



# Sacred Heart UNIVERSITY

*in partnership with Progressive Institute*



For more information on the SHU  
Prevention & Awareness Group contact

**914-849-8590**

[cafranj@sacredheart.edu](mailto:cafranj@sacredheart.edu)

## SHU Prevention and Awareness Group

The SHU Prevention and Awareness Group is for students struggling with healthy decision making, peer pressure, stress, and risky behavior with drugs and alcohol.

### Group session topics will include:

- Healthy Decision-Making Skills
- Stress management skills
- Mindfulness Techniques
- Coping Skills
- Harm Reduction Techniques
- Healthy Relationships and Effective Communication Skills
- Possible Consequences of Substance Use

## Recovery Coaching

SHU participants receive one on one access to a Progressive Institute Recovery Coach who is in long-term recovery themselves. Recovery Coaching includes:

- Developing short and long-term recovery goal setting skills
- Identifying individual pathways to recovery
- Improving focus and wellness
- Identifying avenues to personal and academic success
- Having daily in person or remote confidential check-ins