

Bridgehampton Union Free School District

P.O. Box 3021, 2685 Montauk Highway, Bridgehampton, NY 11932
 Telephone: (631) 537-0271 www.bridgehampton.k12.ny.us Facsimile: (631) 537-9038

Robert Hauser
 Superintendent

Minutes

Date:	February 6, 2020	Time:	3:00PM-3:45PM
Location:	Conference Room- Basement	Facilitator:	Michael Miller
Committee:	Kathleen McClelland, Jenna Pluta, Elizabeth Flanagan, Dan Pacella, Nanao Anton, Erling Hope, Robert Hauser, Lillian Tyree-Johnson, Hamra Ozsú and Michael Miller		
Attendees:	Kathleen McClelland, Jenna Pluta, Elizabeth Flanagan, Nanao Anton, Erling Hope, Hamra Ozsú and Michael Miller		

Minutes

Goal- Life After Bridgehampton

1. Maia Learning- Ms. Doscher and Mr. Barker discussed how our district can utilize Maia Learning in order to substantially support our students with college and career readiness.
 - a. Interest Profiler- utilize for career days
 - b. Work Values- what do you personally value about your job.
 - c. Learning and Productivity
 - d. Personality Test- All 9th grade students completed.
 - e. Multiple Intelligence- All 8th grade students completed.
 - f. Parents Log In Next Year
 1. Crisis Training Discussion- Mental Health First Aid- discussion the next meeting. Do we want to add this to a conference day in September?
 2. School Lunch Regulations- Department of Agriculture-Changes to 2010 Healthy Hunger-Free Kids Act.
 3. Vaping Discussion- Review Vaping Cessation Alternatives To Suspension. Discussed the possibility of inviting in a Vaping Awareness and Nicotine Prevention Game Show.
 4. Mentorship Academy- Ambassadors, Mentors, and Mentees. Discussion of students in 5th grade mentoring kindergarten and 11th and 12th grade students mentoring middle school students.

Action Items

	Action Item	Responsible	Due Date	Status
1.	Read Over Crisis Training Materials	All Members	Next Meeting	
2.	Read Over Vaping Cessation Alternatives to Suspension	All Members	Next Meeting	

It is the mission of the Bridgehampton School to inspire lifelong intellectual curiosity and respectful individual expression by reaching beyond our school community and teaching all students the essential skills to actively participate in the global community and to flourish in the 21st Century.

3.	Contact Vaping Awareness and Nicotine Game Show	Michael Miller	Next Meeting	
4.	Mentorship Academy- Ideas on how to implement mentoring into our district.	All Members	Next Meeting	

Completed by: Michael Miller

Date Of Next Meeting: March 5, 2020

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Robert Hauser
Superintendent

Minutes

Date:	January 9, 2020	Time:	3:00PM-3:45PM
Location:	Conference Room- Basement	Facilitator:	Michael Miller
Committee:	Kathleen McClelland, Elizabeth Flanagan, Nanao Anton, Robert Hauser, Hamra Ozsu and Michael Miller		
Attendees:			

Minutes

Goal- Life After Bridgehampton

- Utilize Maia Learning- Career Interests- speak with guidance department about coming to the next meeting to discuss how we can utilize the inventories to enhance students experiences after high school. Postponed to next meeting.
- Mentoring Night- Speak with a local organization who mentors students to provide background on starting a mentorship program.
- Bringing Alumni Back to Bridgehampton- Speak with students who graduated last year in order to see if they would be willing to come in and speak to the seniors.
- Mentoring from specific interests- utilize career interests surveys- Speak with guidance department.
- Encompass students to work on: time management, confidence in advocating for yourself, building a support system, proposing professional emails, commutation skills. More discussion needed on how to properly implement this.
Jenna Pluta- provided additional documentation as to what is provided in a few classes. At our next meeting, we will discuss additional ideas on how to incorporate additional ideas into the classroom.

