



Dear Parent or Guardian:

NCDP Drug Free Community Coalition will be facilitating **MPOWERD** at Show Low Junior High and Blue Ridge Junior High School. This program is available to youth 12-18 years of age. **MPOWERD** is a program that requires confidentiality and interactive discussion and support. Participants will gain leadership skills and eventually facilitate the **MPOWERD** Group with facilitators present to ensure guidelines and format of the program are followed. Facilitators are certified and trained by **MPOWERD**.

MPOWERD addresses many issues that teens may have in a safe and empowering format. If your teen wants to attend meetings, it is a positive choice. A teen is simply saying that there is hope for change, that life isn't perfect, and that peer support is important. Most teens attend meetings because they need time to process some of life's issues/stresses. **MPOWERD** is a proven program that teens created to ensure a safe and supportive environment. Enabling a teen to attend meetings can be a way to begin finding support for your child.

MPOWERD describes "addiction" as a habit that is causing personal harm. It could range from smoking, to drinking/drugs, to poor attendance, to "putting oneself or others down," to co-dependent relations, to always being negative, to "just wanting to feel better about life," etc.

Confidentiality is respected, unless a teen discloses that he/she is doing something illegal or may harm themselves or others. This rule is read at the beginning of each meeting. Meetings are always optional. They may be offered, however, as a choice for support. Meetings focus on positive life skills, leadership and support.

If you have any questions or concerns, please feel free to contact me at 928-358-1645. We look forward to working with your child.

Sincerely,

Vicky Solomon
Nexus Coalition for Drug Prevention
Program Coordinator
www.ncdp.rocks