

Insight Program

The Insight Program is a supportive group for kids where they build strength and resilience to navigate difficult situations without using substances. Participants explore mental health, healthy communication, the risks of substance use, and skills for saying no.



Because young brains are still developing, early intervention can reshape pathways and change the trajectory of a child's life.

Insight offers:

- Facilitated group discussions and presentations with certified experts in youth substance use prevention
- A safe, inclusive group where kids can connect with their peers
- An atmosphere students consistently describe as encouraging and comfortable for discussing challenging or sensitive topics.
- Snacks are provided at every session.



If you and your child believe Insight would be a positive and beneficial experience, please contact Thomaston High School Principal Cristina Kingsbury at ckingsbury@thomastonschools.org



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