



*The mission of the Health Department of Northwest Michigan is to serve our entire community and to achieve health equity by promoting well-being, preventing disease, and protecting the environment through partnerships, innovation, and excellence in public health practice.*

October 5, 2023

Dear Parent or Guardian:

I am writing to tell you about an exciting opportunity that the Health Department of Northwest Michigan will be providing to the 6<sup>th</sup> grade students at Ellsworth Community School.

During school, your child will have the opportunity to participate in a program called **Botvin LifeSkills Training**. The LifeSkills Training is evidence based, comprehensive, and developmentally designed to promote positive youth development. In addition to helping kids resist drug, alcohol, and nicotine use, the LifeSkills Training Middle School program also teaches students personal self-management skills and social skills.

**The Botvin LifeSkills Training includes lessons that:**

- Teach students the necessary skills to resist social (peer) pressures to smoke, vape, drink, and use drugs
- Help students to develop greater self-esteem and self-confidence
- Enable students to effectively cope with anxiety
- Increase their knowledge of the immediate consequences of substance misuse
- Teach students skills to meet personal challenges such as overcoming shyness, communicating clearly, building relationships, and avoiding violence

This program is offered to your student at no cost to you. We hope that your student can take advantage of this program.

If you have any questions or concerns, feel free to contact me at any time!

Sincerely,

A handwritten signature in black ink that reads "Amy Horstman".

**AMY HORSTMAN, MPH, CHES®**  
**Community Health Coordinator**

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