

For youth and young adults getting ready for the next stage of life, that is marked by change and exploration, the ECHO program helps them to become aware of potential risky behaviors.

Youth and young adults are on their own for the first time, free to make their own decisions, including the decision to drink alcohol and have sex.

With the knowledge gained from all aspects of the ECHO program, they will be better informed of how to avoid life altering consequences and serious social and health problems.



The Long Island Association for AIDS Care's **ECHO Program** is made possible by the Substance Abuse and Mental Health Services Administration (SAMHSA)

Call us at **1-877-865-4222**
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LIAAC'S **ECHO** PROGRAM



LIAAC'S Educated Choices Healthy Options Program works with youth and young adults by providing the opportunity to reflect on their current choices, set goals for the future, and learn strategies for making healthier decisions regarding binge drinking to reduce risky behaviors.

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COUNSELING, TESTING AND REFERRALS

ECHO Prevention Specialists provide free counseling, testing and referral services for **HIV, Viral Hepatitis, Chlamydia,** and **Gonorrhea** for high risk minority young adults (18-24).

Including, but is not limited to:

- Rapid and non-rapid confidential testing
- Client centered counseling sessions
- Risk assessments and risk reduction planning
- Assessments of need for referrals

PREVENTION EDUCATION

Through insightful conversations and group participation, the ECHO presentation identifies the link between binge drinking and HIV/VH/STIs/STDs along with:

- Defining alcohol and binge drinking (in terms of, number of drinks and **Blood Alcohol Concentration**)
- Identifying the harmful effects of binge drinking, including: health risks, STIs/STDs, and sexual assault
- Exploring how to safely consume alcohol (for those of age) and engage in safe sexual behaviors

SUBSTANCE ABUSE SCREENING & ASSESSMENTS

The substance abuse screening and assessments consists of surveys generated by SAMHSA's Center for Substance Abuse Prevention and the **Brief Alcohol Screening and Intervention for College Students (BASICS)**; a screening/assessment tool used to reduce alcohol consumption and risky sexual behaviors.

Feedback from the surveys is used to enhance motivation to change, review myths and facts regarding alcohol and sexual behavior, and teach coping skills to reduce risk.

This is done in an empathetic non-confrontational and non-judgemental environment in order to give clear understanding as well as unbiased and unwavering support.

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