

creating in tandem HEATHER BIANCHI DESIGN



## I DESIGN IN TANDEM—TO ACCOMMODATE YOUR NEEDS.

You need a designer who can creatively and skillfully handle a project from conception to completion.

---

**I CAN TAKE THE LEAD.**

You need a designer who can follow design standards, an established look or pick up a job mid-way.

---

**I CAN FOLLOW THE LEAD.**

You need a partner in creative brainstorming and concept development.

---

**WE LEAD THE WAY TOGETHER.**



# THE VALLEY HEART AND VASCULAR INSTITUTE

TAKING STEPS TO ADVANCE HEART CARE LIKE NO OTHER

WINTER 2022



In alliance with



### VOTE FOR VALLEY IN THIS YEAR'S U.S. NEWS BEST HOSPITALS SURVEY

Each year U.S. News & World Report asks physicians to cast their votes in its Best Hospitals Survey. Valley has an excellent chance of ranking this year as one of the Best Hospitals for Cardiology & Heart Surgery (one category), but we need your support.

Paper surveys have been permanently retired, and the only way to vote is via Doximity.

If you don't have a Doximity account, registering is quick and easy:

1. Go to [Doximity.com](https://www.doximity.com) (or scan the QR code below)
2. Enter your first and last name on the home screen
3. Click on "find my profile"

Surveys will be available in February. Watch your email and your Doximity profile for the opportunity to vote. As you cast your ballot for cardiology and heart surgery in the U.S. News Best Hospitals survey, please remember to **vote for Valley!**



### THE VALLEY HEART AND VASCULAR INSTITUTE

The Valley Heart and Vascular Institute is known for its depth of experience, high-quality care, and its alliance with the world-famous Cleveland Clinic Heart, Vascular & Thoracic Institute. Cleveland Clinic is ranked No. 1 in heart care by U.S. News & World Report (2021-22). Valley's multidisciplinary team approach to care represents a forward-thinking and integrated strategy for the treatment of cardiovascular pathologies that is centered on each individual patient's needs.

We would like to present a snapshot of our cardiovascular program.

For more information about The Valley Heart and Vascular Institute, please visit [valleyheart.com/heart](https://valleyheart.com/heart).

# The Valley Hospital Cardiac Update Mailer

A quarterly mailer was designed to keep the community and cardiology professionals informed about The Valley Hospital's capabilities and achievements. A bold, rectangular framework organizes content into clear snapshots, highlighting the hospital's depth of expertise and commitment to high-quality care.

### MEET THE STRUCTURAL HEART TEAM

Valley's multidisciplinary structural heart team provides a collaborative approach to developing individualized treatment plans for each patient, ensuring that all treatment decisions are appropriate after an objective assessment. Our team also benefits from a collaboration with the Center for Comprehensive Heart Failure Care and Advanced Cardiovascular Imaging Program.

#### Structural Interventionalists



**Rajiv Teyal, MD, MPH**  
Director, Structural Heart Program and Cardiac Catheterization Laboratory

**Haseeb Y. Kim, MD**  
Associate Director, Cardiac Catheterization Laboratory

**Hussain M. Rahim, MD**  
Structural Heart Specialist

#### Cardiac Surgeons



**Jason Gray, MD**  
Director, Catheterization Surgery

**Alex Zaprawski, MD**  
Cardiac Surgeon

**Habib Jabagi, MD**  
Cardiac Surgeon

### MEET OUR PHYSICIAN TEAM!

To learn more about the program, scan the QR code.



### INTEGRATED AORTIC PROGRAM

Valley's Integrated Aortic Program is unique in the region both by volume and quality outcomes. Our well-established diagnostic, surgical, and surveillance program offers comprehensive care and education to patients and family members living with aortic aneurysms and acute aortic syndromes. Our aortic aneurysm team has treated a variety of conditions including, aortic root and ascending aneurysms, aortic arch and descending aortic aneurysms, bicuspid aortic valve disease, aortic stenosis and insufficiency, thoracic/abdominal aortic aneurysms, and abdominal aortic aneurysms.

Our team is pleased to welcome cardiothoracic surgeon, Habib Jabagi.

