

# READY TO BREAK FREE

FROM YOUR

# HIGH RISK CHOICES?

Join us at Prime For Life, a program for youth and adults who have used alcohol or other drugs and are ready to learn more about their genetics (body), their high risk choices, and talk about their future and protecting what they value most.

WHO CAN JOIN?  
**ANYONE!**

WE OFFER BOTH  
YOUTH AND ADULT CLASSES



Prime For Life is an evidence-based experience helping people making high-risk alcohol or drug related choices accept the need to change their attitudes, beliefs, and behaviors. Every element of the program is designed to promote change and reduce problems.

After Prime For Life, most participants express confidence in planning to reduce their substance use and rate Prime For Life as helpful in developing those skills.

Prime For Life classes range from 8 to 12 hours. Class times are flexible, but are usually broken down into 1-2 hours; 1-2 days a week over several weeks. The program includes a participant self-assessment, individual and group activities, and a motivational approach to influence behavior change. The program can be used by judges, probation officers, or school counselors to follow up individually with clients as a plan for alternatives to suspension/MIP or referral to additional services if needed.

- Personal Prime for Life Workbook

## PERKS

- Weekly drawing for a \$10 gift card for attending each session
- Increased understanding of self without judgment
- Gain knowledge of how to reduce the risk of alcohol and drug related problems in the future

**TO REGISTER CALL 810-285-9047**  
**OR EMAIL US AT REMEDYEXCHANGEINFO@GMAIL.COM**

This program is brought to you by:



# ARE YOU CONCERNED ABOUT YOUR ALCOHOL OR DRUG USE?

If so, answer all questions honestly.

## Part A

During the PAST 12 MONTHS, did you:

1. Drink any alcohol (more than a few sips)?

No

Yes

2. Smoke any marijuana or hashish?



3. Use anything else to get high?



"anything else" includes illegal drugs, over the counter and prescription drugs, and things that you sniff or "huff"

If you answered NO to ALL (A1, A2, A3) answer only B1 below, then STOP.

If you answered YES to ANY (A1 to A3), answer B1 to B6 below.

## Part B

No

Yes

1. Have you ever ridden in a CAR driven by someone (including yourself) who was "high" or had been using alcohol or drugs?



2. Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in?



3. Do you ever use alcohol or drugs while you are by yourself, or ALONE?



4. Do you ever FORGET things you did while using alcohol or drugs?



5. Do your FAMILY or FRIENDS ever tell you that you should cut down on your drinking or drug use?



6. Have you ever gotten into TROUBLE while you were using alcohol or drugs?



IF YOU ANSWERED YES TO 2 OR MORE QUESTIONS OR FEEL CONCERNED ABOUT YOUR ALCOHOL OR DRUG USE, YOU MAY REGISTER FOR PRIME FOR LIFE BY CALLING 810-285-9047 OR EMAILING REMEDYEXCHANGEINFO@GMAIL.COM.