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To: [valerie.seaberg@maine.gov](mailto:valerie.seaberg@maine.gov)

Date: 6/3/2004 10:36:01 AM

Subject: Maine Marks project

Ms. Seaberg,

I am a full-time student at the University of Maine at Augusta in the Bachelor of Science in Mental Health and Human Services program. I did a project for my Violence in the Family course that focused on improving communication skills and teaching emotional literacy to elementary school children; my emphasis was to find a program that teaches better communication skills in order to diminish or prevent domestic violence. Throughout my research I discovered that this program was hailed by the United States Department of Education, as well as the US Substance Abuse and Mental Health Services Administration, US Office of Juvenile Justice and Delinquency program, and US Dept of Health, CDC. These are only a few of the departments that have given this program their support.

This program has been translated into 7 different languages and is now being used in over 500 schools in several different countries. It has been proven as a highly effective tool for reducing violence, bullying and has improved the delivery of educational curriculum in every classroom that has used this program. It was originally created to teach deaf and retarded children how to label and express their emotions. It has been discovered that this program is highly effective with children of all ages, ethnicities, regardless of physical or emotional impairments.

I would very much like to discuss with you, or with another relevant person, about implementing this program into Maine public schools. The overall estimated cost for this program is about \$635 per class, per year and includes all course materials, texts, and possibly training. The program is designed to be taught by classroom teachers, 3-5 times/week, for 30 minutes per session and is integrated as a core curriculum throughout K-6. The material is designed for each grade level, and builds on the previous years' information in order to teach higher levels of communication and emotional intellect throughout the ensuing years.

I hope this information excites you as much as it excited me during my research. I look forward to giving you more specific information about this program when we meet. If I do not hear from you soon, I will contact you in 7 days to follow up. My contact information is below:

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