- 7th Grade FCS- Basic Cooking and Cleaning Skills, Shopping Lists and Sales, Nutrition, Resilience/Stress Management
- 8th Grade FCS- Basic Budgeting, Shopping skills/price comparison, Career Discovery based on Personality and Interests, Learn about College and Technical Degrees, Family/Parenting, Basic Hand Sewing Skills (some stitches and how to sew a button), Interior Design, **Washing Clothes once we have a new FCS room**
- Nutrition & Culinary- Researching Recipes, Safe Food Handling/Storage, Shopping Basics, Food Preparation, SC Food Handlers Exam

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- Senior Seminar- Goal Setting, College Applications, Scholarship Applications, Assistance with Resumes and Cover Letters, Discuss FAFSA & Student Loans
- Math 12: Check writing, credit cards, interest rates, loans, mortgages, buying a home, buying a car....

Action Items

	Action Item	Responsible	Due Date	Status
1.	Speak to Alumni- Potentially a May question and answer session.	Michael Miller		
2.	Look Into Crisis Training	Michael Miller		
3.	Vaping Guest Speaker	Michael Miller		
4.	Community Mentorship- Looking for relationships in the community that could help our students. Potentially a buddy program in district.	All Members		
5.	Reach out to an organization in the area who mentors students to understand how this started.	Michael Miller		

Completed by: Michael Miller

Date Of Next Meeting: February 6, 2020

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Attendees:			

Minutes

Goal- Life After Bridgehampton

- a. Utilize Maia Learning- Career Interests- How we can utilize inventories to enhance students experiences after high school.
- b. Mentoring Night/Alumni.
- c. Mentoring from specific interests- utilize career interests surveys- Speak with guidance department.
- d. Encompass students to work on: time management, confidence in advocating for yourself, building a support system, proposing professional emails, commutation skills. More discussion needed on how to properly implement this.
 1. Crisis Training Discussion
 2. School Lunch Regulations
 3. Vaping Discussion
 4. Mentoring- I-Tri Conversation
 5. Manners/Etiquette Discussion

Action Items

	Action Item	Responsible	Due Date	Status
1.		Michael Miller		
2.		Michael Miller		
3.		Michael Miller		
4.		All Members		
5.		Michael Miller		

Completed by: Michael Miller
 Date Of Next Meeting: March 5, 2020

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MENTAL HEALTH AWARENESS
TRAINING (MHAT) PROJECT

#MHStrong

ASSOCIATION FOR
MENTAL HEALTH AND WELLNESS



To Advocate. To Educate. To Empower. Together.

LOCATIONS:

POLLACK CENTER
939 Johnson Avenue
Ronkonkoma, NY 11779
(631) 471-7242

SYNERGY CENTER
1380 Roanoke Avenue, 1st Floor
Riverhead, NY 11901
(631) 369-0022

MENTAL HEALTH HELP LINE:

(631) 226-3900

HELPLINE@MHAW.ORG

WWW.MHAW.ORG



Scan to Visit www.MHAW.org

If you are interested in finding out
additional information, please call
the Mental Health Awareness Training
(MHAT) Project Coordinator at MHAW;
631-471-7242 x1334.

ASSOCIATION FOR
MENTAL HEALTH AND WELLNESS



*To Advocate. To Educate.
To Empower. Together.*

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid is an in-person training that teaches you how to help people developing a mental illness or in a crisis.

Just as CPR helps you assist an individual having a heart attack — even if you have no clinical training — Mental Health First Aid helps you assist someone experiencing a mental health related crisis.

In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

Before you can know how to help, you need to know when to help. We call this mental health literacy — or a basic understanding of what different mental illnesses and addictions are, how they can affect a person's daily life and what helps individuals experiencing these challenges get well.

You will learn about:

- Depression and mood disorders
- Anxiety disorders
- Trauma
- Psychosis
- Substance use disorders

Mental Health First Aid teaches about recovery and resiliency — the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.

WHO WE SERVE

The Association for Mental Health and Wellness (MHAW) has been awarded a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to promote mental wellness.

MHAW is offering free training in Mental Health First Aid. Mental Health First Aid is an 8-hour evidence based course that teaches one how to assist someone who experiencing mental health distress, or developing a substance use problem.

The training will be offered to:

- Educators and school staff in Suffolk County
- Those serving veterans and their families in both Nassau & Suffolk counties
- Those serving youth at-risk in underserved communities in Suffolk County
- Those in Public Safety – Police, Probation, Corrections and Parole departments in Suffolk County



WHY MENTAL HEALTH FIRST AID IS IMPORTANT?

