

Reconnecting Youth Coping & Skills Training (CAST) Groups

Coping and Support Training (CAST) is an evidence-based, 12-lesson, skills training program designed for middle or high school aged youth along the risk spectrum. Outcomes include: Increased protective factors, decreased mood risk factors & decreased risk factors associated with substance use.

Skills Areas

Building Self-Esteem
Decision Making
Personal Control
Setting and Monitoring Achievable Goals



Program Goals

Mood Management
Drug-Use Control
Decreasing Suicide Risk
School Smarts (attendance, grades, attitude)



**Currently accepting referrals for
community-based middle & high school
groups in Oroville & Gridley for Fall Cycle
to start week of **October 12th****

PLEASE USE QR CODE TO SIGN UP

FOR MORE INFORMATION:

530.538.7124 - Oroville Office

530.846.7309 - Gridley Office

Cohort Based Groups, 12 Week Commitment, No Cost



BCDBH Teen Early Intervention Services provide targeted, indicated prevention services for teens in grades 6-12 who are at risk for substance use/misuse, mental health concerns, academic difficulties, or emotional and social challenges. The goal is to offer accessible, school and community-based support that promotes health and wellness by increasing knowledge of risk and protective factors, strengthening coping skills, and building self-efficacy.