MD, FRCS: Dr. Jabagi specializes in aortic and aortic valve procedures, including open surgical and endovascular techniques including transcatheter aortic valve replacement (TAVR), and thoracic endovascular aortic stents (TEVAR). Dr. Jabagi has completed an Advanced Open and Endovascular Aortic fellowship at the University of Michigan's renowned Frankel Cardiovascular Center, where he spent time perfecting his skills in aortic surgery and treating complex aortic pathologies. Dr. Jabagi is dedicated to providing personalized aortic care, tailored to the unique needs of each of his patients, using the latest and best evidence in aortic surgery.



Rendering of an ascending aortic aneurysm.

**VALLEY CURRENTLY HAS MORE THAN 1,500 PATIENTS UNDER SURVEILLANCE IN THE PROGRAM, RANGING FROM 17 TO 90 YEARS OF AGE.**

To learn more about the program scan the QR code.



6. To refer a patient to The Valley Heart and Vascular Institute, please call 1-800-VALLEY1 (1-800-825-5393).

7. For more information about The Valley Heart and Vascular Institute, please visit [valleyheart.com/heart](https://valleyheart.com/heart).



## Red Barn Mercantile Logo

A boutique home store known for offering the “finest mix of the old and new.” The logo reflects this balance, combining classic charm with a modern touch to capture the store’s unique character.

BOXES  
OF  
BASICS



BOXES  
OF  
BASICS

SARAH TYNDALL  
Executive Director  
571.338.3369  
info@boxesofbasics.org  
www.boxesofbasics.org  
boxesofbasics

9239 Mike Garcia Dr, Manassas, VA 20109

WWW.BOXESOFBASICS.ORG

9239 Mike Garcia Dr, Manassas, VA 20109 www.boxesofbasics.org 571.338.3369

BOXES  
FOR  
GIRLS

BOXES  
FOR  
BOYS



BOXES  
OF  
BASICS

## ABOUT US

Did you know that parents will spend an average of \$264 on their children's seasonal clothing? But that number is out of reach for many families.

Our mission is to empower kids with seasonal wardrobes packed with love and compassion. We work with school counselors, social workers, faith leaders and human services agencies to provide children with stylish, quality clothing that will give kids confidence and help them thrive!



..... YOUR SPRING CLEANING .....  
CAN CHANGE LIVES



Boxes of Basics collects new and gently used children's clothing and carefully curates them into personalized wardrobes for local kids in need. Each box provides well-fitting, stylish outfits to help children feel confident and comfortable as they grow. By reappreciating donated clothing, we ensure that every child has access to the basics they deserve.

## YOU CAN HELP

- Make a Donation
- Follow us on Facebook @boxesofbasics
- Sort Clothing & Pack Boxes of Basics
- Deliver Boxes of Basics
- Organize a Donation Drive
- Shop our Amazon or Walmart Wishlist
- Become an Ambassador

## WHAT'S IN THE BOX?

Our model for getting the clothes to children removes the stigma that goes along with needing help. By providing clothing that kids are proud to wear, we empower children to succeed in the academic environment.



Each Box of Basics is lovingly curated by one of our volunteers. Every child receives a full seasonal wardrobe including new socks and underwear, shorts, pajamas, a variety of tops and bottoms to mix, match, and layer and outerwear appropriate to the season. School outfits, play clothes, a dental hygiene kit, age-appropriate book and more, each Box of Basics contains everything a child needs for the season.

For volunteering & donation opportunities, visit  
WWW.BOXESOFBASICS.ORG



## Boxes of Basics Branding

A nonprofit providing children in need with seasonal wardrobes. Boxes of Basics wanted its branding to reflect the love and care behind every package. The identity highlights the feeling of receiving a special gift, with logo submarks tailored for boys and girls. The system extended across collateral including stationery, packaging, and fundraising materials.



