



Contact: Rachele Raines
Communications Specialist
rachele@willowstone.org
765-423-5361 ext. 2315

GET S-M-A-R-T, JR. PROGRAM PROVIDES DRUG INTERVENTION, PREVENTION AND EDUCATION TO HELP TEENS COMBAT MENTAL HEALTH ISSUES

LAFAYETTE, IN - Willowstone Family Services in collaboration with Calla Collaborative Health is now offering Get S-M-A-R-T, Jr., a revolutionary substance use education and prevention program. This program is open to the community and available to teenage students, ages 14 – 18 years old. The five-week program will be held on Thursdays from 5:30 p.m. to 7:30 p.m. at Willowstone Family Services, located at 615 N. 18th Street, Suite 101, Lafayette, IN 47904. There is no cost for the program thanks to a grant from the Drug Free Coalition of Tippecanoe County. Registration for the class is available online at www.willowstone.org, or parents may contact our office at 765-423-5361.

Get S-M-A-R-T, Jr. takes students through a series of experiential classes based on harm-reduction and Positive Psychology. They are designed to remove the stigma and shaming of substance use and empower teens to find inner strength to create positive change in their lives. Willowstone Family Services Executive Director, Jenni Murtaugh said, “Get S-M-A-R-T, Jr. is directly in line with Willowstone’s goal to strengthen individuals and families. The fact that the workshops can be offered for no fee truly gives parents who need support a next step to address their teen’s curiosity or experimentation from growing into a dangerous problem.”

Attendees will learn important skills aimed to help them identify their relationship with substances, if any, and how to combat or prevent them. A licensed therapist conducts each class in a safe and welcoming interactive environment to encourage questions and dialogue. Get S-M-A-R-T, Jr. was created through Calla Curriculums for Substance Use Disorders Get S-M-A-R-T™, an evidence-based curriculum published and written by Calla Collaborative Health (CCH), www.CallaCCH.com. CCH created the program to address the nationwide need for quality, evidence-based Substance Use Disorder Education Intervention.

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About Willowstone Family Services

Family Services, Inc. (D.B.A. Willowstone Family Services, Inc.) is a non-profit agency with a mission to strengthen individuals and families across the lifespan. The agency provides mental health services, educational programs and family services to Tippecanoe County and seven surrounding counties. Willowstone Family Services is a member of United Way of Greater Lafayette.

About Calla Collaborative Health

Calla Clinic, LLC (DBA Calla Collaborative Health) is an agency that strives to provide evidence-based, quality therapeutic education curricula, facilitated by licensed therapists. The Early Intervention Programs created by CCH for Substance Use and Mental Health Disorders aim to create opportunities for people to expand their inner strength, thus enhancing their potential for growth and positive change.