Mental Health First Aid Training teaches the 5 step Mental Health First Aid action plan to be used in a variety of mental health situations. The steps are:

Assess for risk of suicide or harm

Listen non-judgmentally

Give reassurance and information

Encourage appropriate professional help

Encourage self-help and other support strategies

Veterans

- Nearly 1 in 4 active duty members showed signs of a mental health condition according to a 2014 study
- 20 Veterans die by suicide each day
- About 18.5% of service members returning from Iraq or Afghanistan have post-traumatic stress disorder (PTSD) or depression

Youth

- 64.1% of youth with major depression do not receive any mental health treatment
- 1 in 5 teens and young adults lives with a mental health condition
- 5.13% of youth report having a substance use or alcohol problem

Public Safety – Law Enforcement

- Almost 10% of police calls involved someone with a mental illness in 2014
- Nearly 1.4 police officers think of suicide at some point in life
- 1.2 million individuals living with mental illness are in jail and prison each year



Logistics for Setting Up Mental Health First Aid Training

Hosting School District

The Venue

- A room that will comfortably manage the number of people for the training supplied by the hosting school district
- Need to have at least 20 and no more than 30 people per training.
- A complete list of all participants with the name, email address and contact number
- Training will be 6 hours of straight content course with no possibility of it being over 2 sessions. Additional hour to accommodate for lunch and breaks.
- Participant must attend the entire training in order to receive the certificate of completion

Possible Dates

- The Hosting organization will be asked to give at least 2 dates for the training.

Technology

- Hosting organization can supply the technology: a laptop, screen to project the PowerPoint slides, easel with pad, **OR**
- Association for Mental Health & Wellness (MHAW) has a laptop and projector to show the PowerPoint slides and DVDs that are included in the training; but will still need the screen. All is contained in an USB.

Meals

- If desired, the hosting school district will be responsible for any snacks or meals provided during the training. It is not mandatory to do so.

The Association for Mental Health and Wellness will supply:

- Two Co-facilitators to lead the training
- Training manuals/all training materials
- Course Surveys
- Certificates of completion of the course
- Laptop & projector if necessary

Contact: Sandra 631-471-7242 x1334

Trump administration to roll back school lunch regulations on fruits and vegetables

WASHINGTON – The Trump administration announced Friday that it plans to roll back school lunch regulations that produced healthier meals for students to allow schools "more flexibility" in what they serve "because they know their children best."

The U.S. Department of Agriculture announced new proposed rules that would allow schools to cut the amount of fruits and vegetables they were required to serve under standards championed by former first lady Michelle Obama.

Agriculture Secretary Sonny Perdue said the changes will let "school nutrition professionals have more flexibility to serve appetizing and healthy meals that appeal to their students' preferences and subsequently reduce food waste."

The proposal targets the 2010 Healthy, Hunger-Free Kids Act, which the former first lady actively promoted. It phased in healthier school meal rules with guidelines for nutrition, requiring school cafeterias to increase the servings of fruits and vegetables.

The announcement Friday came on Obama's birthday. The new rules will affect nutritional programs that feed over 20 million students across the USA.

The new proposal would allow schools to "adjust fruit servings during breakfast" and offer "meats and meat alternates" during breakfast. Under the current standards, students are served one cup of fruit during breakfast for students in K-12th grades, and certain types of vegetables during meals served at schools.

The new roll back would also allow "local schools to offer more vegetable varieties," opening the door to healthier vegetables potentially being served.

The House Committee on Education and Labor responded to the new proposed rules, saying that "For many children, the food they eat at school is

their only access to healthy, nutritious meals. This . . . puts special interests above the long-term health and development of America's students."

The proposal also aims to make "it easier for schools to offer school lunch entrees for a la carte purchase, thereby reducing food waste."

However, the National Alliance for Nutrition and Activity has said that "Side dishes like cookies and fries, which could be offered once in a while as part of a balanced lunch, could be offered a la carte every day" and lead to consistency in unhealthy food being eaten.

The Trump administration has consistently targeted the standards set forth by the Obama administration, with Perdue and the USDA under Trump citing the need for flexibility.

In 2019, a rollback targeted rules on the types of grain and milk, and the amount of salt served to students.

The School Nutrition Association (SNA), which represents school nutrition directors and companies that sell food to schools, has long said many of the Obama administration standards are unworkable and overly prescriptive, resulting in higher costs and fewer students participating in lunch programs.