## APRIL 7-9, 2024

# SAVE THE DATE

Denver Convention Center, Denver, Colorado

**Why Attend Lifesavers?**

- Participation & Training**
  - Participate in over 100 live workshops from ten tracks addressing hot topics, latest trends & cutting-edge programs
  - Learn from traffic safety experts, practitioners & national leaders
- Networking**
  - Engage in formal & informal exchanges with safety professionals from American Automobile Association, American Association of Motor Vehicle Administrators, Federal Highway Administration, Federal Motor Carrier Safety Administration, Governors Highway Safety Association, Insurance Institute for Highway Safety, Mothers Against Drunk Driving, National Police Officers Association, National Highway Traffic Safety Administration, National Safety Council, National Transportation Safety Board, Safe Kids Worldwide, the auto & insurance industries and more...
- Exhibits**
  - National and global product companies, non-profits & government agencies
  - State-of-the-art products & services

**Who Attends Lifesavers?**

- Local, tribal, state & federal highway safety officials
- Law enforcement officers, prosecutors & first responders
- Child safety advocates, technicians & instructors
- Private & non-profit traffic safety program providers
- Victim advocates
- Auto & insurance industry leaders
- Public health professionals
- Safety & injury prevention specialists
- Students, researchers & academics
- Transportation planners & engineers

**Registration opens in early November!**

To learn more, watch our conference video on the homepage at [www.livesaversconference.org](http://www.livesaversconference.org)

Visit the website in August for the link to the conference event site, the schedule of events, hotel information, and other conference information. The conference hotels are the Hyatt Regency, Hyatt Place Denver Downtown, or Hyatt House Denver Downtown

Whether you're a novice or seasoned safety professional, LIFESAVERS is for you!

## APRIL 7-9, 2024

# SAVE THE DATE

Colorado Convention Center, Denver, Colorado

Who Attends Lifesavers? Local, Tribal, State & Federal Highway Safety Officials • Law Enforcement, Prosecutors, First Responders • Child Safety Advocates, Technicians & Instructors • Private & Non-Profit Program Providers • Victim Advocates • Auto & Insurance Industry Leaders • Public Health Professionals • Safety & Injury Prevention Specialists • Students, Researchers & Academics • Transportation Planners & Engineers

## EXHIBIT AT LIFESAVERS

Obtain national exposure as you interact with 2,000 highway safety professionals representing all 50 states, as well as American territories and foreign countries.

Exhibitors are listed on the website, mobile app and event site, including a brief product description.

Exhibit hours are designed for maximum exposure and networking opportunities, with hours on Monday, April 8, on Monday and Tuesday, April 9, and on Wednesday, April 10, and on Thursday, April 11, 2024. Exhibitor space is available on a first-come, first-served basis. Register online at [www.livesaversconference.org/registration/](http://www.livesaversconference.org/registration/)

**EXHIBIT RATES**

For Booth	.....	\$1,750 per booth
Non-Booth	.....	\$500 per booth

Exhibit Personnel: First representative a complimentary, second rep is \$375, additional reps are \$405 each.

**EXHIBIT HOURS/ EVENTS IN EXHIBIT HALL**

Sunday, April 7	.....	
09:00 - 5:00 p.m.	.....	Exhibit Hall Open
09:00 - 1:00 p.m.	.....	Exhibit Hall Open
09:00 - 4:00 p.m.	.....	Networking & Complimentary Refreshments
Monday, April 8	.....	
09:00 a.m. - 4:00 p.m.	.....	Exhibit Hall Open

(Closed during Public Service Awards Luncheon)

09:00 - 04:00 p.m.	.....	Crab & Seafood Luncheon
2:45 - 4:00 p.m.	.....	Networking & Complimentary Refreshments

## SPONSORS

**INCREASE YOUR VISIBILITY AS A LIFESAVERS SPONSOR**

Present your organization's expertise and become a 2024 Lifesavers sponsor. Benefits include recognition on the Lifesavers website, registration site, event site, email blasts, mobile app, and signage, and special seating and recognition at the Public Service Awards and closing dinner luncheon. Past and Champion sponsors receive a complimentary exhibit booth & more.

