

# MULTICULTURAL YOUTH SUBSTANCE ABUSE PREVENTION PROGRAM

## WHAT WE DO

The Multicultural Youth Substance Abuse Prevention program (MYSAP) seeks to prevent substance abuse by building positive attitudes, values, behaviors and skills for at-risk refugee and immigrant youth. Our services include:

- Life skills education classes
- Presentations for youth & adult community members
- Community educational programs
- Community outreach

## WHO WE SUPPORT

Although the Multicultural Youth Substance Abuse Prevention program focuses primarily on substance abuse prevention, we target the physical, mental, emotional and behavioral development of children. Many refugee or immigrant youth have been exposed to unhealthy coping mechanisms or face addiction from an early age. It is our mission to aid all of our clients in the journey of living a happy and healthy life.

## ELIGIBILITY

Mosaic's MYSAP program focuses on assisting refugee and immigrant youth. To be eligible for community education and outreach services, individuals must reside in Dallas County. To be eligible for our life skills program, individuals must be identified as one of the following:

- 1<sup>st</sup> or 2<sup>nd</sup> generation immigrant or refugee student (child born and immigrated from outside the U.S. or child born in the U.S. of immigrant parents)
- Elementary student (1<sup>st</sup>-5<sup>th</sup> grade)
- High school student (9<sup>th</sup>-12<sup>th</sup> grade)

## COST OF SERVICES

Mosaic provides assistance to all clients free of charge.

## HOW TO GET HELP

If an emergency (side effects of withdrawal or overdose), please call 911. To reach the Parents Toll Free Helpline, call 1-855-DRUGFREE or 1-855-378-4373. To make an appointment with Mosaic's Multicultural Youth Substance Abuse Prevention program, contact our MYSAP Program Director.

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# SURVIVOR STORY

Misha, a 3<sup>rd</sup> grade student at a local elementary school, was having trouble in the classroom. She made frequent visits to the counselor's office due to her shyness and lack of participation and verbal skills in class. Concerned about Misha, the school counselor recommended Misha participate in Mosaic's life skills class. When she began attending the class, Misha did not say a word. She was reluctant to participate and when asked a question, she remained quiet. Misha continued showing up for each session, and by the 7<sup>th</sup> session, she finally began participating in group activities.

Since that group session, Misha is excelling in school and continuing to build her social skills with others. On the last day of group, Misha unexpectedly gave her counselor and the Mosaic MYSAP staff member a hug and thanked them for all their support.

