

- As part of our health education and substance use prevention efforts, we have invited prevention specialists from FCD Prevention Works to visit our school.
- FCD is a non-profit organization that provides alcohol, nicotine, and other drug education to schools around the world.
- FCD prevention specialists are not visiting our school in order to tell students what to do. They recognize that every student makes his or her own decisions about alcohol, nicotine, and/or other drug use.
- FCD prevention specialists will present the most up-to-date information available on the physiological and psychological effects of various drugs, and provide a forum for discussing social, cultural, and personal issues that relate to the choices people make.
- One thing that makes FCD unique is that all of the prevention specialists are in healthy recovery from their own alcohol or other drug addictions. Most FCD prevention specialists began their own drinking and drug use during middle school and high school. They have experienced the pressures, personal issues, and social situations teens face with regard to alcohol and other drug use. They also have first-hand knowledge of the destructive aspects of drug use, and how, in their case, occasional use led to addiction.
- FCD believes in involving the whole school community in prevention education, not just students. There will be sessions for school staff and families as well.
- FCD prevention specialists will be visiting our school for 4 days.

There will be 2 Parent Meeting, entitled Vaping 101, open to all parents. These will take place on Thursday, October 4th at 8:30 AM and 3:30PM in the TMHS Bridal Veil Conference Room.

Memo to Faculty

As part of our commitment to prevention and wellness, we have invited FCD Prevention Works to visit our community. A part of the Hazelden Betty Ford Foundation, FCD is a non-profit organization that provides substance use prevention services to schools worldwide.

During their visit, FCD prevention specialists will:

- Promote awareness of addiction, including alcoholism, as a progressive, chronic, and often fatal disease
- Empower young people to make healthy, responsible choices regarding alcohol and other drug use
- Educate students, parents, teachers, and school administrators on the physiological and psychological effects of alcohol and other drugs
- Teach students and adults to recognize the early warning signs of substance abuse and to intervene appropriately
- Encourage and support the non-use of alcohol and other illegal or illicit drugs during the growing years.
- Provide our community with the guidance and training necessary to implement comprehensive, effective approaches to substance abuse prevention

FCD prevention specialists are highly trained professionals who themselves are in healthy recovery from alcohol or other drug addictions. This unique perspective enhances the credibility of their message and provides students with role models for happy, healthy, drug-free living.

Staff members play an important role in prevention by encouraging ongoing teacher-student dialogue on the subject of alcohol, nicotine, and other drugs. The FCD prevention specialists will conduct a faculty workshop to offer best practices to help our students enjoy a drug-free adolescence. They will also assist in helping formulate ideas to continue these dialogues throughout the year.

Sample Letter to Parents

Dear Parents:

As part of our ongoing commitment to prevention and wellness, we have invited prevention specialists from FCD Prevention Works to join our community during the week of _____. A part of the Hazelden Betty Ford Foundation, FCD is a non-profit organization that provides substance abuse prevention services for schools. Since 1976, they have taught over a million students of all ages. Their mission is to:

- Encourage and support the non-use of alcohol and other illegal or illicit drugs during the growing years.
- Empower young people to make healthy, responsible choices regarding alcohol and other drug use
- Teach students and adults how to recognize the early warning signs of substance abuse and to intervene appropriately
- Educate students, parents, teachers, and administrators on the physiological and psychological effects of alcohol and other drugs
- Promote awareness of drug addiction, including alcoholism, as a progressive, chronic, and often fatal disease
- Provide educational communities with the guidance and training necessary to implement comprehensive, effective approaches to substance abuse prevention

FCD prevention specialists are highly trained professionals who have achieved healthy recovery from alcohol or other drug addictions. This unique perspective enhances the credibility of their message and provides students with role models for happy, healthy, drug-free living. The FCD prevention specialist will present a parent workshop to offer support and guidance in helping your children enjoy a drug-free adolescence. Some of the topics to be addressed include:

- Effective ways to communicate with your child about drugs and drug use
- Up-to-date facts about current drug use and trends
- What to say about your own experiences with alcohol and/or drug experimentation
- How to spot early warning signs of use and effective ways to respond.

This program presents a perfect opportunity for discussing alcohol and other drug-related issues with your children. Parental involvement is crucial to our efforts to reduce the risks teenagers face. We want our students to hear from both school and home that we are concerned about alcohol, nicotine, and other drug use by adolescents, and that we are committed to keeping our children safe.

Sincerely,