



ALPHA Student Creed

I am somebody.

I am responsible for my behavior,
the results of my behavior,
and what I become in life.

Life does not accept excuses.

I will not let my need to be
accepted by others keep me
from doing what is right.

My goal is to solve problems
without attacking people.

I will respect others by caring
about them and using good manners.

My family will be honored
by the good choices I make at
home and at school.

There has never been and will never
be a person exactly like me.

When faced with a mountain,
I will not quit.

I will find a path over it,
tunnel underneath it,
or simply stay and turn
the mountain into a gold mine.

I am unique. I am valuable.

I am somebody!

The ALPHA Program is a program of
IMPOWER; a Central Florida based,
non-profit mental health, substance
misuse and child well-being organization
dedicated to the mission of

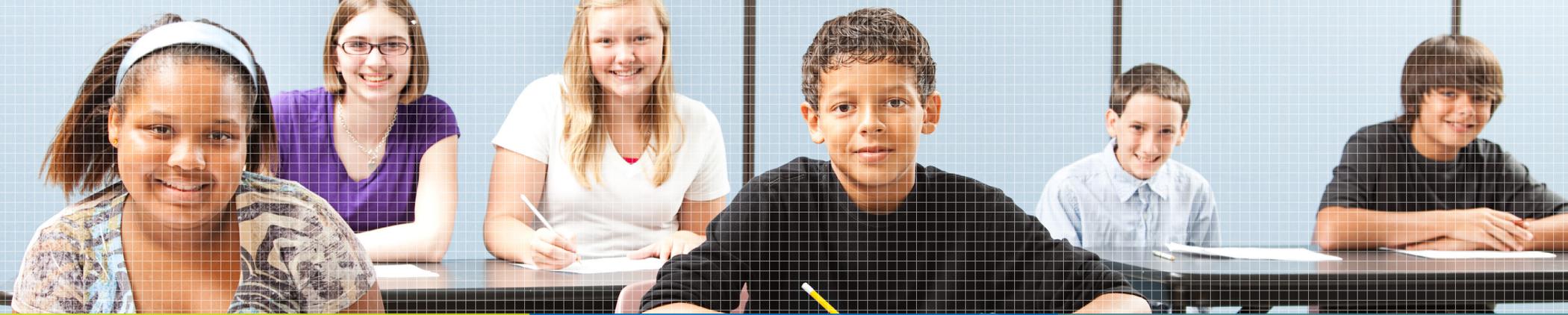
“**changing lives by
protecting, counseling,
teaching and inspiring
individuals and
families to reach
their full potential.**”

To learn more, please call Jessica Hixon,
Director of Prevention and Support Services
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**IMPOWER Administrative Offices:
407.215.0095**

The ALPHA Program

*A School-Based Prevention Program
Offering Support and Guidance Services
to Students in Seminole County*



The ALPHA Program

ALPHA is a free school-based prevention program for students who present with emotional or behavioral patterns that interfere with their academic performance. These can be things like anger issues, peer relations, low self-esteem, problems at home, and more.

An ALPHA Facilitator from **IMPOWER** is based in the school and works with these young people on an individual basis and in a group setting using an evidence based curriculum.

ALPHA students are more likely to demonstrate academic and social gains through peer interactions, positive school experiences, and preventative curriculum. The program aims to avert the development of more severe inappropriate behavior patterns, which left unaddressed could lead to the youth dropping out of school, delinquency, teen pregnancy and drug abuse.

Who is Eligible?

The ALPHA Program is available to students in grades K - 12 at time of application for the program.

ALPHA is designed for students who demonstrate early warning signs of academic, problem solving, social and/or coping skills.

Some evident behaviors *may* include:

- Becoming disruptive or aggressive in the classroom or at home
- Withdrawing or difficulty concentrating
- Resisting authority or exhibiting disrespectful or defiant behavior
- Experiencing loss or grief
- Loss of interest in school or poor academic achievement
- Difficulty making friends or yielding to peer pressure
- Having conflict with peers or parents

How Does a Student Enroll?

Students can be referred by their teacher, the Guidance Counselor, an administrator, or by parent request. After a referral form is completed, an Intake Packet will be sent home to be completed by a parent or guardian and sent back to the ALPHA Facilitator. Intake Packets are accepted on a first-come, first-served basis until a full case load is reached.

PARENT PARTICIPATION

Parent or guardian participation is a key component to the youth's success. Caregivers are encouraged to participate in a monthly family session with the young people to be directly involved in the youth's learning. Frequent contact between parents and the ALPHA Facilitator is encouraged.