

Custom Programs

Every community is different.

New Jersey schools and students face different challenges. The Lindsey Meyer Teen Institute is dedicated to creating custom programs that best address the needs of your school, your community, your students- and your budget. Let us help you tailor a program that suits your needs! Here are just a few of the programmatic components you may choose to include:

Teambuilding

The LMTI Staff will lead your group in activities designed to help participants get to know each other while developing group cohesion. Teambuilding activities are fun, challenging, and will keep everyone engaged and involved.

Workshops

LMTI workshops are designed to be experiential learning processes for participants. Students leave workshops with increased knowledge or skills in specific areas that helps enhance their overall leadership abilities. LMTI offers a wide range of workshop topics you can select from or we are happy to work with you to develop custom content that best fits your needs!

Small Group Discussions

These sessions are a great opportunity for students to candidly discuss topics that are presented during the course of the conference or training. LMTI will randomly assign participants to small groups, which encourages honest discussion while allowing students to meet new people. Small group discussions are facilitated by trained LMTI staff and/or volunteers.



Keynote Presenters

LMTI keynote presenters have been carefully screened and selected to insure the highest levels of quality and effectiveness. Participants will have the opportunity to see and interact with national as well as local presenters who are known for their unconventional presentation styles. Don't expect any lectures- get ready for dynamic and enthusiastic comedians, actors, and speakers who address topics such as leadership, diversity, and alcohol, tobacco, and other drugs.

Action Planning Sessions

Looking for ways to engage students directly in making a positive impact in your school or community? If so, then Action Planning is a must for your training. Students will work together to identify risk and protective factors in their school/community. They'll pool their resources and talents to come up with a strategic prevention plan that will help to ignite change!



Workshop Descriptions

Alcohol, Tobacco, & Other Drugs

Access & Attitudes

Did you ever stop to think about how youth and adults in your community perceive youth alcohol, tobacco, and other drug use? Do they know it's happening? Do they pretend it's not or look the other way? In this workshop, we will explore the relationship between community perceptions and attitudes towards youth substance use and youth access to substances. Participants will be guided through several experiential activities and discussions that will enable them to identify challenges and create positive solutions.

Community Change

It's important for young leaders to be excited and motivated about the work they want to do for their school and community. It's equally as important for young leaders to have a good understanding of WHY prevention works. Using CADCA's 7 Strategies for Community Change as a guide, this workshop aims at helping young leaders decipher the difference between individual strategies and environmental strategies so that their prevention plans are comprehensive and effective.

Natural Highs

Here at LMTI, we've committed to teaching students about how to maintain a healthy lifestyle and avoid alcohol, tobacco, and other drugs. But we're also committed to having tons fun! In this workshop we will explore what the differences between synthetic and natural highs are. Students will learn LMTI's 4 rules to achieve natural highs and play different games and activities that demonstrate each rule.

Pressures, Consequences & Benefits

Every day, we face different kinds of pressure. This pressure can come from many different places and it's up to us to learn whether the consequences will be beneficial or harmful. In this interactive workshop, students will identify several different sources of pressure to use alcohol, tobacco, and other drugs. Students will identify negative consequences of using these substances and will also identify the positive benefits of not using these substances.

Smoke & Mirrors: Understanding Vaping & Marijuana

There are a lot of conflicting statements about vaping and marijuana use today which can make it difficult to figure out what the facts really are. In this workshop, participants will have a chance to join in discussions and activities that break down the myths about vaping and marijuana. Together, we will look past the smoke and mirrors to learn the facts about these substances.

ATOD Trends & Trivia

Want to learn the latest info about alcohol, tobacco, and other drugs? This gameshow style session is for you. Students will get the real facts on how these substances affect people, and how they can use this information to help make a difference in their school.

Action Planning 101

When we get excited about doing something, we have a tendency to want to jump right in and get going- which is awesome! But, chances are, you've been involved in a situation where a lack of planning left you or someone else feeling frustrated or confused. Action planning is sometimes a skill that seems tedious or bothersome, so many people skip right over it. In this workshop, however, we break it down step by step to truly give students a firsthand look at the value of this important skill- both as an asset in their groups and clubs, and also in their daily life

Just SPF-y!

Action planning is at the heart of preventing alcohol, tobacco, and other drug use among young people. This workshop breaks down the SAMHSA's Strategic Prevention Workshop- the "SPF" so that young leaders understand how each step fits into their Action Planning process. This workshop takes Action Planning 101 to the next level and presents a more technical and advanced perspective on the process. Students will leave this workshop as SPF experts!

Building Assets, Building Leaders

The Developmental Assets, developed by the Search Institute, are 40 common sense, positive experiences and qualities that help influence choices young people make and help them become caring, responsible, successful adults. This workshop will guide participants through an introduction to the Assets and will explore ways to incorporate these qualities into your group!

