



504 N. Third Ave. / PO Box 28  
Rockaway Beach, OR 97134  
Phone: 503-355-2122  
Fax: 503-355-3434  
www.nknsd.org



Dear Parents:

As part of our ongoing commitment to prevention and wellness, we have invited prevention specialists from Prevention Solutions within the Hazelden Betty Ford Foundation to join our community on **Monday April 24th, 2023! High School students will participate in an all school assembly from 10-11am. Parents and community members are invited to attend a follow up evening conversation from 530pm-7pm at the High School Library.**

Hazelden Betty Ford Foundation is a non-profit organization that offers prevention and recovery solutions nationwide and across the entire continuum of care for youth and adults. Prevention Solutions provides alcohol, nicotine, and other drug education to schools and communities around the world. In this work, they:

- 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

Prevention Solutions 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 Prevention Solutions prevention specialist will **present a parent workshop from 530pm to 7pm on 4/24/23** 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. Please let us know if you have any questions regarding April 24th.

Sincerely,

Dr. Heidi Buckmaster, Principal