



Dear Client,

You have elected to participate in an important two-day alcohol and drug risk reduction program. Please make certain you bring a sack lunch and the \$120.00 class fee (**non-refundable**) which covers the actual cost of materials provided. Checks should be made payable to Volunteers of America. We encourage you to call the People Mover at 343-6543 if transportation is an issue.

The program is called Alcohol & Drug Information School (ADIS). It is designed for people who have begun using alcohol and other drugs, or who are part of a group where some alcohol and drug use is likely. You will be learning new information that helps reduce risk for any future alcohol and other drug related-related problems throughout life.

ADIS provides a clear understanding of how our own biology and our behavior affect our risk for problems. It also helps people understand that many things inside them and within our society influence our choices. You will learn how to respond to these influences in a way that reduces their risk for problems. The class also gives people a clear understanding of how their choices can create risk, and the importance of always making low-risk choices about alcohol and other drugs.

While the program *can* do these things, you are the only one who can share family expectations, values and important information on family history.

If you have questions or concerns please feel free to call me *at 265-1906*.

Sincerely,

Joy Dossman  
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Volunteers of America Alaska  
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