

23rd Annual 5K Run/Walk “Run for Recovery”



“Bike for Fun”

Saturday, April 22, 2023

In Honor of

Alcohol Awareness Month


Register at www.fairfieldbhs.org



23rd Annual 5K Run/Walk – April 22, 2023

“Run for Recovery”

In honor of **Alcohol Awareness Month**, this annual public event raises awareness about the dangers and negative impact of **alcohol abuse** and **underage drinking** that affects individuals, family, and community.

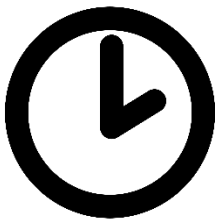
 **COURSE:** Run/Ride – 3.1 miles or Walk –1.8 miles passing through scenic and historic neighborhood of Winnsboro

REGISTRATION: www.fairfieldbhs.org · www.strictlyrunning.com · **Mailing Address:** P. O. Box 388
Physical Address: 178 US Highway 321 Bypass N., Winnsboro, SC 29180

DEADLINE: Team and individual early registration deadline is 7:00 pm, Thursday, April 20, 2023

Late registration fees will apply after that day.

Entry fees are **NON-TRANSFERABLE** and **NON- REFUNDABLE**



6:30AM-7:30AM ~ Individual Late Registration, Race Tag, & Recording Chip
7:35AM ~ Welcome, Emcee, & Review Race Rules
8:00AM ~ 3.1 Mile Run
8:05AM ~ 1.8 Mile Walk
10:00AM ~ Finish Line Celebration

AGE CATEGORY & AWARDS: Overall male and female finishers. Top 3 male and female finishers in each category except the new 80+. Overall winners are not eligible for age-category awards.

Bike for Fun riders must register but are not included in the awards.

Call **(803) 635-2335** for more information • Detach and return bottom registration form

23rd Annual 5K Run/Walk - “Run for Recovery”



Please check all that apply.

Ride Run Walk Individual OR Team (5 or more): Team Name _____

Team & Individual Early Registration Deadline is 7:00 pm Thursday, April 20th

First Name _____ MI _____ Last Name _____ Sex _____ Age on Race Day _____

Address _____ City _____ State _____ Zip Code _____

Phone () _____ **Email Address (To receive future registration forms):** _____

Entry Fees (NON-TRANSFERABLE and NON- REFUNDABLE)

T-Shirt Sizes (with each entry while supplies last)

Early Registration: Individual...\$15

Small Medium Large X-Large XX-Large XXX-Large

Team Registration...\$10 per person

Small Medium Large X-Large XX-Large XXX-Large

Late Registration: Individual Only...\$18

Small Medium Large X-Large XX-Large XXX-Large

Liability Waiver and Release: In consideration of acceptance of the entry, I, my heirs, personal representatives and assigns do hereby release the sponsors, race workers and officials of this race from any and all liability arising from illness, injuries, or other damages I may suffer as a result of participation in such event. I affirm that I am physically able and have sufficiently trained for participating in this event and I am aware that participation in this event could result in severe physical soreness or injury. I understand that the entry fee is non-refundable and nontransferable. Should race officials determine that completion of this event would be injurious to my health, I consent to being removed from the course and treated by the medical personnel in attendance or at their direction. I consent to being photographed and picture(s) to be used in public relation efforts of Fairfield Behavioral Health Services.

Date

Participant Signature

Parent/Guardian Signature

23rd Annual 5K Run/Walk

“Run for Recovery” – Bike for Fun

Saturday, April 22, 2023



In honor of **Alcohol Awareness Month**, this annual public event raises awareness about the dangers and negative impact of **alcohol abuse and underage drinking** that affects **individuals, family, and community**

RACE: The 5K Run/Bike/Walk includes a 3.1-mile run and a 1.8 mile walk course passing through scenic and historic neighborhoods of Winnsboro. **Bikers can choose either trail*

REGISTRATION: Register online at www.fairfieldbhs.org, www.strictlyrunning.com or mail/return applications with registration fee payable to:
Fairfield Behavioral Health Services,
PO Box 388/178 US Highway 321 Bypass N
Winnsboro, SC 29180.



COST: \$15 for individual/\$10 for team of more than 5

DEADLINE: Team and individual early registration deadline is 7pm, Thursday, April 20, 2023
Late registration fees will apply after that day.
Entry fees are **NON-TRANSFERABLE** and **NON- REFUNDABLE**.



