



MUHSD District Opportunity Center is a no cost, four consecutive day, 9am-3:30pm drug and alcohol intervention program.



DOC Daily Schedule

9:00am-9:15am—Introduction

9:15am-10:15am—Homework

10:15am-10:30am—Break

10:45am-11:30am—Lesson 1

11:30am-12:00pm—Lunch

12:00pm-1:15pm—Film & Discussion

1:15pm-1:30pm—Break

1:30pm-3:00—Lesson 2 & Discussion

3:00pm-3:30pm—Homework

**East Campus Educational Center
1900 "G" St.
Merced, CA 95340**

**Phone: 209-385-6429
Fax: 209-385-6435**

<https://sites.google.com/a/muhsd.org/district-opportunity-center/>



MUHSD District Opportunity Center

**Helping Students
Toward Positive
Change**

Tel: 209-385-6429



A Second Chance

- An alternative to expulsion program
- Voluntary enrollment available with approval by Associate Principle
- Designed to educate students about the possible consequences associated with continued substance use
- Brief Intervention based in theoretic principles outlined in:
 - Cognitive Behavior Therapy (CBT)
 - Motivation Interviewing
 - Stages of Change Model

The DOC curriculum is intended to educate students about the harmful effects of substance use & related behaviors:

Gateway Drugs

- Effects of Alcohol
- Why People Use
- Effects of Marijuana

Breaking Through

- Myths
- Denial
- Stereotyping

Deciding to Change

- Drugs & their Effects
- Pros & Cons

Personal Growth

- Self Control
- Effective Communication
- Setting Goals

In addition to education, the DOC provides Individualized Intervention for every student.

Screening/Assessment

- Level, frequency, and severity of use &

consequences from use are evaluated

- Explore student goals
- Provide diagnostic impression

Establish an Exit Plan

- Corresponds to assessment outcomes

One-on-One Counseling

- Aimed to alter one's thinking in an effort to alter one's behavior
- Open-ended questioning, Reflective listening, Evoke change talk, & Deploy discrepancies
- Encourage & evaluate attitudinal & behavioral progress towards change

Coordinate Exiting Conference

- Communicate goals, recommendations, & referrals

The learning environment provided in the DOC is equipped with state of the art technology and support tools, which are geared to promote focus, participation, and an overall positive experience.

