

LONG TRAIL SCHOOL founded 1975

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LONG TRAIL SCHOOL HELPS STUDENTS MAKE HEALTHY CHOICES

Dorset---In early October, Long Trail School welcomed Tim Ryan of FCD Educational Services to assist the School in establishing a program designed to prevent substance use and abuse in the community. FCD Educational Services is the world's leading nonprofit provider of on-site substance abuse prevention services for kindergarten through college. Ryan spent a total of four days at Long Trail, meeting with students, parents and faculty and staff. His visit culminated with the School's announcement that LTS had established an early intervention team of faculty and staff who are trained to address substance use and abuse problems before they escalate to a more serious health or disciplinary level.

During his visit, Ryan focused on students in grades 8, 10, 11, and 12, which FCD identifies as transition years when risk for experimentation with substances is highest. Teachers released valuable class time to allow Ryan to interact with Long Trail's students in small groups. Head of School John Sutor noted, "Our community understands the value of the prevention of substance use and abuse, and we feel very strongly that educating our kids on this subject is as important as learning about Chaucer, Newton's Laws of Gravity, or the Wilmot Proviso." Ryan also met with faculty and staff and made a presentation to parents, which was co-sponsored by the Long Trail Parent Association.

Long Trail's early intervention program is a referral-based health program that encourages community members to care for each other. The program is rooted in FCD's beliefs, which LTS supports, that children and adolescents are most likely to make responsible choices about alcohol, tobacco, and other drug use when they are presented with accurate information, respected and listened to, given clear, consistent expectations for behavior, exposed to positive role models, and rewarded for choosing to live drug-free.

Peter Ahlfeld, Dean of School, is delighted that Long Trail shares this approach with that of The Collaborative, a nonprofit, community based substance abuse prevention coalition in Manchester. "I'm excited to bring a good educational program to our students, some of whom are presented with tough choices. We have developed a health track program and are working with local resources to allow our support to continue." For more information about this program, please contact Peter Ahlfeld at 802.867.5717 x107.