

Student Intervention & Reintegration Program (SIRP)

A risk-reduction program for teens

SIRP is a 12-hour educational program for high school-aged youth who have experimented with alcohol and/or other drugs. There are three components of the program—**student, parent, and community engagement**—that work together to achieve attitude and behavior changes, resulting in lower risk choices by participants.

12 hours
2 change
1 life

Students: The SIRP program challenges common beliefs and attitudes that often contribute to alcohol and drug use. Students learn about health effects, reflect on patterns of use, assess their own risk for addiction and identify supports that will encourage them to make lower risk choices. The non-judgmental approach coupled with scientific research is proven to reduce resistance, increase openness to self-reflect, and ultimately contribute to lower-risk decision-making.

Parents: Each session includes a one-hour parent/guardian meeting held separate from the youth class. Parents learn about the program and are offered resources and information about local support services.

Community: The Brunswick-based class is offered by CASA, a coalition that works on substance abuse and underage drinking prevention supported by Access Health and Mid Coast Hospital. Referrals to the program come from parents, school districts, youth-serving organizations, local law enforcement, and others.

For more information on SIRP, visit sirp.adcareme.org.

For details about upcoming classes and to register, contact **Heidi Tucker** at (207) 373-6958, or htucker@midcoasthealth.com.

