

## ASAC Prevention Offices

### Linn County

3536 18th Avenue SW  
Cedar Rapids, IA 52404  
(319) 390-1884  
FAX 390-3513

### Benton County

1003 W. 4th Street  
Vinton, IA 52349  
(319) 472-2443  
FAX 472-3242

### Clinton County

New Directions  
217 6th Avenue South  
Clinton, IA 52732  
(563) 243-2124  
FAX 243-2190

### Jackson County

119 S. Main  
Suite 2B  
Maquoketa, IA 52060  
(563) 652-2215  
FAX 652-4939

### Jones County

405 E. Main  
Anamosa, IA 52205  
(319) 462-4327  
FAX 462-4328

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are funded by the Iowa  
Division of Health Promotion,  
Prevention and Addictive  
Behaviors, United Way, state,  
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# asac

Area Substance Abuse Council

## SUBSTANCE ABUSE PREVENTION SERVICES

*Helping to Prevent the  
Abuse of Alcohol, Tobacco and Other  
Drugs in Linn, Benton, Clinton,  
Jackson and Jones Counties*

# ASAC PREVENTION SERVICES

*The Area Substance Abuse Council is a private, nonprofit organization governed by a volunteer board of directors. We are licensed by the Iowa Division of Health Promotion, Prevention and Addictive Behaviors to provide prevention and treatment services to combat the abuse of alcohol, tobacco, and other drugs.*

ASAC's prevention services aim to prevent the underage use, and any abuse, of alcohol, tobacco, or other drugs. We recognize that substance abuse is a chronic disease that has a negative effect not just on the abuser, but also on their family, their workplace, their community and society at-large. We offer a variety of programs and activities to assist communities, schools, workplaces, and organizations address substance abuse issues. We believe that by using a combination of prevention strategies, individuals and families will live healthier and safer lives.

## **Community Coalitions**

ASAC works with a number of coalitions to help area communities address substance use and addiction. Activities conducted by these community coalitions include:

- Spearheading initiatives to change state and local policies
- Increasing community awareness of substance abuse issues
- Developing positive activities for youth

## **Parent/Family Education**

We conduct programs to help families prevent substance abuse by teaching communication skills, stress management and prevention intervention techniques. Programs can be provided to PTA/PTO groups, neighborhood organizations, faith institutions, childcare/afterschool centers, family resource centers, and community groups. Examples include:

- Alternative Choices for Teens (ACT) is a program for parents and youth after a youth substance use incident. Parents and youth learn ways to protect their values and make low risk substance use choices in the future
- Strengthening Families program is for 5th grade and middle school students in which the youth and their families learn to communicate and work through problems

## **Post Secondary Services**

Our programs can be targeted to athletes, residence life, student health services, or other groups.

- Specific substances of abuse
- Tools to help in making low-risk decisions

## **School-Based Services**

Programs for students in the classroom, in small groups, or before or after school.

- Life skills training on issues such as communication and decision making
- Children of Substance Abusers (COSA) groups

## **Speakers Bureau**

Prevention Specialists can speak with any age group or population on a variety of topics. These prevention presentations are designed specifically for each individual audience based on needs and interests.

- Current substance abuse trends
- Signs and symptoms of substance abuse
- Children of addiction/adult children of addiction
- Specific drugs of abuse

## **Workplace Services**

ASAC staff can help employees and businesses be safe and healthy. Educational programs are available to both employees and supervisors. We also provide consultation services in the development of school and workplace policies and referral information on drug-testing.

- Identifying signs and symptoms of substance abuse in the workplace
- How to address a substance abuse problem with a co-worker or employee
- Where to go for help with substance abuse
- Development of tobacco-free campus policies
- Development of drug free workplace policies
- Referral information on drug testing