We now offer behavior change coaching modules for **middle & high school students and their families**. Sessions are individualized for the student and family’s unique situation. Sessions provide education, handouts, and homework, and are intended to help increase a student’s success at school and at home. Topics include the following:

**Anger Management**
- Learn “anger basics”
- Explore what’s behind the anger response
- Identify personal triggers and how to manage them
- Practice strategies to control anger-based behaviors

**Coping with Stress, Anxiety and Change**
- Learn the effects of stress on mind and body
- Strategize ways to stop the cycle of worry
- Practice strategies to create balance
- Develop a plan with the family to support changes

**Rethinking Drinking**
- Assess alcohol and drug behaviors
- Explore emotional issues and genetic factors
- Identify personal triggers and practice how to manage them
- Encourage support and structure from the family

**Marijuana Use**
- Assess alcohol and drug behaviors
- Learn the risks and consequences of use
- Explore emotional issues and triggers
- Identify and practice alternatives to using
- Encourage support and structure from family

**Vaping**
- Assess vaping and other alcohol or drug behaviors
- Learn the risks and consequences of use
- Explore emotional issues and triggers
- Encourage support and structure from family

To schedule an appointment, contact the Advocate Aurora SFAP at (800) 236-3231