

# BEHAVIORAL HEALTH

Our therapy services are designed to support teens and families as they navigate mental health and addiction challenges. We offer personalized care, ensuring each family receives the support they need in a way that fits their unique situation.

- ✓ Individual & Family Therapy
- ✓ Group Therapy
- ✓ Peer Support
- ✓ Resource Navigation




# notMYkid



## STAY CONNECTED

 [info@notmykid.org](mailto:info@notmykid.org)

 [www.notmykid.org](http://www.notmykid.org)

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FOLLOW US



# notMYkid

**Empowering** Teens  
**Supporting** Parents  
**Helping** Schools

[www.notmykid.org](http://www.notmykid.org)

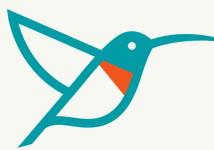


## OUR MISSION

Ensure every kid thrives by inspiring positive life choices. For 25 years, we have served more than 3 million families with prevention, early intervention, and behavioral health programs.

## THE HUMMINGBIRD

The hummingbird embodies resilience, strength, and hope. It reminds us that with the right support, even the smallest actions can lead to significant transformations.



## PREVENTION

Prevention is essential for saving lives. That's why our prevention programs are designed to not only inform but inspire meaningful change.

- ✓ Substance Use
- ✓ Teen Mental Health
- ✓ Trauma Informed Care
- ✓ Phone & Social Media Issues
- ✓ Bullying & Teen Violence



The best time to prevent tomorrow's challenges is now. Book your program today!



*I feel like me and my mom can have a serious convo after this. – Teen, 17*

*I feel like I'll be able to better communicate with my son after this reset. – Mom*



## OUR IMPACT

- 75%** of youth report they will use coping skills they learned from notMYkid
- 96%** of adults agreed they now know how to help a youth after attending a notMYkid program
- 88%** of youth reported they wouldn't vape because of information they learned from notMYkid

## EARLY INTERVENTION

Project REWIND is dedicated to helping families navigate the complexities of early teen drug and alcohol use. We empower families to confront these challenges together. Partner schools offer **reduced suspensions** when teens and parents complete the program together.

Take the first step toward real, positive change. Register for Project REWIND today.



Become a partner school and refer students to Project REWIND.

