

Lifestyles
Suspension Alternative for Rule III-4 Violations
(Alcohol & Other Drugs)
(Grades 6-12)
2025-2026

Overview

Lifestyles is a six-hour substance use education and early intervention program for students and their parents. These three 2-hour sessions are designed to educate students and their parents about issues of alcohol, drug use and healthy family relationships. This approach emphasizes wellness through improved communication patterns in families.

As a suspension alternative, the Lifestyles program is provided for students with a Rule III-4 infraction (*GCS Student Code of Conduct*). Utilization of the Lifestyles Program allows administrators to reduce the number of days a student is suspended from school. **As an early intervention program, Lifestyles is a viable option for parents who are expressing concern about their student's possible involvement with substances.**

Trained substance use prevention consultants facilitate and provide intervention services at locations in Greensboro, High Point or virtually. The GCS Mental Health Department coordinates and contracts these services through Alcohol & Drug Services (ADS).

GOALS

Support Guardians and Students in Addressing Drug Involvement

- Equip families with effective strategies to navigate substance-related challenges.
- Strengthen communication between guardians and children to foster trust and openness.
- Promote healthy decision-making skills that empower students to make positive choices.

Improve Student Attendance by Reducing Rule III-4 Suspension Days

- Implement early intervention strategies to curb substance use before escalation.
- Reinforce student commitment to their educational journey through targeted support.
- Prevent the need for more intensive and costly treatment by addressing issues proactively.

OBJECTIVES

- **Drug Trends & Addiction** – Recognize current trends and how addiction progresses.
- **Impact on Teens** – Understand emotional, mental physical and spiritual effects.
- **Family Communication** – Identify effective communication to strengthen bonds.
- **Peer Pressure & Support** – Explore peer influence and build strong networks.
- **Community Resources** – Learn where to find local support.
- **Healthy Coping** – Discover alternatives to manage stress.
- **Enabling Behavior** – Recognize and reduce harmful parental patterns.

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REFERRAL PROCESS

	Suspension Alternative Referral	or	Parental Concern / Self-Referral
1	Students are offered the opportunity to enroll in the program because of a Rule III-4 infraction in the GCS <i>Student Code of Conduct</i> .		Parents express a concern and or a desire for family to attend Lifestyles Program
2	The administrator completes the referral form, identifies a school-based follow-up point-of-contact, and obtains the parent and student signatures. The parent is given a copy of the completed form and instructed to contact Alcohol & Drug Services (ADS) to schedule an initial session*		Administrator or parent contacts Kimberly Fields, Substance Abuse Teacher Lead, who completes the referral process.
3	Administrator or designee sends the signed referral form to Kimberly Fields, Substance Abuse Teacher Lead at fieldsk2@gcsnc.com in an encrypted email.		
4	The GCS Substance Abuse Teacher Lead confirms student's compliance with the referring administrator and identified school-based point of contact.		
5	School-based point-of-contact follows up with students after they complete the program.		

*Within three days of signing the referral form, the parent/guardian must contact **Aileen Vazquez of ADS at (336) 501-1373**

Contact Kimberly Fields, Substance Abuse Teacher Lead (fieldsk2@gcsnc.com) at (336) 621-4044 with any questions.