



PARS

PICKAWAY AREA RECOVERY SERVICES

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Amy Seidle, Prevention Coordinator

A Contract Agency of the Paint Valley ADAMH Board

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Dear Parent/Guardian:

Today we started a program called Too Good in your son/daughter's class. Too Good is a program developed by the Mendez Foundation to teach skills for living healthy and drug-free lives. Too Good's curriculum has been proven effective in reducing bullying and drug use experimentation among juveniles. Too Good contains ten lessons in its initial year that focus on goal setting, decision making, managing emotions, effective communication, bonding and relationships, respect for self and others, conflict resolution, anger management, bullying and peer violence.

We are committed to providing the most effective approaches to preventing bullying and the use of alcohol, tobacco and other drugs in our schools and communities. We know that prevention of violence, drug use and abuse is most effective when it is a partnership between the community, the home and the school. Research consistently shows that juveniles who learn a lot about the risks of drugs and violence at home, from parents and other caregivers, are up to 50% less likely to use drugs than juveniles who report learning nothing about the risks at home. However, getting the message across is not easy. According to a nationwide survey released by the Partnership for a Drug-Free America, virtually all parents (98%) reported talking to their kids at some point about drugs, but just 68% of the kids remembered the conversation, and only 27% reported learning a lot at home on the issue of drug use. Here is where the structured home learning opportunities within Too Good can help to focus discussion between you and your kids. Your child will be bringing home workbooks that can involve you in discussion, sharing responses, and listening to oral reports.

These activities provide you an opportunity to communicate with your child about these important issues.

If you have any questions, please contact me at: 740-420-9490

Sincerely,

Amy Seidle LCDCI, OCPC/Prevention Coordinator