**JOIN OUR 2024 SPONSORS (TO DATE)**

- American Road & Builders Builders
- Insurance Institute for Highway Safety
- Coastal Bio-Tech
- National Safety Council
- Naturemade
- Part To The Broken, Inc. aka BRAKES
- Safe Kids Worldwide
- Sharp Care, Inc.
- State Farm

For more information, visit [www.livesaversconference.org/home](http://www.livesaversconference.org/home) or call 720-620-7944 or email [Kristin.King@livesaversconference.org](mailto:Kristin.King@livesaversconference.org)

## Lifesavers Conference Suite

This annual event brings together highway safety professionals to explore the latest research, best practices, and initiatives. Each year's unique location, in the United States, is reflected in the conference identity, from the custom logo to the Save the Date flyer, Save the Date postcard, floor plan and brochure.





## The Tao Institute Logo

The Tao Institute specializes in Qigong, an “internal” martial art that emphasizes inward healing. Their mission is to empower clients to cultivate self-healing, self-empowerment, and overall well-being to enhance quality of life. The logo reflects the connectedness of these three elements.

# OUTCOMES MATTER

PROGRAM UPDATES FROM THE VALLEY HOSPITAL'S GAMMA KNIFE CENTER

## FACE FACTS ABOUT TRIGEM TREATMENT

With next-generation stereotactic radiosurgery from the Leksell Gamma Knife® Icon™, trigeminal neuralgia has met its match at The Valley Hospital Gamma Knife Center.

Trigeminal neuralgia patients benefit from Gamma Knife's ability to deliver 192 precision-focused beams of radiation directly to the treatment area. This means only the nerves causing facial pain and numbness receive the radiation—not the surrounding healthy areas.

**IN A CLASS BY ITSELF**  
Unlike other forms of stereotactic radiosurgery, Gamma Knife is **exclusively** designed to treat conditions of the head and neck.

Some day, acquisition cost | No incision | Framesless alternative | Single session or fractionated treatment

TN PATIENT CLINICAL CHARACTERISTICS		
Gender	Female	57%
Affected Side	Left	46%
	Right	54%
None Branch Affected	TR	33.2%
	TR2	17.6%
	TR3	28.0%
	TR4	15.2%
	TR5	17.0%
	TR6	8.9%
Pain Type	Typical	71.6%
	Atypical	28.4%
	No response	1.1%
	Not stated	0.7%
Residual DRG Score	TR	40.2%
	TR2-TR6	59.8%
Pain Intolerance	Yes	21%
	No	79%

**7.7 WEEKS** MEDIAN TIME TO PAIN RELIEF (ATYPICAL PAIN)

**11.9 WEEKS** MEDIAN TIME TO PAIN RELIEF (TYPICAL PAIN)

**223** VOLUME MATTERS **929**

Number of trigeminal neuralgia patients treated at Valley

Number of Gamma Knife treatments at Valley since 2011

## FACE FACTS ABOUT TRIGEM TREATMENT

With next-generation stereotactic radiosurgery from the Leksell Gamma Knife® Icon™, trigeminal neuralgia has met its match at The Valley Hospital Gamma Knife Center.

Trigeminal neuralgia patients benefit from Gamma Knife's ability to deliver 192 precision-focused beams of radiation directly to the treatment area. This means only the nerves causing facial pain and numbness receive the radiation—not the surrounding healthy areas.

**IN A CLASS BY ITSELF**  
Unlike other forms of stereotactic radiosurgery, Gamma Knife is **exclusively** designed to treat conditions of the head and neck.

Some day, acquisition cost | No incision | Framesless alternative | Single session or fractionated treatment

TN PATIENT CLINICAL CHARACTERISTICS		
Gender	Female	57%
Affected Side	Left	46%
	Right	54%
None Branch Affected	TR	33.2%
	TR2	17.6%
	TR3	28.0%
	TR4	15.2%
	TR5	17.0%
	TR6	8.9%
Pain Type	Typical	71.6%
	Atypical	28.4%
	No response	1.1%
	Not stated	0.7%
Residual DRG Score	TR	40.2%
	TR2-TR6	59.8%
Pain Intolerance	Yes	21%
	No	79%



**7.7 WEEKS** MEDIAN TIME TO PAIN RELIEF (ATYPICAL PAIN)

**11.9 WEEKS** MEDIAN TIME TO PAIN RELIEF (TYPICAL PAIN)

**4** "I am now experiencing a quality of life that I didn't think was ever possible again."  
—Paul, trigeminal neuralgia patient

