

FOR MORE INFORMATION:

Contact Woodlands Behavioral Health
269-445-2451, or Kelley Nickel at
email -kelley@woodlandsbhn.org



*"Strong family bonds
is the key that
motivates"*



Woodlands

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customer server at **269-445-2451** or
The Office of Substance Abuse Services

R.R. Coordinator
P.O Box 30035
North Logan
Lansing, MI 48909



GUIDING GOOD CHOICES®

WOODLANDS BEHAVIORAL HEALTH
960 M 60 EAST
CASSOPOLIS, MICHIGAN 49031
269-445-2451

Guiding
Good Choices

A hand-drawn style starburst graphic with radiating lines, positioned to the right of the word "Guiding".

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What's Guiding Good Choices?

Guiding Good Choices (GGC) is a five-session program that teaches parents of children ages 9-14 how to reduce the risk that their child will develop problem behaviors like drug and alcohol use. The Guiding Good Choices curriculum is based on research conducted at the University of Washington through an extensive review of over 30 years of data. They identified 20 factors that increase young people's risk of developing drug and alcohol use, violence, delinquency, school drop out, and teen pregnancy. There is clear evidence that the child rearing practices, attitudes, values and behaviors of parents influence whether their children will develop these behaviors. The Guiding Good Choices program has been implemented in all 50 states, the District of Columbia, Puerto Rico, the Virgin Islands and Canada.

What do the Guiding Good Choices Workshops Cover?

The program consists of five 2 hour workshops, usually held once each week for five consecutive weeks. Here's what each workshop covers:

****Getting started:** How to prevent drug use in your family. Parents learn about the nature and extent of the drug problem among teenagers and decide for themselves how they want to prevent drug use in their own families.

****Setting guidelines:** How to develop healthy beliefs and clear standards. Parents develop clear family guidelines and expectations for behavior.

****Avoiding trouble:** How to say no to drugs. Children and parents are invited to this session. They learn skills children can use for staying out of trouble and keeping their friends, while still having fun.

****Managing conflict:** How to control and express your anger constructively. Parents learn to manage family conflict in a way that maintains and strengthens bonds with their children.

****Involving everyone:** How to strengthen family bonds. Parents learn ways to strengthen family bonds and increase children's involvement in their family in their teen years. Parents also learn how to create a parent support network.

Recognition for Guiding Good Choices

Guiding Good Choices has been honored with these citations of excellence:

Perfect score for program materials, **National Registry of Evidence-Based Programs and Practices (NREPP), Substance Abuse and Mental Health Services Administration**

Exemplary 1 Program, **Office of Juvenile Justice and Delinquency Prevention**

Research-Based Program with positive results, **National Institute on Drug Abuse**

Promising Program, **Department of Education's Expert Panel, Safe, Disciplined and Drug-Free Schools**

Evidence-Based Program, **United Nations Office on Drugs and Crime**

Level 1 Program, **Interagency Working Group on Youth Programs (IWGYP)**

Woodlands Behavioral Health is dedicated to serving the needs of parents in our community with this award winning program. All parents are welcome, even if your child does not fit into this age group.