

Behavior Change Coaching



We now offer behavior change coaching modules for **middle & high school students and their families**. Sessions are individualized for the student and family's unique situation. Sessions provide education, handouts, and homework, and are intended to help increase a student's success at school and at home. Topics include the following:

Anger Management

- Learn "anger basics"
- Explore what's behind the anger response
- Identify personal triggers and how to manage them
- Practice strategies to control anger-based behaviors

Coping with Stress, Anxiety and Change

- Learn the effects of stress on mind and body
- Strategize ways to stop the cycle of worry
- Practice strategies to create balance
- Develop a plan with the family to support changes

Rethinking Drinking

- Assess alcohol and drug behaviors
- Explore emotional issues and genetic factors
- Identify personal triggers and practice how to manage them
- Encourage support and structure from the family

Marijuana Use

- Assess alcohol and drug behaviors
- Learn the risks and consequences of use
- Explore emotional issues and triggers
- Identify and practice alternatives to using
- Encourage support and structure from family

Vaping

- Assess vaping and other alcohol or drug behaviors
- Learn the risks and consequences of use
- Explore emotional issues and triggers
- Encourage support and structure from family

**To schedule an appointment,
contact the
Advocate Aurora SFAP
at (800) 236-3231**