## GAMMA KNIFE STEREOTACTIC RADIOSURGERY OFFERS AN IDEAL ALTERNATIVE TO MEDICATIONS AND SURGERY

Trigeminal Neuralgia Treatment: Your Patients Have Options

 <p><b>MEDICATIONS</b> may lose their effectiveness over time and have side effects.</p>	 <p><b>SURGERY</b> is invasive, not recommended for all patients, and carries some risks.</p>
---	--


**GAMMA KNIFE** is noninvasive and LESS LIKELY to cause complications.

## FACE FACTS ABOUT TRIGEM TREATMENT

With next-generation stereotactic radiosurgery from the Leksell Gamma Knife® Icon™, trigeminal neuralgia has met its match at The Valley Hospital Gamma Knife Center.

Trigeminal neuralgia patients benefit from Gamma Knife's ability to deliver 192 precision-focused beams of radiation directly to the treatment area. This means only the nerves causing facial pain and numbness receive the radiation—not the surrounding healthy areas.

**IN A CLASS BY ITSELF**  
Unlike other forms of stereotactic radiosurgery, Gamma Knife is **exclusively** designed to treat conditions of the head and neck.



Some day, acquisition cost | No incision | Framesless alternative | Single session or fractionated treatment

TN PATIENT CLINICAL CHARACTERISTICS		
Gender	Female	57%
Affected Side	Left	46%
	Right	54%
None Branch Affected	TR	33.2%
	TR2	17.6%
	TR3	28.0%
	TR4	15.2%
	TR5	17.0%
	TR6	8.9%
Pain Type	Typical	71.6%
	Atypical	28.4%
	No response	1.1%
	Not stated	0.7%
Residual DRG Score	TR	40.2%
	TR2-TR6	59.8%
Pain Intolerance	Yes	21%
	No	79%

**7.7 WEEKS** MEDIAN TIME TO PAIN RELIEF (ATYPICAL PAIN)

**11.9 WEEKS** MEDIAN TIME TO PAIN RELIEF (TYPICAL PAIN)

**4** "I am now experiencing a quality of life that I didn't think was ever possible again."  
—Paul, trigeminal neuralgia patient

## PUTTING OUR PATIENTS FIRST

Our video program has been created by a comprehensive team from the first consultation to the day of your procedure.

Guided by Valley's Patient and Family-Centered Care principles, our entire team puts patients and their family members at the center of their care. We have our patients' understand what to expect and provide every level of assistance, including emotional support and financial guidance.

**FOR TRIGEM AND MUCH MORE**  
Gamma Knife is also used to treat:

- Acoustic Neuroma
- Brain Metastases
- Cerebral Arteriovenous Malformations
- Chiasmomas
- Chordomas
- Pituitary Tumors
- Spinal Cord Tumors
- Trigeminal Neuropathy
- Trigeminal Neuralgia
- Trigeminal Schwannoma

## THE VALLEY HOSPITAL GAMMA KNIFE CENTER

Our Team:

- Anthony D'Ambrasio, MD, Neurosurgeon
- Chad DeYoung, MD, Radiation Oncologist
- Neurosurgeons: William Cobb, MD, PhD; Thomas Kelly, MD, PhD; Michael Weissen, MD
- Nurse Practitioner: Karly Lofgren, RN, BC; Susan Voss, RN, RN, CRRN



**CONTACT US**  
to speak to one of our physicians or to refer a patient for Gamma Knife  
914.344.4353  
ValleyGammaKnife.com

