



*...growth starts here*

Prime For Life<sup>®</sup> is an evidence-based motivational prevention, intervention and pretreatment program specifically designed for people who may be making high-risk choices. This includes but is not limited to impaired driving offenders, college students and young people charged with alcohol and/or drug offenses. It is designed to change drinking and drug use behaviors by changing beliefs, attitudes, risk perceptions, motivations and the knowledge of how to reduce their risk of alcohol and drug related problems throughout their lives.

### WHERE IS PRIME FOR LIFE<sup>®</sup> USED AND WHO ATTENDS?

- Universal, selective, and indicated audiences
- Court-referred impaired driving offenders (e.g., DUI, DWI, OUI)
- Individuals referred by a court for other reasons (e.g., possession, public intoxication, diversion program)
- Youth and young adults ages 13 to 20 who are engaging in drinking and drug use or in a group likely to engage in these behaviors
- College campuses
- Parents who have youth participating in court diversion or juvenile justice programs

### WHAT ARE THE BENEFITS TO YOUR OWN CLIENTS?

#### **In a Prime For Life<sup>®</sup> classroom, clients:**

- Feel engaged and comfortable sharing their thoughts, feelings and self-reflections.
- Learn how the combination of influences and personal choices determine outcomes.
- Learn how to make low-risk choices by using a simple tool.
- Are given time to absorb and process the information provided.
- Self-assess to identify their risk levels and current phase of alcohol and drug use.
- Identify the things they value in their lives and make their own decisions about when and how to protect them.

Explore new beliefs and reflect on how those new beliefs may bring about positive changes.