

## WHO WE ARE

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New Horizons is an evidence-based substance abuse prevention program for elementary, middle, and high school aged students. DISC Village has implemented New Horizons in schools since 2008.

## OUR PHILOSOPHY

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We aim to prevent drug use, school delinquency, and unhealthy anger outbursts by helping students develop effective self-management and interpersonal skills.

## PROGRAM GOAL

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To help students make constructive choices so that they may increase positive and responsible behavior both at school and in the community.



## WHAT STUDENTS ARE SAYING...

*“This program has helped me with my anger and my attitude towards people” -10th Grader*

*“I have increased [my] coping skills, and I take more pride in myself.” -8th Grader*

*“It helped [me] know what drugs and alcohol do to your body.” -8th Grader*

*“When I first started I wasn’t as good at communicating and such but now I’m much better!” -6th Grader*

*“My behavior and grades have improved.” -6th Grader*

## OUR SUCCESS

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Since beginning the program in 2008, we have found that of the youth who successfully completed the New Horizons Program:

- 84% improved their school attendance.
- 78% improved or maintained their grade point average.
- 79% reduced or eliminated their alcohol use.
- 96% reduced or eliminated their use of other substances.
- 90% reduced or eliminated their binge drinking.
- 72% increased their knowledge of Alcohol Tobacco, and Other Drugs.

The evidence shows that having the New Horizons Program available in schools helps students make healthy choices.

# WHAT WE DO

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The New Horizons Program offers a safe, supportive environment for students to **discover and strengthen their abilities to make positive choices in life.** Within a 16-session curriculum students will learn about:

- Positive decision-making skills
- Coping skills
- Communication skills
- Healthy self-esteem
- Anger management techniques
- Healthy vs. unhealthy relationships
- The dangers of alcohol, tobacco and other drugs
- Personal responsibility

A prevention specialist is assigned to each participating school to implement the program. The prevention specialist meets with each student at least once per week in a small group setting. In addition to the curriculum, the prevention specialists offers tutoring services, one-on-one student visits and referrals to appropriate services should a student need or request it. **All services are free of charge.**



# PARTICIPATING SCHOOLS

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## Franklin County:

Franklin County School

## Leon County:

Cobb Middle School

Godby High School

Griffin Middle School

Leon High School

Success Academy at Ghazvini

## Liberty County:

Liberty County High School

Hosford Middle School

Horizons School

W.R. Tolar Middle School

## Madison County:

Madison County Central School

Greenville Elementary School

## Wakulla County:

Riversprings Middle School

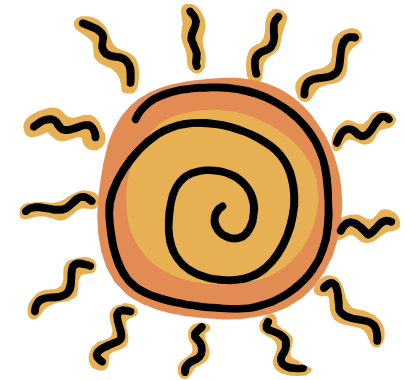
Wakulla Middle School



DISC Village, Inc.

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# NEW HORIZONS



DISC Village, Inc.  
Prevention Services

3333 W. Pensacola St.  
Tallahassee, Florida 32304  
Telephone: (850) 574-6240  
[www.discvillage.com](http://www.discvillage.com)



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