**We're focused on the same thing you are: OUTCOMES.**



# The Valley Hospital Neurointerventional Services Mailer

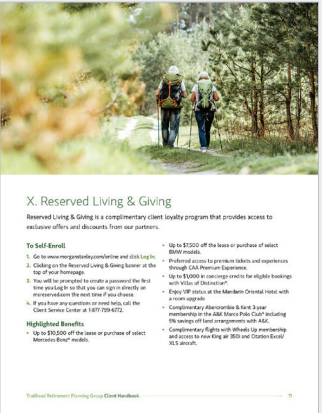
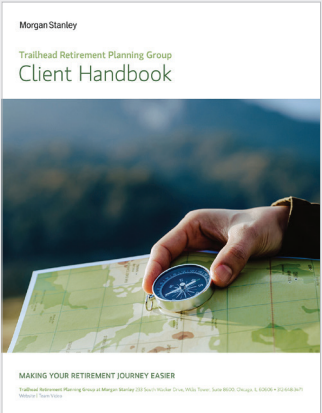
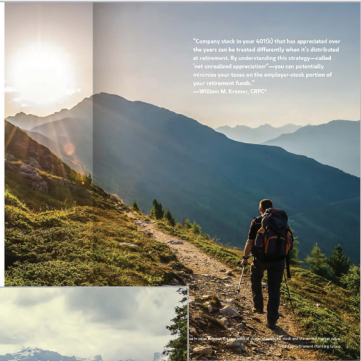
This quarterly, barrel-fold mailer reaches out to neurologists and other professionals in the field keeping them updated on The Valley Hospital's capabilities and success. The bold info-graphics provide readers with a snapshot of Valley's impressive statistics.



### Focused retirement planning knowledge

While many financial advisors provide retirement planning services, we at Trailhead Retirement Planning Group at Morgan Stanley are among the most focused on this specialty.

When working together to work to meet the client's needs, we can work with you to create a comprehensive retirement plan that is tailored to your unique needs. We have the expertise to help you understand the impact of your retirement decisions, and we can help you make the most of your retirement savings. Our team of experts can help you understand the impact of your retirement decisions, and we can help you make the most of your retirement savings.



## Morgan Stanley (Trailhead) Marketing Suite

Playing off of the name *Trailhead*, this suite uses the visual theme of a hike to unify the materials. The brochure, client handbook, and retirement journey flyer illustrate how the Trailhead team guides clients from their primary careers into a fulfilling and comfortable retirement.

**Fisheries Infrastructure Assessment Tool (FIAT)**  
SEPTEMBER 2020

PROBLUE Administered by THE WORLD BANK

**Monitoring, Control and Surveillance Assessment Tool (MCS Tool)**

PROBLUE Administered by THE WORLD BANK

**Conducting A Public Expenditure Review in the Fisheries Sector**  
GUIDANCE NOTE AND TOOLS FOR PRACTITIONERS

PROBLUE Administered by THE WORLD BANK

**TABLE A2.2. Governance of Fisheries Infrastructure Sites**

Scale of site	Ownership	Governance and management arrangements
Landfill character	Public (directly owned by national government or government-owned enterprise) Private (company, individual, foreign) NGO (e.g. fishermen's organization) PPP (public-private partnership)	Operated or owned by the state (operated through a public or private entity) If possible, used to monitor and/or the contracted management of sites (e.g. lease, permit, cost sharing, co-management, user management and co-management contracts or leases)
A		
B		
C		

**Stakeholders**

The term **stakeholder** is used in a broad sense to refer to all individuals and entities that are involved in or affected by the proposed infrastructure investment in any way.

**Structure of the FIAT**

The FIAT is structured around a cycle of an infrastructure assessment process, which typically includes the following: scoping, planning, working, an findings, study, (B) findings study, technical and economic assessment, (C) project preparation, (D) investment and social impact assessment, (E) implementation, monitoring and financial control, and (F) project completion. The cycle of activities is supported by the activities and ongoing information.

**Target Audience**

The FIAT is intended to help users identify, design, implement, and monitor fisheries infrastructure investment systems. That users can be any individuals, including governments and private entities, from different geographical locations, and different levels of government. It is intended to be used by individuals in the private or public sector. Specifically, experience of the national government is what the FIAT will be useful for private users to facilitate government-governance. Besides, besides an initial strategy and design of general fisheries infrastructure investment. The objective of the national level of the program implementation is to be used. On the other hand, the FIAT is intended to be used by individuals in the investment projects, then impact assessment of various areas of impact, including economic, financial, marketing, operations, social, institutional, political, and environmental impact.

