

CUSTOM PROGRAMS

Every community is different.

NJ schools and students face different challenges. The Lindsey Meyer Teen Institute is dedicated to creating custom programs that best address the needs of your school, your community, your students - and your budget. Let us help you tailor a program that suits your needs! Here are just some of the programmatic components you may choose to include:

Teambuilding Activities

Depending upon your location, students will have the chance to engage in teambuilding activities or to experience an ASE (Action Socialization Experience) low ropes challenge course. This unique experience will help foster group cohesion and individual self-discovery amongst your Action Group.

Workshops

Workshop topics are centered upon up to date issues that are pertinent to high school or middle school students. Participants leave these experiential workshops with increased knowledge as well as tools to utilize in their Action Planning Process. Workshops are a great time to add additional critical elements to your training agenda.

Small Group Discussions

All LMTI participants will be randomly placed into small group discussion groups called "Process Groups." This enables student leaders to meet new people and to openly discuss topics that are presented during the course of the conference or training. These discussions are facilitated by trained LMTI Volunteers, Youth Staff, and/or College Staff and are designed to build skills, friendships, and self-esteem, while encouraging networking among youth.

Keynote Presenters

LMTI keynote presenters have been carefully selected to insure the highest levels of quality, creativity, and effectiveness. Participants will have the opportunity to see and interact with national as well as local presenters who are known for their unconventional and nontraditional presentation styles. Don't expect any lectures- get ready for dynamic and enthusiastic comedians, musicians, and actors who address topics such as leadership, diversity, and alcohol, tobacco, and other drugs.

Action Planning Sessions

Looking for ways to engage students directly in making positive changes in your school or community? If so, then Action Planning is a must for your training or conference. Students will work together to candidly identify risk and protective factors in their school/community. They'll pool their resources and talents and come up with a strategic prevention plan that will help to ignite change!

**For more information on custom programs, please contact Rachel Taylor at
Rachel@LMTeenInstitute.org**

Workshop Topics

Pressures, Consequences & Benefits

Every day, we face different kinds of pressure. This pressure can come from many different places and it's up to us to learn whether the consequences will be beneficial or harmful. In this interactive workshop, students will identify several different sources of pressure to use alcohol, tobacco, and other drugs. Working in small groups, students will identify negative consequences of using alcohol, tobacco, and other drugs and will also identify the positive benefits of not using these substances.

R-E-S-P-E-C-T

When you are working in a club or group, one of the great things is that, right off the bat, you have something in common with everyone there. But, beyond that commonality, may be a ton of differences- some that we can see and many more that we cannot. This workshop will engage students in the process of not only understanding diversity, but of also appreciating and embracing it. Students will learn to connect with one another because of the things that they share in common, and to respect each other for the things that are different.

The Leader in You

When you hear the word leadership, what comes to mind? People define leadership in so many ways that even experts can't agree on a single meaning. Leadership—and leaders—comes in all shapes and sizes with all kinds of attitudes and abilities. In this interactive workshop, we will debunk the idea of “born leaders” and will engage in activities designed to help students define important elements of leadership and identify those elements in themselves. Students will learn about how to utilize their own strengths as leaders in their respective clubs.

Action Planning 101

When we get excited about doing something, we have a tendency to want to jump right in and get going- which is awesome! But, chances are, you've been involved in a situation where a lack of planning left you or someone else feeling frustrated or confused. Action planning is sometimes a skill that seems tedious or bothersome, so many people skip right over it. In this workshop, however, we break it down step by step to truly give students a firsthand look at the value of this important skill- both as an asset in their groups and clubs, and also in their daily life.

Just SPF-y!

Action planning is at the heart of preventing alcohol, tobacco, and other drug use among young people. This workshop breaks down the SAMHSA's Strategic Prevention Workshop- the "SPF" so that young leaders understand how each step fits into their Action Planning process. This workshop takes Action Planning 101 to the next level and presents a more technical and advanced perspective on the process. Students will leave this workshop as SPF experts!

Leader Lingo & Actions

Everyone has a different leadership style. Some leaders are the first to raise their hands and the first to give an answer. Some leaders are quiet observers who give input when asked. Other leaders step back and let other people lead. No matter what your style, leadership definitely has its own language or "lingo." In this workshop, students will learn to that language. Leadership Lingo is respectful, responsible, motivated, encouraging, and goal-oriented. Additionally, there are certain actions that, when used in combination with Leadership Lingo, will put you on the path to success!

