

The **SIGNALS**® *Preservation Awareness Model* emphasizes the importance of addressing and changing several high-risk attitudes among adolescents that lead to their use and abuse of alcohol, tobacco, and other mind-altering drugs. This mindset includes ideas such as invincibility, typology myths, pseudo-autonomy and/or false freedom. **SIGNALS**® counteracts the potentially life-threatening attitudes that erroneously promote drug use as normal and safe.

Results from surveys such as *Monitoring the Future Survey* and the *National Survey of American Attitudes on Substance Abuse* indicate that the most consistent reason young people give for NOT USING drugs is concern for physical damage and/or addiction.

SIGNALS® assumes that self-preservation is instinctive and can be the primary motivator to stop or prevent drug use.

SIGNALS® raises student personal awareness about their genetic predispositions and the signs of drug progression that lead to dependency. Students learn the dangers of impairment episodes and how drug tolerance levels increase with each use. Collectively, these strategies help convince students of the benefits of not using drugs.



"I didn't think I had a problem, but SIGNALS helped me realize the danger I was putting myself in."
FORMER USING STUDENT

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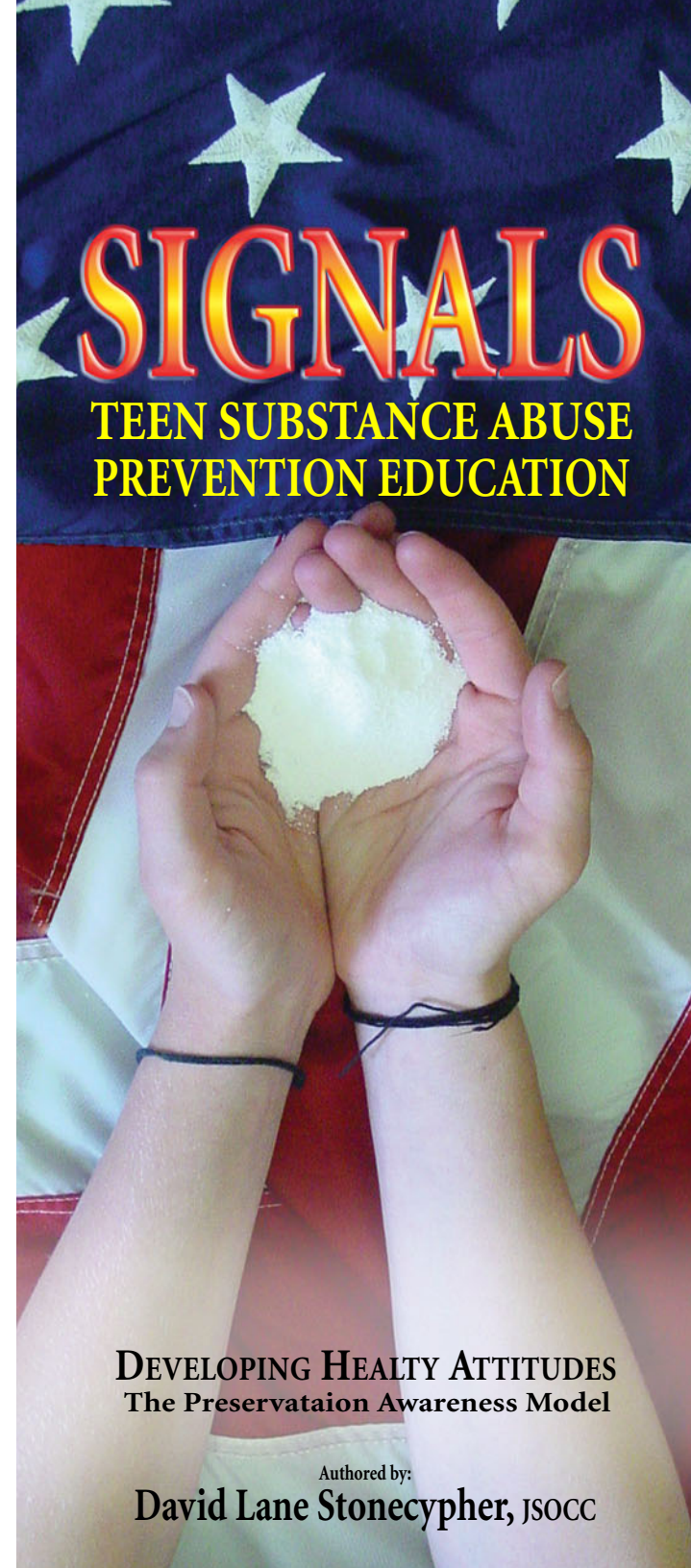
Dr. Dewey Sanders, (center) Psychologist and contributing editor, walked across America in 2005 to raise money and awareness for **SIGNALS**®.