Fisheries Infrastructure Assessment Tool (FIAT) 3

# Fishery Infrastructure Assessment Tools (FIAT)—World Bank Reports

Part of the Fisheries Sector Assessment Toolkit, FIAT is designed to improve the performance and sustainability of fisheries investments by strengthening project design and management. The guides serve as both an informational resource and a practical tool, allowing users to reference data while recording statistics and notes.

smart  
**youth**  
make  
safer  
communities

**Carla**..... Age 13  
Goughly Educational Center for Liberal Arts and Science  
Detroit, MI

"My participation in Teen, Crime, and the Community began when Mr. Lewis Colson, a community leader, came and talked to our school about crime in the community and some of the choices that teenagers have. In order to participate in the program, we had to write an essay explaining why we wanted to participate in TCC. I wanted to do it because I don't live in such a great community. Where I live, there are a lot of problems. Most people don't graduate from high school, and people get up in each others' faces a lot and end up getting hurt. I wanted to do something to help my friends work things out.

Twice a week, we had sessions on conflict management and how to handle tough situations. We acted things out. After learning about how to help people work out conflict, we got involved in peer mediation at our school. I worked with a partner and actually helped resolve conflicts between kids at school. We took turns taking notes and helping those involved talk things through until they could resolve the problem. Working with a partner was helpful. It works well. You really learn how to work together.

The experience helped me learn how to work with people and how to listen to both sides of the story. It helped me develop listening skills that I use with my family and friends. I'll never lose what I learned about helping people work their way through problems. Now, if I get into a conflict with someone, I know when to walk away if the other person isn't willing to work things out.

TCC made a great impact on me. If I see someone arguing now, I don't stand back and watch and say "Ooh," and wait for something to happen, and if I hear about something, I don't sit things up with gossip. What I learned I brought back home and to my friends. A lot of my friends changed because of the program. For instance, one friend decided to try to get into the program because I was doing it. She got in, too. Before, she was always a fighter. Afterwards, she calmed down. Now when she gets into it with somebody, she talks it through or leaves it alone.

It was beneficial to me and would be for anyone who will take the time and effort. TCC gave us good information — that helps a lot. It taught us that things don't have to end in violence."

**"It taught us that things don't have to end in violence. "**

**Gabriel**..... Age 14  
Picacho Middle School  
Las Cruces, NM

"I used to get into trouble — pick on little kids, like a bully. I mind drugs before my mom found out and once in a while hung around with gangs. I got in trouble a lot around my neighborhood.

Typically, it was for breaking things. It's different since I got involved with TCC. I still hang around with some of the same kids because they are in my neighborhood and trailer park, only now if they want to get high, I back away. I don't break things and I don't pick on the little kids any more. Once in a while, I'll act without thinking. The temptation and pressure is still tough. But maybe I'll learn something to help me out in this area in my eighth grade TCC class (which I'll take next year).

Before I did TCC, I never really thought much about the consequences. In TCC, they explained what would happen to me if I did certain things — drugs, graffiti, etc. That makes me think differently. I know how to make choices and decisions now. I am not the same person. My older brother would say I'm not really much of a troublemaker any more.

I told my younger sister about TCC and showed her some material. She thought it was pretty cool and started to study it right away. Now she's in the class. I get to impact the younger kids in my trailer park, too. I tell them not to do certain things and they listen to me.

My mom was really angry when she found out I did some drugs. Now she's happy about what's happening to me. She knows I don't do drugs. But my mom's not stupid; she knows I still hang out with some of the kids in my trailer park. Only now when my friends ask me to get some weed or do something else that's illegal, I say no. Sometimes, they'll join me in doing something else.

Learning about the consequences is what made the difference. When you can see the impact of your actions, you can choose. TCC is a good program and it helps. Everybody should do this program — kids and adults."

**"When you can see the impact of your actions, you can choose. "**

## National Crime Prevention Council TCC Brochure

Teens, Crime & The Community (TCC) is a National Crime Prevention Council program designed to empower teens to build safer schools and neighborhoods. The brochure highlights how crime impacts entire communities while encouraging youth to take an active role in prevention.





571.239.4523 • [heather@studiohbd.com](mailto:heather@studiohbd.com) • [www.studiohbd.com](http://www.studiohbd.com) • Insta: studiohbd