The Leader in You

When you hear the word leadership, what comes to mind? People define leadership in so many ways that even experts can't agree on a single meaning. Leadership—and leaders—comes in all shapes and sizes with all kinds of attitudes and abilities. In this interactive workshop, we will debunk the idea of "born leaders" and will engage in activities designed to help students define important elements of leadership and identify those elements in themselves. Students will learn about how to utilize their own strengths as leaders in their respective clubs.

Leader Lingo & Actions

Everyone has a different leadership style. Some leaders are the first to raise their hands and the first to give an answer. Some leaders are quiet observers who give input when asked. Other leaders step back and let other people lead. No matter what your style, leadership definitely has its own language or "lingo." In this workshop, students will learn to that language. Leadership Lingo is respectful, responsible, motivated, encouraging, and goal-oriented. Additionally, there are certain actions that, when used in combination with Leadership Lingo, will put you on the path to success!

Workshop Descriptions

Knowledge & Skills

ABCs of LGBTQ+

This workshop will focus on understanding sexuality as more than just sexual orientation. We will explore gender identity, sexual orientation, biological sex, and gender expression to better understand the distinction between each. Participants will have an opportunity to discuss ways they can act as allies to the LGBTQ+ community.

Conflict Resolution

Bullying and violence is something that way too many high school students are familiar with. In this workshop, participants will discover the roots of conflict and learn the difference between conflict and violence. They will learn personal prevention skills as well as ways to create a peaceful school environment through creative programming.

Cross Age Teaching

When you were younger, was there someone a few years old that you thought was just AWESOME? Right now, there are young children who are looking up to our middle and high school students. You can utilize this natural occurrence for good and create a positive influence that can help strengthen your prevention efforts. Are you interested in starting your own cross-age teaching program but you don't know where to begin? This workshop will take you through the process of creating and implementing your own age-appropriate cross-age teaching programs.

Mentoring 101

Whether it's a freshmen mentoring program or a mentoring program designed to help students cope with the everyday challenges of life in high school, there is no doubt that mentoring programs are a great addition to any high school. This workshop stresses that when working as a mentor, your job is to coach and teach mentees. The impression that you make with your mentee and the way that you approach your sessions will be critical to the success of the mentoring program. From group facilitation skills to developing positive behavior to teaching responsibility and problem solving, this workshop covers the basics of being part of a successful mentoring program!

Positive-Iy Me

Youth are bombarded every day with messages about how they should look, feel, and act. It is essential that young people be given the opportunity to learn, grow, and develop as unique individuals and that they receive as much positive support as possible- starting with the way they think, speak, and feel about themselves! This workshop seeks to help young people identify strong guiding values, having high standards for personal character, and believing in protecting and honoring their own well-being.

R-E-S-P-E-C-T

When you are working in a club or group, one of the great things is that, right off the bat, you have something in common with everyone there. But, beyond that commonality, may be a ton of differences- some that we can see and many more that we cannot. This workshop will engage students in the process of not only understanding diversity, but of also appreciating and embracing it. Students will learn to connect with one another because of the things that they share in common, and to respect each other for the things that are different.

We Like to Party: Celebrating Diversity

Diversity is what makes no two people the same. Some differences are not noticeable, while others may be the first thing you notice. Those differences aren't bad, but rather should be celebrated! Start planning your celebrating of diversity by learning how to be inclusive with your words and actions.



Workshop Descriptions

Teambuilding & Working Together

Games, Games, & More Games!

Games and icebreakers are fun and easy ways to get people excited to work together. In this workshop, participants will learn as many creative, new, and helpful icebreakers and games as the LMTI staff can fit into one hour! If you're looking for fresh ideas to raise excitement, to increase participation, or to just have some plain old fun, this is the workshop for you!

Maintaining Your Motivation

All groups have ebbs and flows. Sometimes, your group is unstoppable! Everything you do is on point, everyone works together, and everyone remains committed to your cause. Other times, though, you hit a roadblock or you can't seem to get everyone on the same page. Sometimes it feels like group members aren't as committed as they once were. This workshop is designed to refocus and reenergize participants- and to reconnect them with the reasons they joined the group in the first place.

Music & Communication

Music is a powerful means of communication. It allows individuals to share emotions, intentions, and meanings without using spoken language. In this workshop, facilitated by a board certified music therapist, we'll explore how music can help us improve the communication skills that we use on a daily basis. No previous musical experience is necessary to attend this workshop.

Teambuilding

Working together as a team is an essential part of any group's success. In this workshop, participants will be guided through a series of fun and challenging activities designed to help identify group strengths and weaknesses. Students will learn and practice important skills such as listening, problem-solving, and support. This workshop is a must for any new group- or any group that needs to reconnect or revisit their purpose!

Don't see what you're looking for? We would be happy to help develop a custom workshop to best suit your needs. Just ask!