"Schools and school districts continue to tell us that there is still too much food waste and that more common-sense flexibility is needed to provide students nutritious and appetizing meals. We listened and now we're getting to work," Perdue said in the statement.

VAPING & TOBACCO INTERVENTION RESOURCES

1. S.C. Department of Health, Office of Health Education: 631-853-3162
www.suffolkcountyny.gov/health (Click "Preventive Medicine/Health Education")
 - ✓ Youth Vaping Cessation Classes (4 classes) Call to register!
 - ✓ "VAPE OUT!" Program: Customized trainings for school and community workshops, peer education, alternatives-to-suspension
 - ✓ The "Learn To Be...Tobacco Free" Cessation Program
 - ✓ Enforcement: Call to report any locations suspected of sales of tobacco and vaping products to minors (under 21)
2. NYS QUITLINE: 1-866-697-8487 or www.nysmokefree.com for free nicotine replacement medications, Opt-to-Quit tobacco program, educational resources
3. www.truthinitiative.org Youth centered vaping education and quit tips
4. www.becomeanex.org Tobacco cessation program

TEXTING TO QUIT

1. Vaping Cessation: Text "QUIT" to 202-804-9884/Text "DITCHJUUL" to 887-09
2. Parents: For parents of students who vape: Text "QUIT" to (202) 899-7550
3. Tobacco Cessation support: Text "QUITNOW" to 202-759-6436

ADDITIONAL RESOURCES

1. CDC: Centers for Disease Control & Prevention www.cdc.gov/tobacco
EVALI: VAPING INJURY CONCERNS:
 - ✓ For concerns about symptoms: **POISON CONTROL: 1-800-222-1222**
 - ✓ For suspicious product concerns: **CDC VAPING HOTLINE: 1-800-232-4636**
2. NIDA: National Institute on Drug Abuse
www.drugabuse.gov Look for "NIDA TEENS"
3. Campaign For Tobacco-Free Kids: www.tobaccofreekids.org
Lessons for youth and parents on tobacco and vaping
4. Partnership for Drug Free Kids: www.drugfree.org/vaping
"How to Talk to Your Kids about Vaping" Guide
5. Teen Quitting: <https://teen.smokefree.gov/quit-vaping> www.smokefree.gov
6. www.mayoclinic.org Search "Nicotine" for in-depth nicotine information
7. American Lung Association: Alternative-to-suspension Program:
<https://www.lung.org/stop-smoking/helping-teens-quit/indepth.html>
8. Scholastic Lessons: <http://www.scholastic.com/youthvapingrisks>

POSTERS & PAMPHLETS

FDA: Free vaping prevention posters <https://digitalmedia.hhs.gov/tobacco>



YOUTH VAPING CESSATION-ALTERNATIVE-TO-SUSPENSION

As an alternative-to-suspension, a vaping cessation for youth series is offered by the S.C. Dept. of Health Services. The series consists of four one-hour classes, held one time weekly. All classes will be conducted from 7-8 pm. Verification of attendance and completion will be provided to all referring school systems and agencies. A school or agency may register a student using the Registration and Permission Form enclosed in this packet. Currently, three locations are underway (Northwell Health Bayshore (Mondays); Brookhaven Town Hall (Tuesdays); Babylon Town Hall (Wednesdays). An eastern location is under development. The series calendar follows official school calendars, so that when school is not in session, the group will not be held. The series of four (+1) classes will repeat through June 2020.

Classes are designed for school age youth to help them develop the skills necessary for addressing their vaping behaviors. The skills that are taught and recommended for practice are essential and necessary, if a successful change in use-risk behaviors is to occur. This is a non-judgmental, interactive, educational program, equipped to teach youth how to respond to their vaping habits and/or nicotine addiction. The series of four classes will be followed by a fifth class, always occurring the week after a series is completed, at the same time and location. It is geared as an overview for any student that may have missed a class due to an unforeseen event. Parents or guardians are encouraged to attend the first class. The remainder of the classes will be for the participants only.

