 units about resources, skills and life lessons that are important to the educational development of our youth.

### Some of the units include:

Making Decisions  
Effective Communication  
Social Skills  
Resolving Conflicts  
Negative Effects of Smoking  
Negative Effects of Alcohol

## Community Involvement

LifeSkills Provider Training Workshops prepare teachers, school counselors, prevention specialists, SROs, police officers, community youth educators, and other program providers to effectively implement the state-of-the-art prevention education activities and teaching strategies found in the LST program.



Recipients of substance abuse prevention services have rights protected by state and federal laws and promulgated rules. For information contact the OCHN Substance Use Disorder Services, Recipient Rights Coordinator Sherrie Williams, 5505 Corporate Dr., Troy 48098 or call 248.858.1210. Federal, State and/or County Funding has been provided through the Oakland Community Health Network Substance Use Disorder Services to support the protect costs.



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