

PROGRAMS

- * CAST Youth Leadership Camp- Open to all Upper Merion Area residents of middle school age
- * DARE (Drug Abuse Resistance Education)- Highly acclaimed program that gives 5th through 8th grade students the skills they need to avoid involvement in drugs, gangs, and violence led by local police officers
- * Guiding Good Choices- Provides parents with the tools they need to guide their middle school- aged children through their developmental years through a 5 week parent education class.
- * Love and Logic- Provides parents with the skills they need to guide their elementary school- aged children through their formative years through a 6- week parent education class.
- * Slaying Connected With Your Teen- Improves communication and builds stronger bonds between parents and teens in a 5- week parent education course.
- * UMAAT (Upper Merion Area Assistance team) and PASS (People for the Assistance of Students in Stress)- Provides a system of referral, intervention, and after- care for middle and high school students who are experiencing barriers to academic and/or personal success, including those with interpersonal issues, drug and alcohol abuse, suicide, and mental health concerns.
- * CASTing Call- Monthly evening seminar series on various topics free to the entire Upper Merion Area community.
- * CAST Clubs- Before and after- school student activity clubs at the middle and high school.

"What people do for themselves dies with them; what people do for their community lives on..."

Robert W. Geerdes



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CAST

UPPER MERION AREA

UPPER MERION AREA
cast
COMMUNITY ALLIANCE
FOR A SAFER TOMORROW
www.umacast.org

LOCAL PEOPLE SOLVING
LOCAL ISSUES

The CAST initiative is a coalition of individuals from all sectors of the community that are working toward the goal of decreasing and preventing drug use and violence among youth. CAST is designed to decrease and prevent substance abuse and violence among youth in the Upper Merion Area.

Today is the day we make choices about tomorrow!

Community Alliance for a Safer Tomorrow

Vision Statement

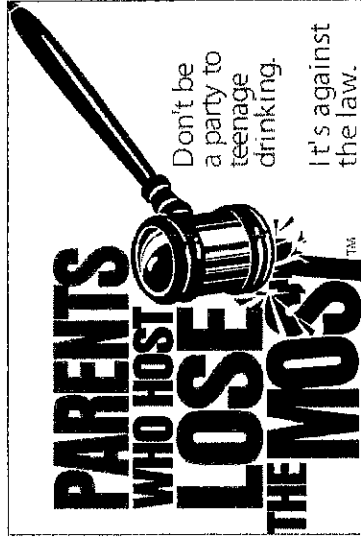
The vision for the Upper Merion Area Community Alliance for a Safer Tomorrow (CAST) is a healthy, safe, and drug-free community.

Mission Statement

The mission of the Upper Merion Community Alliance for a Safer Tomorrow (CAST) is to prevent substance abuse and violence by promoting the development of pro-social attitudes and behaviors among youth and their families and to generate among youth a realistic awareness of negative peer, community, and societal influences and knowledge of how to effectively contend with them.

Coalition Goals (2010-2012)

1. Decrease community norm towards drug and alcohol use
2. Increase family management skills
3. Increase commitment to school



Get Involved

- * Attend the CAST Community meetings that meet only four times a year!
- * Join the CAST list serve to receive email updates on prevention efforts specific to the Upper Merion Area
- * Attend our events- most are free!
- * Frequent the website- www.umacast.org
- * Volunteer your expertise in marketing, grant writing, and/or fundraising
- * Mentor an Upper Merion Area student
- * Tell a neighbor or friend about CAST
- * Eat dinner with your child(ren) at least three times a week- it is a proven prevention technique!
- * Donate funds to sustain the coalition



	6TH GRADE	8TH GRADE	10TH GRADE
ALCOHOL IN THE PAST 30 DAYS	5.7%	8.4%	26.5%
ALCOHOL IN THEIR LIFETIME	14.6%	28.2%	51.9%
BINGE DRINKING IN THE PAST 30 DAYS	2.1%	1.6%	14.9%
MARIJUANA USE IN LIFETIME	2.9%	7.2%	21.5%
FEEL NO GOOD AT ALL	5.8%	10.9%	33.9%
FELT DEPRESSED OR SAD MOST DAYS	9.6%	13%	31.7%