REFERRING A STUDENT:

1. Upon the conclusion of a hearing and agreement by parties involved, a school or agency official may Fax or E-mail the completed "Registration & Permission Form" to: wanda.ortiz@suffolkcountyny.gov or FAX: 631-853-2958.
2. Self-referrals are welcome. This program is open to the public. In such a case, the required registration is accomplished by calling 631-853-3162. All registrants are requested to start a series on class one.
3. Upon receipt of the Registration and Permission Form, by the Office of Health Education, the student will be officially registered for the vaping cessation series indicated on the referral form.
4. School or agency is asked to provide parents or guardians with: a copy of the agreement, the schedule of classes, vaping resources page and the parent FAQ sheet.
5. Acknowledgement of the student's completion of the series will be sent to the referring school or agency contact upon student's completion of the fourth class. A student missing two sessions of a series will be discontinued, and immediate contact will be made to the referring school indicating that the student did not complete his or her agreement to attend all four sessions. Such students are eligible to attend another series, provided that they attend all four classes of the new series, regardless if they already attended one of the classes of a series on a prior attempt.
6. As noted, the class schedule follows the school calendar. If school is cancelled due to inclement weather, the group will not meet. Inclement weather cancellation announcements will be recorded, for parent use, on the 631-853-3162 line at the Office of Health Education. In such a case, the already scheduled "fifth week" class date (the overview class for those missing a class during series) will be utilized as the make-up class for the cancellation.



REGISTRATION/PERMISSION FORM
VAPE OUT! Youth Vaping Cessation Program
Suffolk County Department of Health Services
Office of Health Education: 631-853-3162 FAX: 631-853-2958
E-mail: wanda.ortiz@suffolkcountyny.gov

Student's Name: _____ Date of Birth: _____

Home Address: _____

Parent Cell Phone #: _____ Student Cell Phone #: _____

Referring School or Agency: _____ Grade: _____

School Building/Agency Address: _____

Name of School Contact to receive attendance report: _____

Phone: _____ E-mail: _____

**I hereby give consent for my daughter/son (student name): _____ to
Participate in the Suffolk County Department of Health Services "VAPE OUT!" Youth Vaping
Cessation Program**

*(*Refer to the enclosed calendar for locations & dates of each series to fill out next section)*

**He/she agrees to complete the 4-class series located at: _____ on the
following dates: (Please list all four dates of the series)**

Class 1: _____ Class 2: _____ Class 3: _____ Class 4: _____

For the safety of all students, I understand I must sign my child into and out of each of the four classes in the series. I understand that my child will not be left unattended when class is over. I understand that, as a parent or guardian, I am welcomed and encouraged to attend the first class with my child. The remainder of the series is reserved for students only. Upon receipt of this Registration & Permission form, by S.C. Office of Health Education, my child will be registered to attend the Youth Vaping Cessation Program. If I have any questions about "VAPE OUT!" program registration or to check on changes due to inclement weather, I may call the Office of Health Education at: (631) 853-3162.

To successfully complete this agreement: Students must attend all four (4) classes of a series. Classes are conducted 7-8 pm. If one (1) class is missed, a student may attend an overview session to complete their series; to be held one week after class four of that series ends; same location, day and time. If two (2) classes are missed: the student will be considered discontinued from the series and the referring school/agency will be notified.

See the "Frequently Asked Questions" sheet for additional program information.

Student Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____



S.C. HEALTH SERVICES VAPE OUT! PROGRAM

NORTHWELL HEALTH BAY SHORE YOUTH VAPING CESSATION SCHEDULE

LOCATION: Northwell Health Building 1963 Union Blvd., Bay Shore, NY 11706

TIME: MONDAY EVENINGS 7:00 PM – 8:00 PM

ALL SCHOOL YOUTH INTERESTED IN VAPING CESSATION ARE WELCOME!
REGISTRATION REQUIRED: CALL OFFICE OF HEALTH EDUCATION: 631-853-3162

SERIES ONE:

DATES:	CLASS #	DATES:	CLASS #
11/18/2019	1	01/06/2020	1
11/25/2019	2	01/13/2020	2
12/02/2019	3	01/27/2020	3
12/09/2019	4	02/03/2020	4

SERIES TWO:

SERIES THREE:

DATES:	CLASS #	DATES:	CLASS #
02/24/2020	1	03/30/2020	1
03/02/2020	2	04/13/2020	2
03/09/2020	3	04/20/2020	3
03/16/2020	4	04/27/2020	4

SERIES FOUR:

SERIES FIVE:

