



Positive You LLC.
CONNECTION, PURPOSE AND MEANING



Pass
the *Positivity*

OUR MISSION

We firmly believe we can't tell students to say "NO" to poor decisions without giving them something to say "YES" to. Our goal is to change the thought process that precedes poor decision-making by guiding each student to their passion and purpose. Positive You has combined the best of prevention and youth development to offer real change in adolescent behavior.

Our team at Positive You is dedicated to implementing a positive cultural shift in each student, each school, and each community!

THE NEED FOR CHANGE.

Mental health disorders, such as depression, addiction, alcoholism, and obesity, have nearly tripled since 1980. This increase is incredibly alarming and causes horrific impacts on the community. Mental health disorders need to be addressed early and often in schools to decrease the number of long term destruction in our community. As community leaders, it up to us to provide the guidance and resources to ensure a positive future for today's youth.

THE ALARMING TRUTH



More Americans die from drug overdoses than car crashes and this increasing trend is driven by Rx painkillers.



50% of teens feel addicted to their phones.



The estimated cost of illicit drug and alcohol use in America is \$482 billion a year in costs related to crime, lost work productivity and health care.



78% of teens say they have friends that use marijuana regularly.

References: centeronaddiction.org, drugabuse.gov



40 Million or **1** in **7**

people, ages **12** and older, have a substance abuse problem.



9 out of **10**

people with substance abuse problems started using before age 18.

If we can prevent youth from trying substances until after the age of 18, the likelihood that they become addicted drops to 4 out of 100.

15-20%

of teens will develop depression before adulthood.

20%

of teens consider suicide each year.



1 in **4**

deaths among teens 15-24 is due to suicide, a leading cause of death.

— MACOMB COUNTY, MICHIGAN — OVERDOSE DEATHS

This increase in mental health disorders is incredibly alarming, and causes horrific impacts on the community. As a result of this trauma, Macomb County Michigan has felt incredible hardships, specifically over the past decade.

According to The Oakland Press, **2017 will be the *fifth straight year that Macomb County will set a new record for the amount of fatal drug overdoses in its 200 year history. Over 400 people died from drug overdoses in Macomb County alone in 2017 which is more than one person a day. That is an increase of 361 overdoses in 2016 and an increase from 280 in 2015 and from 184 in 2014. The age range of overdose victims ranged from 16 to 92. Perhaps more startling is that 97 percent of the 2017 overdoses investigated by the medical examiner's office so far involved an opioid, which is more than a 400 percent increase.***

Mental Health Disorders need to be addressed early and often to decrease the number of long term destruction in our community.

MENTAL HEALTH

We are currently the most:

- Addicted
- Obese
- Depressed
- Suicidal

group of people in human history.



A group of hands of various skin tones are clasped together in a circle, symbolizing unity and support. The background is a dark, muted blue-grey color.

DISCONNECTED
AIMLESS
HOPELESS



CONNECT students with their -
PURPOSE in order to derive -
MEANING from life.



POSITIVE YOU PREVENTION PRINCIPLES.

- 1. INSIDE-OUT DEVELOPMENT**
We believe that each individual must first work on their insides in order to change their outsides.
- 2. REINFORCEMENT OF POSITIVE MESSAGING**
We believe that positive attitudes implement positive change.
- 3. FINDING PURPOSE**
We believe that saying “YES” to each individuals’ passion will encourage students to say “NO” to harmful behavior.
- 4. AIMING HIGH**
We believe in the importance of goal setting.
- 5. REMEDY ALL FORMS OF SELF-ABUSE**
We believe that ALL forms of self-abuse stem from a lack of connection.
- 6. SOLUTION-BASED PROGRAMMING**
We believe in focusing more on the solution rather than on the problem.
- 7. FAMILY-BASED PROGRAMMING**
We believe in encouraging a healthy family dynamic.
- 8. SCHOOL-BASED PROGRAMMING**
We believe that positive staff creates positive students.
- 9. COMMUNITY-BASED PROGRAMMING**
We believe in the power of community connectivity.
- 10. POSITIVE CULTURAL CHANGE**
We believe that a positive change in one person has the capacity to positively transform the world.

MONTHLY FOCUS



OCTOBER: **GOAL SETTING**
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NOVEMBER: **GRATITUDE**
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DECEMBER: **SERVICE**
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HALFWAY **REVIEW**
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JANUARY: **CLEAN SLATE**
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FEBRUARY: **KINDNESS**
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MARCH: **PERSPECTIVE**
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APRIL: **PURPOSE**
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MAY: **PERSEVERANCE**
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JUNE: **CHOICES**
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SUMMER **SEND OFF**
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Q & A