

Keyes to InnerVisions (KIV) is an in-school program for students in grades 6 through 9. It features a curriculum about change - especially changing beliefs and behaviors that lead to difficulties in school and social situations. It is delivered in partnership by trained facilitators from NCADD and school staff.

Because KIV centers around teens, the program focuses on the issues that are critical to them, including social and family issues, learning and school performance, self-acceptance, personal accountability, managing emotions, substance use and abuse and dealing with transitions that occur in adolescence.

The topics addressed in KIV include internal values, attitudes and skills to help middle school and high school students make better life decisions and judgments. KIV integrates fun, interactive activities that help students develop and practice healthy thinking and coping skills.

The National Council on Alcoholism and Drug Dependence (NCADD) of Middlesex County, Inc. is a private, non-profit, community-based health organization serving Middlesex County. We have been providing prevention, education, information and referral services to county residents, businesses, schools, faith-based organizations, municipal alliances, and social service agencies since 1980.

The mission of NCADD of Middlesex County, Inc. is to promote the health and well-being of individuals and communities in Middlesex County through the reduction and elimination of alcohol, tobacco and other drug use problems.



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Keys to InnerVisions

Empowering youth to
make healthy choices



KIV IS AN EDUCATIONAL CURRICULUM ABOUT CHANGE!

Do you know someone who could use some help in the way they approach schoolwork, make or choose friends, or deal with their emotions or stressful situations in their lives?

We all can use help sometimes. *Keys to InnerVisions (KIV)* helps students understand that by changing the way they think, they can change the way they feel and behave in academic and social situations. KIV teaches students new skills that will help them make better choices.

KIV fosters change by teaching students that transformation is possible and then giving them tools they can use. It provides them with the opportunity to practice these new skills in a supportive environment and encourages students to try them out with other significant people in their lives.

The KIV curriculum focuses on three key concepts. KIV helps people understand the power that their thinking has on their self-concept and behavior. The curriculum teaches specific, easy-to-learn and use skills for making significant change.

Building a Foundation

- Recognizing how thinking creates behavior
- Decision-making skills
- Problem-solving skills
- Building and maintaining self-esteem
- How self-talk fosters success
- Understanding belief systems
- Identifying habits, attitudes, comfort zones and beliefs that block change

Addressing Risk Factors

- Evaluating personal values and role models
- Character and moral choices
- Identifying and managing emotions, such as anger, grief and forgiveness
- Influence of culture and media on choices about alcohol and tobacco
- The psychological and physical effects of alcohol, tobacco and other drugs
- Addiction and chemical dependency

Building Skills to Enhance Protective Factors

- Improving school performance, such as focus, grades and participation
- Self-management skills
- Goal development and achievement skills