DATES:	CLASS #
05/11/2020	1
05/18/2020	2
06/01/2020	3
06/08/2020	4

- **PLEASE: Registration is a must by calling 631-853-3162.**
- **Cessation class calendar follows school holiday calendars.**
- **Parent or guardian is encouraged to attend class number one.**
- **Parent or guardian must sign student in and out (for safety).**
- **Students will not be permitted to leave location until signed out.**
- **If referred by a school as an alternative-to-suspension, attendance and completion will be verified with the referring agency.**



**S.C. HEALTH SERVICES VAPE OUT! PROGRAM
BROOKHAVEN TOWN YOUTH VAPING CESSATION PROGRAM SCHEDULE**

LOCATION: BROOKHAVEN TOWN HALL, One Independence Hill, Farmingville, NY 11713

TIME: TUESDAY EVENINGS 7:00 PM- 8:00 PM

**ALL SCHOOL YOUTH INTERESTED IN VAPING CESSATION ARE WELCOME!
REGISTRATION REQUIRED: CALL OFFICE OF HEALTH EDUCATION: 631-853-3162**

SERIES ONE:

SERIES TWO:

DATES:	CLASS #	DATES:	CLASS #
10/29/2019	1	12/10/2019	1
11/12/2019	2	12/17/2019	2
11/19/2019	3	01/07/2020	3
11/26/2019	4	01/14/2020	4

SERIES THREE:

SERIES FOUR:

DATES:	CLASS #	DATES:	CLASS #
01/28/2020	1	03/10/2020	1
02/04/2020	2	03/17/2020	2
02/11/2020	3	03/24/2020	3
02/25/2020	4	03/31/2020	4

SERIES FIVE:

DATES:	CLASS #
04/21/2020	1
04/28/2020	2
05/05/2020	3
05/12/2020	4

- **PLEASE: Registration is a must by calling 631-853-3162.**
- **Cessation class calendar follows school holiday calendars.**
- **Parent or guardian is encouraged to attend class number one.**
- **Parent or guardian must sign student in and out (for safety).**
- **Students will not be permitted to leave location until signed out.**
- **If referred by a school as an alternative-to-suspension, attendance and completion will be verified with the referring agency.**



S.C. HEALTH SERVICES VAPE OUT! PROGRAM
TOWN OF BABYLON YOUTH VAPING CESSATION PROGRAM SCHEDULE

LOCATION: Babylon Town Hall Board Room, 200 East Sunrise Highway, Lindenhurst, NY 11757

TIME: WEDNESDAY EVENINGS 7:00 PM – 8:00 PM

ALL SCHOOL YOUTH INTERESTED IN VAPING CESSATION ARE WELCOME!
REGISTRATION REQUIRED: CALL OFFICE OF HEALTH EDUCATION: 631-853-3162

SERIES ONE:

DATES:	CLASS #	DATES:	CLASS #
11/20/2019	1	01/15/2020	1
12/04/2019	2	01/22/2020	2
12/11/2019	3	01/29/2020	3
12/18/2019	4	02/05/2020	4

SERIES TWO:

SERIES THREE:

DATES:	CLASS #	DATES:	CLASS #
02/26/2020	1	04/01/2020	1
03/04/2020	2	04/15/2020	2
03/11/2020	3	04/22/2020	3
03/18/2020	4	04/29/2020	4

SERIES FOUR:

SERIES FIVE:

DATES:	CLASS #
05/13/2020	1
05/20/2020	2
05/27/2020	3
06/03/2020	4

- **PLEASE: Registration is a must by calling 631-853-3162.**
- **Cessation class calendar follows school holiday calendars.**
- **Parent or guardian is encouraged to attend class number one.**
- **Parent or guardian must sign student in and out (for safety).**
- **Students will not be permitted to leave location until signed out.**
- **If referred by a school as an alternative-to-suspension, attendance and completion will be verified with the referring agency.**



PARENT FAQ'S YOUTH VAPING CESSATION PROGRAM

Q: Can my child attend a youth vaping cessation class, even though a school did not refer them? Is it open to the public?

A: Yes! We welcome all school-age youth to the classes, especially youth interested in making a healthy change in their life. You are simply asked to call the Office of Health Education at 631-853-3162 to find a location and date for the start of the next available series and to register him or her. Students must start a series with class one.

