

Where to find  
**unique YOU<sup>®</sup>**  
in your community

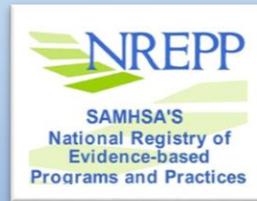
- *Schools*
- *Faith-Based Groups*
- *Group Homes*
- *Non-Profit Organizations*
- *Recreational Centers*
- *After-School Programs*
- *Libraries*



# unique YOU<sup>®</sup>

is a  
National Registry of Evidence-Based  
Programs & Practices (NREPP)  
approved curriculum

To learn more,  
please visit SAMHSA's  
National Registry of Evidence-Based  
Programs & Practices  
website at:  
[nrepp.samhsa.gov](http://nrepp.samhsa.gov)

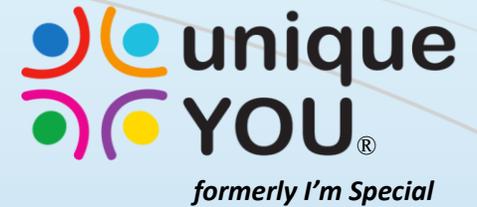


Focusing on the "before".  
Before substance use occurs...  
Before addiction takes hold...  
Since 1971

**Center for Prevention Services  
can help!**



1117 E. Morehead St. Suite 200  
Charlotte, NC 28204  
704-375-3784  
[info@preventionservices.org](mailto:info@preventionservices.org)



An evidence-based,  
self-esteem building and  
substance abuse prevention  
program for 3<sup>rd</sup> & 4<sup>th</sup> graders

Created & Provided by  
 Center for  
Prevention Services

[www.preventionservices.org](http://www.preventionservices.org)

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## Who We Are

The Center for Prevention Services (CPS) is a private, 501(c)3 non-profit organization, whose goal is to provide a better understanding of substance use disorders through prevention, education, and research. We deliver direct services to the public, conduct accredited trainings, and maintain one of the nation's most enduring longitudinal studies relative to youth drug use.

CPS developed the **unique YOU**<sup>®</sup> curriculum program (formerly called *I'm Special*) to address the need to instill a strong sense of self-esteem in children that will guide them through life and teach them to make positive choices.

In 1990, the curriculum received the Outstanding Program Award by the Addiction Professionals of North Carolina. In 2007, a randomized control trial conducted by the Pacific Institute for Research and Evaluation (PIRE) showed significant results in self-concept, communication, and teamwork skills.

## Curriculum Overview

**unique YOU**<sup>®</sup> is an eight session prevention curriculum program focused on developing and nurturing a child's sense of uniqueness and self-worth. It enhances protective and resiliency factors by teaching appropriate ways of dealing with feelings, healthy living skills, steps for decision-making, effective group interaction, skills to resist drugs, and a clear "no use" message.

The curriculum is delivered by trained facilitators through 50-60 minute group sessions, which are designed to be enjoyable for children and include a variety of hands-on activities.

The **unique YOU**<sup>®</sup> manual includes a CD-ROM containing student worksheets with multiple options for activities in each of the 8 sessions.

If you are interested in receiving the manual and/or off-site training, please call for pricing details.

**CURRICULUM IS ALSO AVAILABLE IN SPANISH**

## Preparing Youth for Life

Elementary school-aged children have a lot to deal with – peer pressure, self-identity, first steps towards independence... How they learn to handle these issues will play a part in how they learn to deal with life later on.

The Center for Prevention Services' **unique YOU**<sup>®</sup> curriculum program gives children the skills they need to prepare for the many decisions they will make and the lessons they will learn in their young lives.

**Contact us today**

**704-375-DRUG (3784)**

or

**[www.preventionservices.org](http://www.preventionservices.org)**

