



TEACH

TEACHING ESSENTIAL AND CRITICAL HEALTH

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REFERENCES

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TEACH

TEACHING ESSENTIAL AND CRITICAL HEALTH

THE **TEACH** PROGRAM IS A COMMUNITY BASED EFFORT FOCUSED ON PROMOTION, PREVENTION AND PROTECTION PERTAINING TO LEGAL AND ILLEGAL DRUGS IN THE COMMUNITY

This program is aimed at educating the local community members on the issues based on different age groups.



It is a one week educational program aimed at promotion, prevention, and protection through activities that involve the community

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WITH THE SUPPORT OF THE **TEACH** PROGRAM, COMMUNITIES WILL BE BETTER EQUIPPED TO OVERCOME THE OBSTACLES THAT DRUGS AND THEIR ISSUES PRESENT. THE KNOWLEDGE PROVIDED WILL ALLOW COMMUNITY MEMBERS TO FUNCTION AS A GROUP TO WORK ON DRUG PREVENTION.

PREGNANCY INFANT & TODDLER

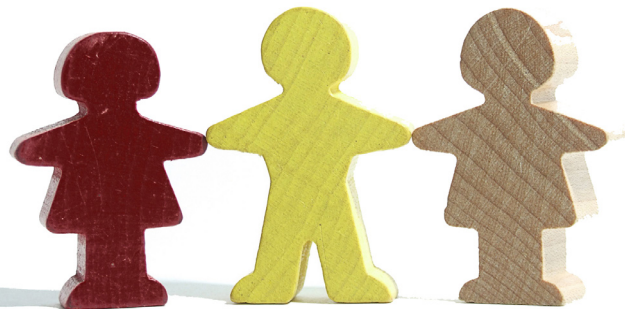
- Nutrition: Correct dosages
- What is safe, what to avoid
- Supporting Roles: Supervision
- Smoke-Free Environments
- Childproofing the House

PRIMARY (5-7 YEAR OLDS)

- Parenting and Supervision
- Vulnerable Child-First Influences
 - Fitness and Nutrition
- Poisoning: Reading Labels
- Over the Counter education

ELEMENTARY (8-10 YEAR OLDS)

- Overview of program for kids and parents
- Safety procedures, effects of accidental drug overdose
 - Chemicals specialist talking to parents and kids
- Wrap up/closing – Speakers with personal Experience



ADULTS

WORLD NO TOBACCO DAY

The goal this week is to use the day set aside by the World Health Organization to discuss ways to quit using tobacco by not lighting up a cigarette, cigar, pipe, or using any other source of tobacco such as snuff.

DIETARY SUPPLEMENTS

The week will begin with a basic overview of what dietary supplements contain along with the regulation and guidelines to the products. We will also discuss the difference among macronutrients, phytonutrients, vitamins, and minerals.

ALTERNATIVE MEDICINE

This week the program will focus on other alternatives to discomforts of the human body. Some alternative forms of medicine that will be discussed are acupuncture, megavitamin therapy, and prayer. Other health problems that it is used for is cancer. For example, ginseng is used to treat the nausea instead of a prescription drug.

OVER THE COUNTER MEDICATIONS

This week the discussion will be based on facts about over the counter medications. It will include basic information pertaining to the components used in over the counter medication. Other topics to be discussed include potential side effects for adults, how to get the most for your medicine, and how to read an over the counter drug label.

ALCOHOL AWARENESS WEEK

This week the program will introduce activities to people about alcohol. The kick-off will start with a picnic with no alcoholic beverages, followed by posters and pop only bar night. The goal this week is to have people notice alcohol and the amount each individual consumes by showing alternative ways in which to have fun.

SENIOR CITIZENS

OVER THE COUNTER MEDICATIONS

This week discussion will focus on over the counter medications. The topics for discussion are potential side effects for older adults, low risk problems, and how to read an over the counter label.

PRESCRIPTION DRUG COVERAGE

This week the topic will be basic information about prescription drug use associated with Medicare. Topics to be covered include: who can get prescription drug coverage, how Medicare prescription coverage works, and what to do about limited financial resources in obtaining prescription drug coverage.

CUTTING COSTS

The topic for this week will include hints on how to cut cost when it comes to paying for medications. Some of the ideas that will be discussed are asking for a senior discount, buying medications in large quantities for ongoing conditions if applicable, and call pharmacies for pricing just to name a few topics that will be of use.

UNDERSTANDING DRUG LABELS

This week the discussion will be about the common errors in reading a prescription or over the counter label to prevent misinterpretation and overdose. Topics covered will be the purpose making sure what it was prescribed or sold for is the reason the patient needs the medication. The directions on the bottle or package are important. It tells the person the dose to take. Finally, the name of the drug along with any side effects will be covered to ensure proper use of a medication.

SAFETY AND OLDER ADULTS

The topic covered this week will be overdoses in older adults. Suggestions will be given to help older adults find a balance between making sure they took their medication without taking it twice or more when they are not suppose to. Some alternatives to self-administration is to allow a family member or friend to fill pill containers for each day of the week.



MIDDLE SCHOOL (11-12 YEAR OLDS)

- Safety precautions and intro to substances and substance abuse
- How to tell if your child is using illicit drugs
- Effects and consequences of drugs
- Visit to detox and Jail. Police info/drug sniffing dogs

TEENAGE (13-15 YEAR OLDS)

- Benefits of not using alcohol
- Benefits of not using illicit drugs
- Long-term consequences of alcohol use and addiction
- Long-term consequences of illicit drug use and addiction
- Choosing the right friends and finding help sources

PRE-ADULT (16-18 YEAR OLDS)

- Introduction to "A society of Drugs": Use/Abuse/Dependence.
- Learn about the five most abused drugs for pre-adults
- How to avoid using drugs
- Effects of using drugs: social, academic, health and legal issues.

THE **TEACH** PROGRAM WANTS TO BRING COMMUNITY MEMBERS TOGETHER TO IDENTIFY AND LINK COMMUNITY NEEDS AND RESOURCES IN A MANNER THAT HELPS OUR PEOPLE EMPOWER THEMSELVES AND TO RAISE THEIR QUALITY OF LIFE.