Q: How do I know if the school registered my child for a series?

A: The school contact will fax or e-mail your signed agreement to the Office of Health Education. You are welcome to call 631-853-3162 to verify registration or to have any concerns addressed.

Q: Will my child's attendance at these classes be noted on their health record?

A: No. This is not treatment. It is a voluntary, free and open to the public series of four educational classes. School systems in particular prefer to see your son or daughter develop the essential skills necessary to change risk behaviors through participation at this series, rather than through the disciplinary route, which, in itself, might affect your child's record.

Q: Can I attend these classes with my child?

A: Yes, you are welcome and encouraged to attend on class one of the four-class series. The remaining three classes are set up for age-appropriate lessons that might not be maximized if parents or guardians were present.

Q: Why do I have to sign my child in and out?

A: Safety of your child is of utmost importance. While the locations of the series have their own security systems, making sure that each participant has been safely accounted for requires you signing them in and out. Please note: No student, waiting to be picked up, will ever be left alone. The facilitator will not leave your child until you arrive.

Q: There are four classes. Can I start anytime during a series?

A: No. Each series has four classes. They are designed to build on skills learned in the prior class. All participants start with class one and complete a total of four classes. Mixing and matching sites is not permitted. See below, for information about a missed class.

Q: I signed my child up but he or she will miss one of the classes due to a prior planned event. Will he or she get credit for attending?

A: Your agreement with the school is for attendance at all four classes. Once the four classes of a series are completed, the referring school will be notified of your child's completion of the agreement. However, life does happen, so every series of four classes is followed by a fifth optional class. It meets one week after the series ends, at the same location, day and time as that series. That fifth week class will serve as an overview class where your child may make-up a missed class, by attending. Following that class, the referring school contact will be notified that your child successfully completed the series noted in the agreement.



Q: If school is not in session, does the class still meet?

A: No. The class schedule follows official school calendars for holidays and breaks. If the school does not meet, the class does not. If weather cancels school, the class is automatically cancelled. If weather is inclement later in the day, after school lets out, feel free to call 631-853-3162 for a recorded message on cancellation. If a class is cancelled, the fifth week overview class will serve as the make-up date (See prior question).

Q: If my child misses two sessions, can he or she make one up on the next series?

A: No. If a student misses two classes, his or her registration in that series will be discontinued and the referring school contact will be notified of the non-completion of the agreement. If there is another agreement made with the school system, your child is welcome to begin and complete another series. Attendance at all four classes of that new series will be expected, even if your child has already taken one or two of the classes in another series. Mixing and matching classes between series is not permitted.

Q: Will this program get my child to quit vaping?

A: Quitting is a process, rather than one event. This series is designed to teach the essential skills necessary for the process of change to work most effectively. It's very common to see numerous attempts at change, as students learn what skills and practices work best for them in trying to achieve their goal of abstinence.

Q: If my child needs or wants more support in making a change, can they come back to a series?

A: Your child is always welcome to return for a booster, by signing up for another series. Another option would be to attend a relapse prevention class series that the Office of Health Education will implement as the need is identified. Contact the Office of Health Education to learn more about available support.

Q: My child attended a series on their own some time ago. Now the school is suggesting that my child attend a series as part of an alternative-to-suspension agreement. Can the Health Dept. just verify that my child already attended a series so he/she doesn't have to attend again?

A: A person completing the series on their own is to be commended. However, a new agreement made with the school would require a new registration for a new series of four classes.

Q: Where can I go to find out more about this "vaping" thing?

A: There is a vaping resource list and other information that will be provided to you as part of this parent packet. A site to start with is: www.tobaccofreekids.org for educating yourself about this issue. You are also welcome to call the Office of Health Education at 631-853-3162 for further inquiries.

Q: Who do I contact to report a store selling tobacco products to minors?

A: Please call the Enforcement staff at the Office of Health Education at 631-853-3162 and make a confidential report to our Public Health Sanitarians. They routinely work with underage agents to make sure vendors are in compliance with the laws pertaining to minors and will issue citations if they are found to be non-compliant. Tobacco vendors selling to minors risk losing their license to sell tobacco and lottery for 6 months.



Q: I currently use tobacco products. Is there a place where I can go to see about changing my habits?