6:30AM - 7:30AM ~ Individual Late Registration, Race Tag & Recording Chip
7:35AM ~ Welcome, Emcee & Review Race Rules
8:00AM ~ 3.1-Mile Run
8:05AM ~ 1.8-Mile Walk
10:00AM ~ Finish Line Celebration

AGE CATEGORY & AWARDS:

Awards will be given to the overall male and female finishers, as well as the top three male and female finishers in age groups except the 80+

Sponsorship Levels (Deadline: March 24th)

Silver: \$300 for name & logo on T-shirt, 1 t-shirt & public recognition & 1 FREE run or walk entry with t-shirt

Gold: \$400 for name & logo on T-shirt, public recognition, & 2 FREE run or walk entry with t-shirts

Platinum: \$500 for name & logo on t-shirt, public recognition, & 3 FREE run or walk entries with t-shirts

Signature: \$1000 for name & logo on t-shirt, public recognition, & 5 FREE run or walk entries

TEAM AWARDS

1st Place – \$125
2nd Place - \$100
3rd Place - \$75
Highest number of participating

Race recording provided by:



For more information, contact Fairfield Behavioral Health Services
(803) 635-2335 or www.fairfieldbhs.org & Like us on



FREE! Strengthening Families Program (SFP)



LEARN HOW TO:

- Listen more and yell less
- Prevent behavior problems
- Improve your relationship with your kids
- Build stronger relationships in family
- Better manage stress

SFP is for all families! (73 family Graduates as of 4/26/22)

Join us! Parents and children (6-11 years old) are invited to participate in a series of interactive skills for families.

When and Where

Program will be held once a week starting **Monday, March 6th, 2023, from 6:00pm – 8:00pm (FACE TO FACE) at Fairfield Middle School.**

Registration and Deadline

- Only **12 families** will be allowed to participate in the Fall Cycle.
- Parent Orientation will be held **Monday, February 27, 2023, from 6:00 pm-7:00pm.**
- Call to register for **Cycle #12** with Veronica Edmonds, Site Coordinator at 803-635-2335 ext.12 or 803-718-0946 **or be placed on the waiting list for a future cycle.**
- Deadline to register for SFP **Cycle #12** participation is Friday, February 24, 2023.

Graduation

Families that complete the program will participate in a graduation ceremony, receive a certificate of completion and a **special gift.**

Other Benefits

- Gift card for dinner at each session
- Gifts and prize drawings **each night**
- Gas cards for packet/incentive pick up for sessions
- Recruiters earn a **\$25** gift card for every family recruited and who attends the 1st three sessions

Most Recent Full Year Outcomes

Three (3) cycles completed by 20 families between 1/1/21-12/31/21

- 100% Parent Satisfaction
- 100% Attempted to Use Skills
- 85% Successfully Used Skills
- 100% said Program Improved Family Functioning
- 100% said Program Improved Parent Functioning
- 85% said Program Improved Child Functioning
- 100% said they would Recommend Program to Others
- 100% reported Overall Program Satisfaction

-Children's Trust of South Carolina Year 07 Evaluation Report- Ahearn Greene Associates, LLC

Fairfield Behavioral
Health Services

 **Imagine**
the difference


Children's Trust
OF SOUTH CAROLINA

¡Gratis! Strengthening Families Program (SFP)



APRENDER COMO:

- Escucha más y grita menos
- Prevenir problemas de conducta
- Mejora tu relación con tus hijos
- Construir relaciones más fuertes en la familia.
- Manejar mejor el estrés

¡SFP es para todas las familias! (73 familias graduadas al 4/26/22)

¡Únete a nosotros! Los padres y los niños (de 6 a 11 años) están invitados a participar en una serie de habilidades interactivas para familias.

Cuando y Donde

El programa se llevará a cabo una vez por semana a partir del **lunes 6 de marzo de 2023, de 6:00 pm a 8:00 pm** en la **Escuela Intermedia Fairfield**

Inscripción y Plazo

- Solo **12 familias** podrán participar en el ciclo de primavera
- La orientación para padres se llevará a cabo el **lunes 27 de febrero de 2023, de 6:00 pm a 7:00 pm**
- **Llame para inscribirse en el Ciclo #12 con Veronica Edmonds, Coordinadora del sitio al 803-635-2335 ext.12 o 803-718-0946 o inscribese en la lista de espera para un ciclo futuro.**
- La fecha límite para registrarse para la participación en el Ciclo SFP #12 es el **viernes 24 de febrero de 2023**

Graduación

Las familias que completen el programa participarán en un ceremonia de graduación drive-thru, recibir un certificado de terminación y un **regalo especial**.

