

# Family Benefits of Guiding Good Choices:

After completing the program, families will be able to:

## **BOND...**

Through setting goals with children and teens and making family decisions

## **Create...**

Family policies that help to reduce the likelihood that children and teens will engage in risky behaviors

## **Learn...**

Skills for family communication and problem-solving

## **Teach...**

Children how to keep friends while using drug-refusal skills

Carroll County Health Department



**Public Health**  
Prevent. Promote. Protect.

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Carroll County Health Department

Substance Abuse  
Prevention Services

# Guiding Good Choices

A Parent Program  
Designed to Keep Kids  
Drug Free



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## Family Makes a Difference!

Guiding Good Choices is an evidence-based program that gives families the skills and

knowledge to help children resist substance abuse and other risky behaviors. Parents will learn specific strategies to help children avoid drug use and develop into healthy adults.

Research has shown that when children are bonded to their parents, school, the community, and non-drug-using peers, they are less likely to use drugs.

Through interactive, skill-based sessions, video illustrations, and a Family Guide containing activities, exercises, and information, parents will learn to set clear family guidelines on drugs, practice skills to strengthen family bonds, help children develop healthy behaviors, and increase children's involvement in the family.



## Sessions

### Preventing Drug Use

Parents learn about the extent of the drug problem and how to prevent problems in their own families

### Developing Healthy Beliefs and Clear Standards

Parents develop clear family guidelines and expectations for behavior

### Avoiding Trouble and Learning Refusal Skills®

Parents learn skills children can use for staying out of trouble and keeping their friends

### Managing Conflict and Expressing Anger Constructively

Parents learn to manage family conflict

### Strengthening Family Bonds

Parents learn to increase children's involvement in the family in the teen years

## Frequently Asked Questions

### How long is the program?

Guiding Good Choices is (5) ninety-minute sessions usually held over (5) consecutive weeks.

### What is the cost?

Carroll County Health Department provides this program FREE of charge to the community.

### How can I sign up ?

Please contact the Carroll County Health Department to learn more.



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