

## **MEDIA RELEASE**

FOR: Montgomery County Youth Services  
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FOR IMMEDIATE RELEASE



**FRED WITH SOME OF HIS NEW FRIENDS**

### **MONTGOMERY COUNTY YOUTH SERVICES' TURTLE MASCOT, FRED™, HELPS YOUTH AND ADULTS MAKE BETTER DECISIONS**

Montgomery County, Texas --- (March 24, 2009) --- Montgomery County Youth Services (MCYS) is introducing youth and adults to FRED™, a free program and mascot created by John C. Mason to help teach them how to address difficult decisions and deal with stress related issues and activities.

Crystal Lind, a prevention specialist for MCYS, presents FRED to both youth and adults, saying that the overall message of FRED is the same regardless of age.

Both youth and adults deal with stress. Parents tend to stress over finances, employment, shelter and food, and children experience those stresses too. Children also stress when there are changes in their family, changes in friends or changes in their home life and deal with stress at school over tests, assignments, projects and fitting in.

"I aim to provide students, parents and the public with up to date information to better understand issues that youth and families in different stages are currently facing," said Lind. "By providing prevention services, the goal is to provide youth with coping skills and tools to deal with daily life challenges and to provide parents with the support and tools they need to raise their children in a positive and motivating way."

While she regularly utilizes the FRED strategy in family counseling sessions, family courses and presentations, this time of year she's also presenting to students to help them realize that they will succeed at TAKS testing. FRED is a strategy students can use if they become nervous before or during their TAKS testing.

FRED is a program that works great with kids and adults.

"When we are presenting the FRED presentation to children, most adults' reactions consist of 'hey, I could use that myself'," said Lind. "John C. Mason created a fantastic strategy that works regardless of age or situation, and hearing kids say, 'that FRED thing really worked', is enough proof that the FRED program is a valuable life lesson."

"I was so nervous before the TAKS and afraid that I would not pass and would have to go through third grade again," said Lucas Summers, a third grade student at Bush Elementary. "But then I remembered what Ms. Crystal said about FRED, and I did it."

To learn more about how the FRED presentation can benefit you, please contact Crystal Lind at Montgomery County Youth Services, Monday thru Friday 8:30 am to 5 pm, at 936-756-8682.

Montgomery County Youth Services (MCYS) is a private, not-for-profit counseling agency committed to providing quality social service programs to children and families in crisis throughout Montgomery County.

The mission of Montgomery County Youth Services is to provide crisis counseling, shelter programs and prevention services to strengthen families, keep youth in school and prepare them to be productive citizens.

Montgomery County Youth Services, a United Way Agency, provides youth and family counseling; crisis counseling; substance abuse education and prevention services; community outreach programs; Fairway Home, a transitional living program for homeless youth throughout Montgomery County; and BridgeWay, an emergency shelter for abused and neglected youth in Montgomery County. MCYS is also a beneficiary of the Community Development Block Grant.

With offices in Conroe, The Woodlands, New Caney, Magnolia, East County, Willis and Huntsville, MCYS has been servicing Montgomery County since 1979, continuously working to help improve young lives.

For more information about Montgomery County Youth Services, please call 936-756-8682 or visit [www.youthmc.org](http://www.youthmc.org).

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