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**April 2021**

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### **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](http://www.realDUICourt.com)

[\*\*Click Here to Reserve a Date\*\*](#)



**Did YOU know?**

**April is Alcohol Awareness month!**



## Did you know?

- National Alcohol Screening Day (April 7) **raises awareness** about the harmful effects of alcohol abuse and **alcohol dependency**. They offer **free anonymous** tests online.
- Nearly **1,825 college students die** from alcohol-related injuries or circumstances annually. An **additional 599,000** suffer from alcohol-related **injuries**.
- **Harmful alcohol use** results in the **death** of 2.5 million people **worldwide** annually, while **causing illness** and **injury** to millions more.

## #FutureFocused



Watch  
Here!

Teens who are #FutureFocused set long-range goals, fueled by today's decisions and actions. Check out this month's interview with **Pierce Ackerman, Fire Captain and Paramedic** to hear the importance of being #FutureFocused.

Mental Health Resources For Young Adults



Mental health issues affects our youth in more ways than we can comprehend. From schoolwork to friendships to sleeping patterns. This website has a comprehensive list of online resources, support groups, peer networks, helplines, treatment locators, and advocacy opportunities for adolescents and young adults.

[Click Here](#) to read more.

## MESSAGE FROM CEO



### A Message From Our CEO

The team at AAC interrupts this regularly scheduled message to bring you a lighthearted interview with our fearless boss. It's her *birthday month* so we thought it would be fun for you to get to know the person behind the passion of Arrive Alive California Inc.

#### **What originally got you interested in your current field of work?**

I believe there are moments/events that can change the trajectory of our lives forever. A few years ago, I was involved in a roll-over crash, which resulted in major injuries. At the time I was a certified trauma and crisis responder for youth, working closely with local law enforcement to be *their* first responder to on-scene critical incidents. After the crash my focus really shifted from post-vention support to pre-vention awareness.

#### **What tools and strategies do you use to maintain productivity?**

Typically, I wake up around 4:30am each day and before I go to sleep, I write out a "to do" list. I am very deliberate about how I manage my time and also set self-imposed deadlines for tasks and projects. I keep both my personal and professional goals next to my computer and usually a note with a "focus saying" for the week. This week saying: "Change Your Optics."

#### **What fears did you have to push pass in your life?**

Believe it or not, public speaking was something I struggled with for many years. I knew early on this phobia doesn't just magically disappear, so I chose to put in the work with Toastmasters, and small speaking engagements. In doing so, I learned how to turn anxiety into excitement and push pass the nerves by using humor. Now you can't get me off the microphone. Ha!

#### **Do you have any special accomplishments or awards?**

Graduating from college was a big deal because I was a 1<sup>st</sup> generation college graduate. The President's Volunteer Service Award from President Obama was cool and honestly a bit of a shock because I didn't know it existed. I considered the hundreds of hours of serving the youth in my community was an honor enough. Oh, and then there was the Marines Athletic Award; I made 'Varsity' in 3 sports all 4 years of high school. (Granted, there was only about 100 students enrolled but whatever. Go Vikings!)

#### **What are some things people would be surprised to know?**

Growing up, I experienced significant heartache and loss in my life. After years of healing, I chose to turn my pain into a force for good by helping others. I'm really a big kid at heart and always ready for the next adventure. I am a certified self-defense instructor for women and children, a DIY'er, a master shopper and I shoot competitively. Without a doubt, my absolute favorite thing on this planet is spending time with my husband, kids and grandkids.

**Last question, do you have a favorite quote or saying you would like to share?**

I have so many! lol. But this one is a personal favorite:

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat." - Theodore Roosevelt

Friends, spend your life in a worthy cause, fight to become the person you want to be and don't let the noise of others' opinions drown out your own inner voice. Stay focused on your future and be the change you want to see in the world.

Sincerely,

Angela

