

# YSUP

Our team of Youth Substance Use Prevention (YSUP) specialists are dedicated to helping today's youth live healthy, happy, and drug-free lives, following the Strategic Prevention Framework (SPF) model of Substance Abuse and Mental Health Services Administration (SAMHSA).

Grant funded through a contract with the Texas Health and Human Services Commission (HHSC), we provide services in schools and communities throughout Montgomery County, Walker County, and Liberty County.

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## CONTACT US

**YSUP Manager**  
**Eric Rex**  
**936-521-6347**  
**[EricR@tcbhc.org](mailto:EricR@tcbhc.org)**



**Tri-County  
Behavioral Healthcare**  
**233 Sgt Ed Holcomb Blvd S**  
**Conroe, TX 77304**  
**Phone: 936-521-6200**  
**Fax: 936-760-2898**  
**[www.TCBHC.org](http://www.TCBHC.org)**

**24-HOUR CRISIS LINE**  
**1-800-659-6994**

## TRI-COUNTY BEHAVIORAL HEALTHCARE

## YOUTH SUBSTANCE USE PREVENTION

## EVIDENCE-BASED PREVENTION EDUCATION

Using a two-way approach to teaching important life skills involved in making healthy choices and resisting the pressure to use drugs, YSUP uses evidence-based curriculum, recommended and approved as effective by the HHSC.

Sessions are approximately 45 minutes in length, and are designed to be conducted on a consecutive weekly or bi-weekly basis, in schools and community-based settings. In schools, students attend sessions during elective classes, as to not interfere with their primary academics.

## Youth Prevention Universal

Efforts are aimed at delaying or preventing the onset of risky behaviors within the general youth population.

### ALL STARS CORE : AGES 11-13

All Stars Core Curriculum is a fun and highly interactive program that has been proven to prevent substance use, and other negative high-risk behaviors like fighting, bullying, and delinquency. The program includes small group activities, discussions, games, and art.

## Youth Prevention Selective

Efforts target youth who are considered “at risk” for future behavioral health problems, including substance abuse, delinquency, and violence.

### KIDS' CONNECTION : AGES 4-12 YOUTH CONNECTION : AGES 10-17

This is a Curriculum-Based Support Group (CBSG) by Rainbow Days. Participants meet in confidential small group settings, learning how to cope with difficult family situations, resist negative peer pressure, respect others, set/achieve goals, make healthy choices, and refuse alcohol, tobacco, and other drugs.

## PRESENTATIONS

Vaping/E-Cigarettes  
Tobacco  
Prescription Drugs  
Underage Alcohol Use  
Marijuana  
Opioids  
Other Drugs

Invite us to your next community event!

## COMMUNITY MOBILIZATION

Staff are available to participate in community functions and events like community health fairs, parent teacher nights, school meetings, and other youth-driven activities/events.

## POSITIVE ALTERNATIVES

As an alternative to drug use, we provide fun, challenging, age-appropriate activities and events, so young people have constructive and healthy ways to enjoy free time and learn skills.