



Montebello Unified School District Safe Schools/Healthy Students Grant Initiative

Newsletter

Upcoming Activities

July 1-2	40 Developmental Assets Training
July 20-21	Olweus Planning Committee
August 3	EWG meeting
August 24	District Kick Off
September 2	District Kick Off

July 2009

Two Terrific Programs Coming to Montebello Elementary and Middle School Students!

The nationally recognized *Too Good for Drugs* and *Too Good for Violence* prevention programs will be implemented throughout MUSD's K-8 schools beginning this fall and continuing through spring semester.

The *Too Good for Drugs* curriculum garnered Model Program designation from the Substance Abuse and Mental Health Services Administration (SAMHSA), as well as an endorsement by the American Medical Association. It is designed to reduce risk factors and enhance protective factors related to alcohol, tobacco and other drug use. For use in our District schools, the program has a separate, developmentally appropriate curriculum for each grade level, K-8.

Students will learn to build five essential life skills in order reduce their susceptibility to risky drug use:

- Goal setting
- Decision making
- Bonding with pro-social others
- Identifying and managing emotions
- Communicating effectively

A ten-lesson program, *Too Good for Drugs*, will be taught 30-60 minutes each week from a kit that offers colorful, attractive materials in student workbooks; teachers are provided tips for presenting the material; evaluation tools are included along with components for parents.

Too Good for Violence is also a school-based program using the same research, theories, and strategies and format that propelled *Too Good for Drugs* to prominence. This program will be utilized during the spring semester in all K-8 schools.

Protective factors are also employed by:

- Creating a sense of belonging through opportunities to participate and receive positive recognition from peers and adults.
- Promoting healthy beliefs and clear, positive standards.
- Enhancing the social and emotional skills for coping with anger and frustration, communicating positively, and negotiating conflict successfully.

In addition, *Too Good for Violence* promotes eight core character traits providing a framework for our schools to teach, model, discuss, and celebrate these character traits:

- Caring
- Cooperation
- Courage
- Fairness
- Honesty
- Respect
- Responsibility
- Self-Discipline

There are seven lessons for grades K-5 and nine lessons for grades 6-8. The weekly lessons will feature interactive exercises for parents and kids to form critical prevention skills at home; role playing, bullying prevention; anti-bias tips; warning signs of potential violence; and kit materials include puppets and posters.

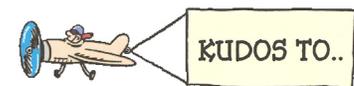
The Montebello Unified School District is proud and privileged to provide these quality curriculums to students in our 24 elementary and middle schools through the new Grant Initiative. Beverly Cohen, a member of the Initiative Team, will coordinate and implement the outstanding *Too Good for Drugs* and *Too Good for Violence* programs.

Ms. Cohen can be reached for additional information at: cohen_Beverly@montebello.k12.ca.us

For additional information

Contact Michael Cobarrubias, Grant Director
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www.spsg-software.com/montebello



Beverly Cohen MUSD, D.A.T.E. Coordinator

A dedicated educator for over 25 years, Ms. Cohen stands in the spotlight for our July issue. Personal learning and teaching others how to learn has been the driving force in Beverly's background. No stranger to the District, she taught at Bell Gardens Intermediate School from 1984 to 2006 as a math, science, social studies, health and physical education teacher; she has served as a resource specialist, and special education teacher. Her leadership training and skills have served District students and personnel well for many years.

As D.A.T.E. (Drug, Alcohol and Tobacco Education) Coordinator Ms. Cohen is responsible for all training and curriculum activities relating to Alcohol, Tobacco and Other Drugs (ATOD) for students, staff and parents. In this position, Beverly will make frequent visit to school sites carrying the responsibility for the fidelity of each program, thus ensuring that the required number of sessions are held and that all students will avail themselves of the programs.

Ms. Cohen will also be responsible for the expansion and implementation of *Too Good for Drugs* to all students at the District's 24 elementary and middle schools, as well as the *Too Good for Violence*, *Towards No Drugs* and *Project EX* programs. She and Lt. John Ortega will collaborate on the *Every 15 Minutes* and *Drug Store* Programs. That is a tall order, but not one that Beverly shies away from. Her devotion to at-risk populations and enthusiasm for new experiences will be contagious to all who work with Beverly.

She started her education in 1971 at Oral Roberts University in Tulsa Oklahoma with a B.A. in Elementary Education. In 1999 she began a four-year study to earn an M.A. in Marriage, Family and Child Counseling from Pasadena's Pacific Oaks College.

Something that not everyone may know about Beverly Cohen is that she LOVES to dance! Be it Ballroom, Latin, West Coast Swing or Country Western, you'll find her on the floor keeping the beat! Her church activities take up a large part of her leisure time by singing in the choir; she's even performed in Disneyland's Candlelight Procession.

Women's ministries are important as is SERVE Weekends where service projects are conducted in the community in lieu of church services. She's a resident of Whittier and enjoys maintaining ties and activities with her extended family.

The Montebello Unified School District appreciates and is grateful for the level of knowledge and professionalism Ms. Cohen brings to the table as a member of the Element Working Group.