Access & Attitudes

Did you ever stop to think about how youth and adults in your community perceive youth alcohol, tobacco, and other drug use? Do they know it's happening? Do they pretend it's not or look the other way? In this workshop, we will explore the relationship between community perceptions and attitudes towards youth substance use and youth access to substances. Participants will be guided through several experiential activities and discussions that will enable them to identify challenges and create positive solutions.

Cross Age Teaching

When you were younger, was there someone a few years old that you thought was just AWESOME? Right now, there are young children who are looking up to our middle and high school students. You can utilize this natural occurrence for good and create a positive influence that can help strengthen your prevention efforts. Are you interested in starting your own cross-age teaching program but you don't know where to begin? This workshop will take you through the process of creating and implementing your own age-appropriate cross-age teaching programs.

Conflict Resolution

Bullying and violence is something that way too many high school students are familiar with. In this workshop, participants will discover the roots of conflict and learn the difference between conflict and violence. They will learn personal prevention skills as well as ways to create a peaceful school environment through creative programming.

Games, Games, & More Games!

Games and icebreakers are fun and easy ways to get people excited to work together. In this workshop, participants will learn as many creative, new, and helpful icebreakers and games as the LMTI staff can fit into one hour! If you're looking for fresh ideas to raise excitement, to increase participation, or to just have some plain old fun, this is the workshop for you!

Teambuilding

Working together as a team is an essential part of any group's success. In this workshop, participants will be guided through a series of fun and challenging activities designed to help identify group strengths and weaknesses. Students will learn and practice important skills such as listening, problem-solving, and support. This workshop is a must for any new group- or any group that needs to reconnect or revisit their purpose!

Building Assets, Building Leaders

The Developmental Assets, developed by the Search Institute, are 40 common sense, positive experiences and qualities that help influence choices young people make and help them become caring, responsible, successful adults. This workshop will guide participants through an introduction to the Assets and will explore ways to incorporate these qualities into your group!

Positive-ly Me

Youth are bombarded every day with messages about how they should look, feel, and act. It is essential that young people be given the opportunity to learn, grow, and develop as unique individuals and that they receive as much positive support as possible- starting with the way they think, speak, and feel about themselves! This workshop seeks to help young people identify strong guiding values, having high standards for personal character, and believing in protecting and honoring their own well-being.

Mentoring 101

Whether it's a freshmen mentoring program or a mentoring program designed to help students cope with the everyday challenges of life in high school, there is no doubt that mentoring programs are a great addition to any high school. This workshop stresses that when working as a mentor, your job is to coach and teach mentees. The impression that you make with your mentee and the way that you approach your sessions will be critical to the success of the mentoring program. From group facilitation skills to developing positive behavior to teaching responsibility and problem solving, this workshop covers the basics of being part of a successful mentoring program!

Maintaining Your Motivation

All groups have ebbs and flows. Sometimes, your group is unstoppable! Everything you do is on point, everyone works together, and everyone remains committed to your cause. Other times, though, you hit a roadblock or you can't seem to get everyone on the same page. Sometimes it feels like group members aren't as committed as they once were. This workshop is designed to refocus and reenergize participants- and to reconnect them with the reasons they joined the group in the first place.

Natural Highs

Here at LMTI, we've committed to teaching students about how to maintain a healthy lifestyle and avoid alcohol, tobacco, and other drugs. But we're also committed to having tons fun! In this workshop we will explore what the differences between synthetic and natural highs are. Students will learn LMTI's 4 rules to achieve natural highs and play different games and activities that demonstrate each rule.

Community Change

It's important for young leaders to be excited and motivated about the work they want to do for their school and community. It's equally as important for young leaders to have a good understanding of WHY prevention works. Using CADCA's 7 Strategies for Community Change as a guide, this workshop aims at helping young leaders decipher the difference between individual strategies and environmental strategies so that their prevention plans are comprehensive and effective.

Don't see what you're looking for here?

Custom Workshops can be developed on just about ANY topic- just ask!