

Dear Parent/Guardian:

REACH Council is in its 32nd year of partnering with schools in Ellis and Johnson counties to provide exciting programs, presentations and activities aimed at discouraging and preventing substance abuse among youth. REACH will be partnering with your student's school this year to implement a tested and proven prevention program designed to enhance life skills and empower youth to make healthy choices.

REACH carefully selects the nationally recognized, evidence-based curricula that we use for our programs. For your student's age group/grade level, the curriculum that we will implement is called *Too Good For Drugs*. The education portion of the program consists of ten (10) weekly lessons conducted through your student's class. The class selection and schedule has been carefully planned with the counselor to ensure that every student has the opportunity to participate and disruptions to required lessons and activities are minimized. There is no cost for your student to participate in this program and participation is voluntary.

Included with this letter is a copy of your student's rights as a participant and the outline for *Too Good For Drug* lessons. For further curriculum details, you may visit the developer's website at <http://www.toogoodprograms.org/>. To learn more about REACH Council, please visit www.ReachCouncil.org.

If you have any questions, please feel free to contact me at cassandra.street@reachcouncil.org.

If you do NOT want your student to participate in this program, please return the attached signature page.

We thank you for the opportunity to have your child in our program and we are looking forward to another fun and successful school year!

Respectfully,



Cassandra Street, LMSW, LCDC
Director of School Programs
Certified Youth Prevention Specialist
REACH Council Prevention Services

Participant Rights

(Keep This Page)

The services that your student receives will be confidential as required by Federal Regulation 42 CFR Part 2.

We also want you and your student to know their rights as a participant in REACH Programs, and have listed them below.

Participants shall have the right:

- a. To be free from abuse, neglect, and exploitation.
- b. To be treated with dignity and respect.
- c. To file a complaint with REACH Council or the Health and Human Services Commission at any time.
- d. To be free from unlawful discrimination based on race, color, national origin, religion, sex, age, or disability.
- e. To know about the prevention program, including the program content and the length of the program before agreeing to participate in it.
- f. Not to participate in any session when they or their parents/guardians do not feel comfortable.
- g. To expect that all discussions will not be shared outside the group unless there is suspected harm to self or others.

Complaints to the organization may be made by calling: REACH Council Prevention Services at 972-723-1053. Complaints to the funding agency may be made to the Texas Health and Human Services Commission by calling 1-800-832-9623.

Curriculum Summary – Too Good For Drugs

Lesson 1- My Road Ahead: *Goal Setting*

Students learn how to set and reach personal goals. Students also learn to recognize and manage potential obstacles that can get in the way of reaching a goal.

Lesson 2- Who's in the Driver's Seat?: *Decision Making*

Students learn to plan their actions, evaluate their choices, and to problem solve using the steps for responsible decision making. Students also examine how goals, peers, media, and family influence decisions.

Lesson 3- Diagnostic Tune-Up: *Identifying & Managing Emotions*

Students learn to recognize and manage their emotions using healthy strategies, analyze how emotions and self-awareness influence decision making, and how to discern the emotions of others and demonstrate care and respect of self and others.

Lesson 4- Express Yourself: *Effective Communication*

Students learn and apply effective communication skills to handle conflicts peacefully, share feelings and ideas with others, and enhance cooperation in order to maintain positive relationships. Students also analyze how perceptions and emotions can influence communication

Lesson 5- Peer Review: *Bonding and Relationships*

Students learn to apply peer pressure refusal strategies and peer selection skills to promote healthy bonding and connectedness. Students identify the benefits of belonging to positive peer groups as well as the effects of associating with negative peer groups

Lesson 6- A Closer Look: *Alcohol*

Students learn the short-term and long-term effects of alcohol use on the teenage brain and body as well as the social consequences of underage drinking. Students also analyze how media messages influence expectations about alcohol.

Lesson 7- A Dead End: *Effects of Nicotine Use*

Students learn the short-term and long-term consequences of nicotine use. Students evaluate the impact of media messages on perceptions and attitudes toward tobacco use.

Lesson 8- Keep of the Grass: *Effects of THC & Marijuana Use*

Students examine the misperceptions of marijuana and its use. Students also learn the effects of THC on the teenage brain and body as well as its impact on reaching goals.

Lesson 9- Calculate the Risk: *Safe Use of Rx and OTC Drugs*

Students examine the developmental aspects of risk-taking and differentiate the healthy and unhealthy risks by predicting outcomes. Students also learn the short-term effects of inhalant and street-drug use.

Lesson 10- Prevention 500: *Course Review*

Students recall and apply goal setting, decision making, effective communication, and emotion and relationship management skills. Students review drug information and the effects of drug use on the teenage brain and body. Students also identify the benefits of remaining healthy and drug free.



Program Opt-Out Form

If you ***DO NOT*** wish for your student to participate in this program, please return this opt-out form to your student's teacher.

Student Name (Print)

Campus

I DO NOT wish for my child _____ to participate in this program.
(Student's Name)

Parent/Guardian Name (Print)

Date

Parent/Guardian Signature

Section below line is for office (REACH) use only.

Signature: Prevention Specialist

Date Form Returned