

Contact Us:

Communities That Care Mission Statement:

Provide education, support, and resources to individuals in the areas of youth substance use/misuse and mental health; to encourage reduction and prevention of substance abuse.

We envision a vibrant community where all individuals are empowered to lead mentally, physically, and socially rewarding lives.

Foundation For Youth
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Communities That Care

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Foundation for Youth

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Positive Action

Positive Action is an evidenced-based, educational program for pre-k through grade 12 students that seeks to teach and emphasize actions that promote a healthy and positive life.

The Positive Action program is based on the idea “we feel good about ourselves when we do positive actions.” There are 140 lessons that last approximately 15 minutes each. Lessons are taught on a variety of topics, including, but not limited to: managing actions and feelings, managing time, bullying, problem solving, goal setting, time management, empathy, and much more.

eCheckup To Go

The eCheckup To Go program is designed to motivate individuals to reduce their alcohol consumption using personalized information about their own use and risk factors. The program uses the most current and reliable research available.

The program takes about 20-30 minutes to complete. It is self-guided and does not require face-to-face time with a counselor or administrator. Because the program is offered online it provides quick and confidential feedback. It can be taken multiple times and is encouraged to use this feature.

Our Programs

We work to assist Bartholomew County communities with education, support, and resources concerning substance abuse. We believe prevention and mental health awareness are key to behavioral and physical health.

Communities That Care is dedicated to promoting early intervention education and providing resources to all community members so each individual may lead an enriching life.

Partnering and Collaborating within our Community

At CTC we have been collaborating with community partners. We work with programs that are evidence based and work closely with our partners to implement these programs in Bartholomew County.

The partners we currently work with are Ivy Tech, Healthy Communities, Children Inc., iCare, Boys & Girls Club, Youth Services Center, Big Brothers Big Sisters, and Columbus Youth Camp.

Project Alert

Project Alert is a classroom-based substance abuse prevention program for 7th and 8th graders that has proven to reduce the experimental and continued use of drugs and alcohol.

Through a series of comprehensive lessons, Project ALERT is proven to motivate students against substance use, cultivate new non-use attitudes and beliefs, and equip teens with the skills and strategies they’ll use to resist pressure from both internal and external forces.

LifeSkills Training

Lifeskills Training is a substance prevention program that focuses on the overall well-being of youth and offers healthy alternatives to risky lifestyle choices. This program is different from other programs that focus exclusively on the dangers of substance use because it also helps youth develop skills needed to resist substance use:

- Self-confidence
- Resisting peer-pressure
- Coping with anxiety
- Making decisions
- Communication skills