



EXECUTIVE DIRECTOR  
 Jocelyn Cooper  
 ASSISTANT EXECUTIVE DIRECTOR  
 Barbara Sprechman  
 DIRECTOR OF OPERATIONS  
 Catherine Arulmohan

## Program Summary Sheet

---

**Title** Keys to Innervisions

**CSAP Strategy** Education

**Risk Factors Addressed** Greater Influence by and reliance on peers than parents;  
 Anti-social behavior in late childhood/early adolescent;  
 Anti-social behavior and rebelliousness

**Evidence-Based Program/** NJ Safe & Drug Free Schools, Violence Prevention Institute  
**Principle(s)** evaluated and cited KIV as a model program in 2001

Program	Audience	Lesson Length
Keys to Innervisions (Anger Management & Substance Abuse Prevention Program)	Referred students of Grades 6-8 Grades 9-12	3 (2 hour) lessons

**Program Services Include** One pre-program consultation with administration; One parent or teacher information session; 3 classroom lessons for a maximum of 12 youth; Pre/post surveys, educations materials, personalized certificates and evaluation summary.

### Summary

Students learn skills and strategies to help them develop beliefs and behaviors that prevent violence, drug abuse/dependency, school failure and anti-social behavior. Good for diverse cultural populations.

### Learning Objectives

1. Students learn the power of minds, learn how to keep power, rather than giving it away.
2. Students learn how thoughts form the actions of daily life.
3. Students learn how to talk to self to gain power from their inner voice.
4. Students learn how to change old thoughts and watch new actions appear as a result
5. Students learn how to unlock their personal power and use KIV in daily life.

1931 Brunswick Ave, Lawrence Twp, NJ 08648 - P(609) 396-5874 - F(609) 396-3451 - [mcada@mercercouncil.org](mailto:mcada@mercercouncil.org) - [www.mercercouncil.org](http://www.mercercouncil.org)