



Dear Parent/Guardian,

In the upcoming weeks, your child's class will begin a social-emotional learning program called ***Too Good for Drugs*** in order to develop the skills (pre)adolescents can use in making healthy choices and achieve success. This research-based program was developed by the *Mendez Foundation*, a leader in K-12 educational programs, and will be presented during Extended Learning periods by a trained Prevention Educator from the Recovery Prevention Resources of Delaware and Morrow Counties. Our first lesson will take place the week of September 23rd.

The goal of the ***Too Good for Drugs*** program is to build children's social-emotional skills and empower them to be strong learners, make healthy choices, and be more resistant to peer pressure and peer influence. Children who learn and use the skills taught in this program are more likely to have a positive attitude, make good decisions, get along with their peers, succeed in school, and ultimately, Flourish Here.

This program is divided into two units. Unit 1 teaches five core social-emotional skills. Unit 2 teaches how to apply those skills in daily life and social challenges to avoid risky behaviors. The lesson descriptions can be found below. Throughout the program, your child will bring home short, engaging Home Workouts for you and them to complete together. These activities will keep you tuned in to what your child is learning, and will help you to practice and reinforce the acquired skills at home.



UNIT 1	UNIT 2
Lesson 1: Goal Setting Students learn how to set and achieve personal and academic goals.	Lesson 6: Feelings Students learn how to identify and manage their own feelings, as well as the feelings of those around them.
Lesson 2: Decision Making Students learn how to think through problems and make responsible decisions.	Lesson 7: Making friends Students learn how to meet new people and the benefits of good friends.
Lesson 3: Emotion Management Students learn how to identify and manage their own emotions, as well as the emotions of those around them.	Lesson 8: Decision Making Students learn about personal responsibility and the importance of making healthy choices.
Lesson 4: Communication Students learn how to communicate clearly, listen actively, and ask for help.	Lesson 9: Peer Influence Students explore how to resist peer pressure and to engage in healthy activities.
Lesson 5: Bonding and Relationships Students learn how to form and maintain healthy friendships.	Lesson 10: Healthy Choices Cumulative review of healthy decision-making skills and personal responsibility

Should you have any questions or concerns about the ***Too Good for Drugs*** program, please feel free to reach out to Mr. Rock, School Counselor, and/or Katie Grandstaff, Prevention Coordinator at the Recovery Prevention Resources of Delaware and Morrow Counties. You can also visit the Mendez Foundation's website at toogoodprograms.org. We look forward to working together to help your child build the skills that lead to success in school and in life. However, if you would like your child to Opt-Out of this program, please feel free to complete the Opt-Out form on second page of this letter, and return it to **Mr. Rock no later than Friday, September 20th 2019**. You only need to complete the form if you are choosing to Opt-Out.

Sincerely,

Katie Grandstaff, Ph.D.
 Prevention Coordinator
Katie.grandstaff@rprdm.org

Dana Yochum
 School Counselor (A-G)
Dana.Yochum@olsd.us

Mike Vyrostek
 School Counselor (H-P)
Michael.Vyrostek@olsd.us

Drew Rock
 School Counselor (Q-Z)
Andrew.Rock@olsd.us



Delaware-Morrow Mental Health
 & Recovery Services Board

Too Good for Drugs



Opt-Out Form

If you would **not** like your child to participate in the ***Too Good for Drugs*** program, please complete the form below and return to Mr. Rock in the Guidance Office no later than Friday, **September 20th, 2019** (lessons will begin the following week).

☐

I have read the description of the ***Too Good for Drugs*** program, and would not like my child to participate at this time.

Student's name

Grade

Parent/Guardian Signature

Date



Delaware-Morrow Mental Health
& Recovery Services Board