A: The Suffolk County "*Learn To Be...Tobacco Free Program*" is a six-session tobacco cessation program located at numerous sites and is open to the smoking or vaping public. In addition to the classes, the program provides a consultation with a Nurse Practitioner that is available to evaluate and provide nicotine replacement products for medically eligible adults and adolescents. Nicotine replacement therapies double your chances of tobacco cessation. There is no charge for the classes; if medications are supplied, there will be a one-time medication charge of \$50.00 covering six months of medications.

Q: Is there anywhere else to get assistance if I cannot get to a group?

A: Yes! You may also call the New York State Smokers' Quit-line at 1-866-NY-QUITS (1-866-697-8487) or visit www.nysmokefree.com. The Quit-line provides quitting tips, coaching and free starter kits of nicotine replacement therapy (NRT) to eligible New Yorkers, both adult and adolescent's. Services are free and confidential.





PEERS
Foundation

Reality Check: Vaping Awareness and Nicotine Prevention Game Show

Brings an exciting yet informative, hands-on event in a game show format to your school. PEERS Foundation creates awareness about the rise in smoking e-cigarettes such as *JUUL*, while giving participants the tools and knowledge to avoid falling victim to this national epidemic.

The death toll from vape related lung diseases is rising at an alarming rate with 57 deaths, along with over 2,602 hospitalizations.

Vaping lead to:

- **Nicotine Exposure** – Vaping contains nicotine, making them addictive. Teens who take up vaping are four times more likely to take up cigarette smoking.
- **Toxic Substances** – Although lower than cigarettes, most vape devices contain toxic substances that enter the lungs while inhaling.
- **Development** – Teen years and young adulthood are critical for brain development. Nicotine in any form, including vapes, increases the risk of long-lasting effects.

“Nearly one in three high school seniors tried vaping in the past year. With advertising geared toward teens and young adults, devices designed to attract attention and thousands of flavors to choose from, the expectation is that growth will continue” - Drugfree.org



Designed to enlighten students of all ages, Reality Check: Vaping Prevention Program shows how smoking e-cigarettes occurs and manifests into addiction and health issues. Participants have an opportunity to interact with the latest tools used in educating and creating awareness around this topic through Reality Check's interactive, team building, game show format.

Reality Check: Vaping Prevention Program is delivered via a full school assembly in an auditorium or gymnasium, utilizing an authentic, Hollywood style game show set. Attendees are put on teams where they pick a team name, use remote controls to compete to correctly answer questions about vaping and its hazards and perform fun, physical stunts to highlight the intersection of physical, and mental wellness.

With a one-hour, live host, interactive game show utilizing a fully staged set comprised of 2-70" LED monitors; trussing; LED backdrop; four-contestant, lock-out style competition podiums; along with special effects lighting, the possibilities to learn with "Reality Check: Vaping Prevention Program are endless.

Dates are limited! Schedule your Reality Check: Vaping Prevention Program Today.

Call 866-949-7337

For more information about this program, as well as our other programs, visit www.PEERSFoundation.org

TO BE REMOVED FROM FUTURE TRANSMISSIONS, PLEASE CALL 866-229-9612

Bridgehampton Mentorship Academy

Prepared by: Hamra Ozsú

Roles: Ambassadors. Mentors and Mentees

Layers of Support

Tier 1: 5th Grade matched with Kindergarten

Tier 1: seniors matched with a 7th or 8th grader (Mentor with Mentee)

Tier 2: Workshop training for seniors on leadership (training on being a Mentor)

Tier 3: Evening sessions with Alumni or Special Speakers from the Community for Seniors

Tier 4: Monthly gatherings with 5th Grader and Kindergarten (Assembly, VIP Seating at School Festivities)

Tier 4: Weekly lunch or breakfast with Mentor and Mentee

Tier 5: Monthly trips for seniors and their mentee (Bowling, Movies, Beach, Walks etc.) and VIP seating at School Festivities

In Preparation

- Survey Mentor and Mentees compatibility
- Seniors volunteer to be Mentor for community service credit
- Ambassadors assigned to specific roles to accommodate tiers
- Scheduling 2020-2021 School Year (when and where)
- After school (stipend), last period or Assigned Class???
- Monthly meetings for Ambassadors
- Schedule a calendar of events and create syllabus

Questions? Thoughts?