

Family Communication



September

National Recovery Month

Dear Eagle (Insert School Good morning Eagles (insert school name or mascot here)! This month is National Recovery Month! We join people in recovery to spread the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective, and people can and do recover from substance use, mental health, and physical health conditions!

More and more youth are entering recovery. We, at _____(insert name of school) celebrate them and honor their efforts! If so, you will have the opportunity to learn more _____(insert text from checked boxes below).

- From our counselor, teacher, or nurse
- During a homeroom or advisory class activity
- At the information table in the library, lunchroom, or (other public area)
- In this week's health classes
- In the KnowYourNeuro.org website
- Other _____

To reduce stigma and increase discussion, openly set your family's rules about substance use or mental health. Use National Recovery Month as an opportunity to bring up these topics. Watch a KnowYourNeuro video about how risky behavior affects the brain. Use the handout to generate discussion and role-play refusal skills.

For questions or more information, please contact me.

School Official's Signature and Contact Information