Otros Beneficios

- Tarjeta regalo para la cena en cada sesión
- Regalos y sorteos de premios **cada noche**
- Tarjetas de gasolina para recogida de paquetes/incentivos para las sesiones
- Los reclutadores ganan una tarjeta de regalo de \$25 por cada familia reclutado y que asiste a las tres primeras sesiones

Resultados del año completo más recientes

Tres (3) ciclos completados por 26 familias entre el 1/1/21-31/12/21

- 100% de satisfacción de los padres
- 100% Intento de Usar Habilidades
- 85% Habilidades usadas con éxito
- 100 % dijo que el programa mejoró el funcionamiento familiar
- 100 % dijo que el programa mejoró el funcionamiento de los padres
- 85% dijo que el programa mejoró el funcionamiento infantil
- 100% dijo que recomendaría el programa a otros
- 100% informado Satisfacción general del programa

-Children's Trust of South Carolina Year 07 Evaluation Report- Ahearn Greene Associates, LLC

LIFE SKILLS PROGRAM



Children's Trust
OF SOUTH CAROLINA

Fairfield Behavioral
Health Services



**ORIENTATION:
FEB 27TH**

**WHEN: MARCH 6TH
TIME: 6:00
WHERE: FAIRFIELD
MIDDLE SCHOOL**

10 sessions of the Botvin's Life Skills program for
12-16 year old students

*Decision Making | Communication | Resolving Conflict | Anger
Management | Coping with Anger | Peer Pressure*

\$30 INCENTIVE FOR COMPLETING THE PROGRAM

Contact Jeremy Purnell, Certified Prevention Specialist to register or to be
placed on waiting list for future sessions (803) 635-2335 ext. 18

PROGRAMA PARA APRENDER DESTREZAS PARA LA VIDA



Fairfield Behavioral
Health Services



**ORIENTACIÓN:
27 DE
FEBRERO**

**CUANDO: 6 DE MARZO
HORA: 6:00
DÓNDE: ESCUELA
INTERMEDIA FAIRFIELD**

10 sesiones del programa llamado Botvin's Life Skills para
estudiantes edades 12-16

*Toma de Decision | Comunicación | Resolviendo Conflicto |
Control de la Ira | Lidiando con la Ira | Presión de Grupo*

\$30 INCENTIVO DE \$30 PARA COMPLETAR EL PROGRAMA

Llame a Jeremy Purnell, Especialista Certificado de Prevención

Para inscribirse o estar puesto en una lista de espera para sesiones en el futuro.

(803) 635-2335 ext. 18

FAIRFIELD BEHAVIORAL HEALTH SERVICES

PRIME FOR LIFE

*Have your high school parking pass paid for!
Earn a \$30 gift card after completing!
Lunch provided!*

Instructor Cheryl Goodwin

Sessions are available quarterly -Feb. 2023, & Apr. 2023

(One 4.5-hour session - dinner provided)

Fairfield Central HS 836 US-321 BYP South, Winnsboro, SC 29180

Prime for Life is a risk reduction program designed to lower the possibility of any type of drug and alcohol issue and increase the want to protect what is most valuable in a young driver's life.

Contact Alana Rabb to Register!

arabb@fairfieldbhs.org (803)-

635-2335 ext. 30



FAIRFIELD BEHAVIORAL HEALTH SERVICES

PRIME FOR LIFE

¡Pague su pase de estacionamiento de la escuela secundaria!

Obtenga una tarjeta de regalo de \$30 después de completar!

Almuerzo proporcionado!

Instructora Cheryl Goodwin

**Las sesiones están disponibles trimestralmente-
febrero 2023 y abril 2023**

Uno sesione de 4.5 horas

Fairfield Central HS 836 US-321 BYP South, Winnsboro, SC 29180

Prime for Life es un programa de reducción de riesgos diseñado para reducir la posibilidad de cualquier tipo de problema de drogas y alcohol y aumentar el deseo de proteger lo que es más valioso en la vida de un conductor joven.

¡Comuníquese con Alana Rabb para registrarse!

arabb@fairfieldbhs.org

(803)-635-2335 ext. 30