Sanders raised over \$70,000 in per mile pledges for the **SIGNALS**® residential program at the Kentucky United Methodist Children's Homes. David Lane Stonecypher, **SIGNALS**® curriculum author, is pictured left.

"SIGNALS made me feel confident about my choice to not use drugs or alcohol. Before, I never knew how to really talk about it...now I do!"
FORMER NON-USING STUDENT

"Don't you know your body is a temple? SIGNALS and the faith message make a great team."
JEREMY— YOUTH DIRECTOR AT
NATHANIEL'S MISSION



DEVELOPING HEALTHY ATTITUDES
The Preservation Awareness Model

Authored by:

David Lane Stonecypher, JSOCC

The 350-Page Instruction Manual Includes:



- 12 Core Lesson Plans
- Two Presentation CDs
- A Student Handbook
- The POSIT and POSIP Screening Tools
- Graduation Certificate



SIGNALS® is an acronym for *Setting Important Goals Now Against Life-Threatening Substances*. This research-based program is solidly grounded in the best practices of the drug prevention field. The **SIGNALS**® *Preservation Awareness Model* leads students through the *Stages of Change* with strategies from *Motivational Interviewing* and structured storytelling—a variation on a component of *Behavioral Therapy For Rural Substance Abusers*.

In addition, the curriculum includes *NIDA's POSIT Screening Tool* and the *POSIP Parent Component*. Forms needed to teach the program are included—such as student workbook which can be photocopied. There are two presentation CDs with over 120 real-life case profiles of deadly drug use. The profiles cover all categories of substance abuse. Each CD has audio narration detailing short-term impairment episodes and long-term health ramifications.

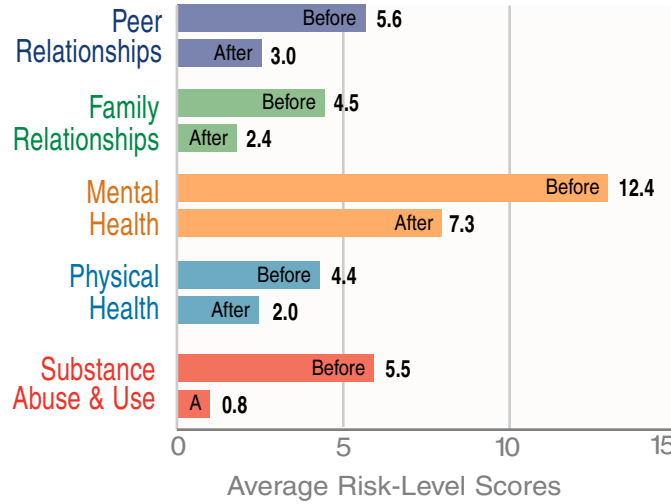
"I love teaching SIGNALS, the immediate positive impact on the kids is remarkable!"
 KEITH — HIGH SCHOOL HEALTH SCIENCE TEACHER

SIGNALS® is a substance abuse prevention, intervention, and education program. It is neither a diagnostic process nor a treatment.

Before and After POSIT Risk Levels

SIGNALS® 2005 Study Group

61 Boys and 86 Girls (147 Total)



Field tests have indicated that The **SIGNALS**® curriculum reduces substance abuse risk-levels for teens. The graph above shows average “pre and post” substance abuse risk scores of **SIGNALS**® students using the *Problem Oriented Screening Instrument for Teenagers (POSIT)*. The *POSIT* was developed by the *National Institute on Drug Abuse (NIDA)*.

The **SIGNALS**® curriculum is a straightforward, researched-based, educational program designed to be taught in any setting—such as schools, youth organizations, treatment centers, and faith-based groups. Student workbooks can be photocopied, written scripts are provided for instructors, video CDs are watched and student true/false tests are administered. New instructors will learn while teaching.

"I know the reality that the program gives kids - it's powerful and effective."
 SGT. MIKE — KENTUCKY STATE POLICE OFFICER



Yes! I want to Order a SIGNALS® Curriculum!

Please Send Me _____ Curriculum(s) at \$229 each for a Total of _____. *NOTE: Kentucky residents must add 6% sales tax to the Total or provide a tax exempt # _____.

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