

# BLUEBONNET TRAILS COMMUNITY SERVICES

## Prevention Services



Available at no cost to ISDs, organizations, and groups in the Williamson County area, the **Youth Prevention Program** aims to increase protective factors and social-emotional skills through informed, evidence-based education and skills training.

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*By providing education and resources early on, we equip children and youth with tools they need to make informed decisions, build resilience, and develop a healthy lifestyle.*



For more information:

**512-863-8968**

**[PreventionServices@bbtrails.org](mailto:PreventionServices@bbtrails.org)**

# Prevention Services

## FOSTERING MENTAL, EMOTIONAL AND BEHAVIORAL HEALTH AMONG YOUTH IN YOUR COMMUNITY

- ✓ We offer **evidence-based curriculum** related to stress management and self-awareness for student groups, families, and the community.
- ✓ We **provide activities** for the students during/after school hours, or **coordinate events** for the whole family to enhance connections and social skills.
- ✓ Our age-appropriate **educational presentations** provide information on mental wellness, the risks of substance use, and physical wellness and well-being.



### Other services offered by BTCS Recovery:

- Individual Counseling
- Group Counseling
- Recovery Support
- Medication Assisted Treatment
- Withdrawal Management
- Familial Support



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