

# Communities That Care Mission Statement:

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



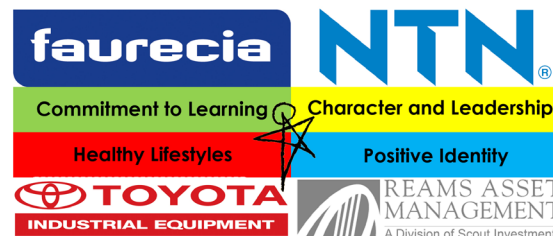
Communities That Care  
405 Hope Ave  
Columbus IN 47201  
Ph. 812-348-4558  
[communitiesthatcare@foundationforyouth.com](mailto:communitiesthatcare@foundationforyouth.com)



## Communities That Care A program of Foundation For Youth

Funding was provided by the SAMHSA SAPT Block Grant through the Indiana FSSA/Division of Mental Health and Addiction.

Contract #0000000000000000000016859





## About Positive Action

Positive Action is an evidenced-based, educational program for pre-k - 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 that 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.

Research has shown that Positive Action can improve:

- Reading and math test scores
- Social bonding and family cohesion
- Physical health and hygiene
- Decision making and pro-social interactions
- Self-concept
- Self-control
- Relationships and respect
- And much more

Research has also shown that Positive Action can reduce:

- Youth crime and violence
- Family conflict
- Bullying
- Absenteeism and drop-out rates
- Drug, alcohol, and smoking use
- Depression

## Our Work

Communities that Care is a substance use prevention program in Bartholomew County. Our mission is to provide education, support, and resources about substance use among all individuals in the community to encourage reduction and prevention.

Positive Action is currently being offered at the Boys and Girls Club, located at the Foundation for Youth, and in the iCare after-school program in Bartholomew County.

## Facts about Positive Action:

- An evidenced-based program that uses several concepts such as social and emotional learning theory, positive psychology, intrinsic motivation, and positive reinforcement to teach students
- Has been used by over 15,000 schools and community organizations and 5 million students
- Program development began in 1977 and was originated by Carol Gerber Allred, Ph.D., a high school English and psychology teacher
- Several peer-reviewed articles confirm evidence that Positive Action is effective in increasing positive outcomes and reducing negative actions/behaviors

## Contact Us

Communities That Care  
 405 Hope Ave  
 Columbus, IN 47201  
 812-348-4558  
[andrea@foundationforyouth.com](mailto:andrea@foundationforyouth.com)  
[communitiesthatcare@foundationforyouth.com](mailto:communitiesthatcare@foundationforyouth.com)

