



May 2021

CHANGE IS IN THE AIR!

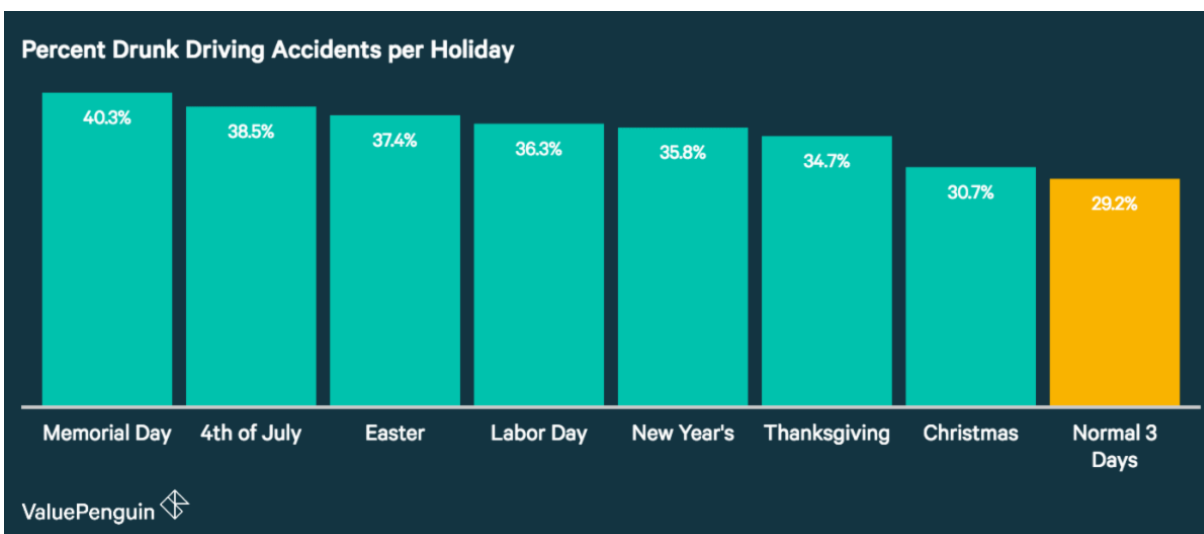
As schools are re-evaluating their end of the year game plan, AAC wants you to know that we are here to help assist you in closing out on a positive note. We have continued to work earnestly this past year to develop 3, (yes THREE) versions of the Real DUI Court in Schools Program to bring your students; Live, Virtual and Classroom Edition. Due to the pandemic and distant learning our "Virtual" Real DUI Court in Schools Program has been the most popular option for high schools. This "reverse field trip" inside the Superior Courthouse compliments your curriculum while providing students an opportunity to take a field trip virtually. Our self-run program is a two-pronged approach of educating students on the dangers of impaired driving, the inner workings in the courtroom after an arrest has been made and the roles of the the judicial branch. After the sentencing of a first time DUI offender, members of the court will make a brief presentation and then invite the students to participate in the interactive Q&A session. We will coordinate all the details with the court and provide you a secure webinar link to share with your students. Click below or call us today to reserve your spot (916) 761-2649. www.realDUIcourt.com

Click Here to Reserve a Date



Did YOU know?

Memorial Day is May 31!



Did you know?

- Memorial Day has the highest rate of drunk driving related crashes, and is the second most deadly holiday with an estimated **420 traffic deaths in 2019**.
- In 2019, Memorial Day had **more fatal crashes** than any other holiday.
- Part of the reason Memorial Day is **such a dangerous day** to drive is that it is the **unofficial start** of summer for many Americans.

Via: [autoinsurance.org](https://www.autoinsurance.org)

#FutureFocused

Teens who are #FutureFocused set long-range goals, fueled by today's decisions and actions. Check out this article and read about how to become #FutureFocused



while still in school!

Read Here!

Mental Health Resources For Young Adults

STUDENT GUIDE TO MENTAL HEALTH

KNOW THE 10 COMMON WARNING SIGNS

- | | |
|--|--|
| 1 Feeling very sad or withdrawn for more than two weeks | 6 Seeing, hearing or believing things that are not real |
| 2 Seriously trying to harm or kill oneself or making plans to do so | 7 Repeatedly using drugs or alcohol |
| 3 Severe out-of-control, risk-taking behaviors | 8 Drastic changes in mood, behavior, personality or sleeping habits |
| 4 Sudden overwhelming fear for no reason | 9 Extreme difficulty in concentrating or staying still |
| 5 Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain | 10 Intense worries or fears that get in the way of daily activities |



Mental health conditions are common among teens and young adults. [50%](#) of all lifetime mental illnesses develop by age 14 and [75%](#) develop by age 24. This website has a comprehensive list of articles that can assist you in finding help for yourself, a friend, and anyone else you may think of.

[Click Here](#) to read more.

MESSAGE FROM CEO



A Message From Our CEO

Are you planning to succeed?

Benjamin Franklin once said, "If you fail to plan, you are planning to fail." Most people fail, not because they lack talent, money or opportunity; they fail because they never really planned to succeed in the first place. (Read that again.) Having a plan brings structure, clarity and purpose to our lives. Planning is what truly gives wings to our dreams and sets them soaring.

Many of us are shifting from one stage of our lives to the next. You might be getting ready to promote to the next grade level or graduate from high school. Maybe you are thinking about applying for a new job or testing for a new promotion at work. Whatever situation you are facing today or in the coming weeks ahead understand that in order to shorten the path to success, one must lengthen the hours of preparation. Develop a strategy so that you make sure you are in the driver's seat with a clear vision of where it is you want to get, why you want to go there, and how you're going to turn your vision into reality...THEN ... starve your distractions and feed your focus!

I believe in you!

~Angela



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