

Lifestyles

Alternative to Suspension / Early Intervention Program

(Alcohol & Other Drugs)

2022-2023

Overview

Lifestyles is a six-hour substance use education and early intervention program for students and parents. These three 2-hour sessions are designed to educate students and their parent(s) regarding issues of alcohol, drug use and healthy family relationships. This approach emphasizes wellness through improved communication patterns between the student and their parents.

As an alternative to suspension, the Lifestyles program is provided for high school students who violate Rule 24 in the *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 alcohol and/or other drugs.** Parents can contact Kimberly Fields, Substance Abuse Coordinator to begin the referral process.

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

GOALS

- ❖ Provide effective strategies to parents and students addressing student drug involvement.
 - Strengthen parent-child communication.
 - Enhance student's healthy decision-making skills.
- ❖ Increase student attendance through the reduction of Rule 24 violation suspension days.
 - Provide early intervention in an effort to diminish student substance use.
 - Increase student commitment to their educational process.
 - Avert subsequent need for more intensive and costly treatment.

OBJECTIVES

1. Students and parents will gain knowledge of current drug trends and the stages of addiction.
2. Students and parents will gain insight into the emotional, mental, physical and spiritual impact of drug use on adolescent development.
3. Students and parents will gain the ability to identify elements of effective communication and explore ways to improve parent-child relationship.
4. Students and parents will gain insight into the impact of peer pressure and the benefits of building a healthy support network.
5. Participants will learn about support resources available in their community.
6. Students and parents will gain knowledge about healthy alternatives to cope with stress.
7. Students and parents will gain knowledge regarding the harmful effects of parental enabling behavior.

Lifestyles
Alternative to Suspension / Early Intervention Program
(Alcohol & Other Drugs)
2022-2023

Referral Process

	Alternative to Suspension Referral	or	Parental Concern / Self-Referral
1	Student is offered the opportunity to enroll in the program as a result of violating the district's alcohol/drug policy (RULE 24)		Parent expresses concerns and or a desire for family to attend Lifestyles Program
2	Administrator completes the referral form and obtains the parent and student signatures Parent is given a copy of completed form and the Lifestyles Overview/Goals & Objectives sheet Parent is instructed to contact Alcohol & Drug Services (ADS) to schedule an initial session*		Administrator or parent contacts Kimberly Fields, Substance Abuse Coordinator, who completes the referral process
3	Administrator or designee password protects the signed referral form and sends it to Kimberly Fields, Substance Abuse Lead Teacher at fieldsk2@gcsnc.com		
4	The GCS Substance Abuse Lead Teacher confirms student's compliance with the referring administrator and School Social Worker		
5	School Social Worker follows up with student 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 Lead Teacher (fieldsk2@gcsnc.com) at (336) 621-4044 (office) or (336) 482-8462 (cell) with any questions.