

# HUNTINGDON AREA HIGH SCHOOL

2400 Cassady Avenue, Suite 1 Huntingdon, PA 16652

Phone: (814)643-1080 Fax: (814)643-3800 Website: <http://huntsd.org>

Mr. Travis R. Lee,  
Principal

Mrs. Kristen C. Streightiff,  
Assistant Principal

## **“ALL LEARNERS, ALL FUTURES”**

**To:** Learners, Parents, and Guardians  
**From:** Mr. Travis R. Lee, High School Principal  
**Re:** HAHS/Mainstream Counseling “Too Good” Program Partnership  
**Date:** October 26, 2021

Greetings Parents and Guardians,

We are proud to announce a partnership with Mainstream Counseling to implement the “Too Good” program at HAHS. This program, to be implemented during the school day, is an evidenced-based program that focuses on social skills development lessons. These lessons target the PA Standards for interpersonal skills, as prescribed by the American School Counseling Association (ASCA). The first five lessons, as part of Unit 1, include goal setting, decision making, identifying and managing emotions, effective communication, and building relationships. The second unit of this program uses these skills as foundational information to help students make positive choices in regards to drug and alcohol prevention during the next five lessons. A listing of the lessons in Units 1 and 2, and a brief description of each, can be found in the infographic on the reverse side of this memo.

The program will begin with a brief initial survey next Tuesday, November 2nd. The survey will be used to compare responses during a post-survey to be given at the conclusion of the program to help gauge the program’s effectiveness. The lessons will be delivered by a Mainstream Counseling prevention specialist via Zoom, with classroom teachers helping to facilitate the lessons. We have our first two lessons scheduled to take place during the month of November, with the remaining lessons to be delivered during the course of the year.

Please note that since the lessons will be delivered during Covid-ER, our HCCTC students will not be participating in these lessons. However, learners or families interested in the curriculum should reach out to Mr. Lee to determine an alternative learning pathway.

We look forward to providing these lessons to our students without needing to sacrifice instructional time during regularly scheduled classes. The Too Good program will help us to provide important education to our learners to help with their overall social and emotional development. We thank Mainstream Counseling for their willingness to bring the program to HAHS. If you have any questions, please reach out to the High School Office.

Sincerely,

Travis R. Lee,  
HAHS Principal

# Mainstream Counseling - Too Good Program

## Lesson Overview and Areas of Focus



### Unit 1: Social Skill Development

<p><b>HS.1 Graduation Day</b> Goal Setting</p> <p>Students learn how to set and reach personal goals. Students apply the steps to setting personal goals and understand the benefits of positive self-talk. Students also learn how to overcome obstacles to reaching a goal.</p>	<p><b>HS.2 Who's in Charge Here?</b> Decision Making</p> <p>Students learn how to plan their actions, evaluate their choices, and problem-solve using the steps for responsible decision making. Students also examine social and emotional influences on decisions and take responsibility for their choices.</p>	<p><b>HS.3 Feelings 101</b> Identifying and Managing Emotions</p> <p>Students learn how to recognize and manage their emotions in healthy ways. Students analyze how unmanaged emotions can influence decision making, and how having empathy and respect helps us get along better with others.</p>	<p><b>HS.4 Say What You Mean. Mean What You Say</b> Effective Communication</p> <p>Students learn how to apply effective communication skills to peacefully resolve conflicts and maintain positive relationships. Students also analyze how being assertive can help them be successful in various situations.</p>	<p><b>HS.5 The Ties that Bind</b> Bonding and Relationships</p> <p>Students compare healthy and unhealthy friendship qualities and learn the benefits of bonding with pro-social others. Students develop social-awareness and interpersonal skills to maintain positive interactions with people at work, school, and in their communities.</p>
---	--	--	---	--

### Unit 2: Substance Use Topics and Skill Application

<p><b>HS.6 Wasted Time:</b> Effects of Alcohol Use</p> <p>Students learn social consequences and the short-term and long-term effects of alcohol use on the teenage brain and body. Students examine the effects of alcohol use on the ability to reach goals. Students also analyze how media can influence their expectations of the effects of alcohol use.</p>	<p><b>HS.7 Vaporware:</b> Effects of Nicotine Use</p> <p>Students learn the short-term, long-term, and social consequences of tobacco use. Students also learn the stages of addiction and the associated behaviors of each stage. Students also identify the benefits of remaining tobacco free.</p>	<p><b>HS.8 Truth or Consequences:</b> Effects of Marijuana Use</p> <p>Students examine the misperceptions of marijuana and its use. Students also learn the effects of marijuana use on the teenage brain and body as well as its impact on goals, activities, and occupations.</p>	<p><b>HS.9 The Evidence Speaks for Itself:</b> Prescription, OTC, and Street Drugs</p> <p>Students examine the developmental aspects of risk-taking and differentiate healthy and unhealthy risks by predicting outcomes. Students learn the addictive and harmful effects of street drugs as well as over-the-counter and prescription drug abuse.</p>	<p><b>HS.10 Consider the Alternative:</b> Alternatives to Substance Use</p> <p>Students identify the reasons that some teenagers choose to use drugs and examine healthy alternatives to drug use. Students recall and apply goal setting, decision making, effective communication, and emotion and relationship management skills. Students review the effects of drug use on the teenage brain and body.</p>
--	---	---	---	---

### Unit 3: Social Perspectives Topics and Skill Application

<p><b>HS.11 Many Rivers to Cross</b> Respect for Self and Others</p> <p>Students examine why having self-respect boosts their self-esteem and self-confidence. Students also learn perspective-taking skills and demonstrate disagreeing respectfully with others.</p>	<p><b>HS.12 The Resolution Solution</b> Conflict Resolution</p> <p>Students learn how to differentiate between everyday conflicts and violence. Students examine what can escalate a conflict to violence and learn healthy approaches to resolving conflicts.</p>	<p><b>HS.13 Maximizing Life, Minimizing Stress</b> Stress Management</p> <p>Students identify the mental and physical signs of stress. Students also learn how managing stress makes it easier to succeed in social and academic situations.</p>	<p><b>HS.14 #Compatibility</b> Healthy Teen Dating</p> <p>Students differentiate healthy and unhealthy characteristics of dating relationships. Students also demonstrate ways to bond with pro-social partners to build and maintain healthy dating relationships.</p>	<p><b>HS.15 Finding Perspective</b> Social Media Awareness</p> <p>Students analyze online content and apply the decision-making model to mitigate the influence of social media on personal goals, choices, and self-esteem. Students review the social-emotional skills developed and applied in the course.</p>
--	--	--	---	---