



Rocky Point School District Substance Abuse Education Programs



Overview

Rocky Point School District has taken a pro-active approach in integrating health and substance abuse programs into the curriculum throughout grades K-12. This method enables our students to learn from an early age how to live a healthy and productive life. Our programs encompass both prevention and intervention services. Prevention programs are designed to help students avoid or minimize future problems related to alcohol and other drug use, while intervention programs are designed to help students who are already experiencing problems.

Primary Grades (K-2)

Health Smart CURRICULUM

Kindergarten through Twelfth grade students receives thirty to forty minutes of Health a week. The Health Smart Program was developed in conjunction with the Suffolk County Health Department and Eastern Suffolk BOCES. It is designed to improve the quality of students' lives. Most importantly, it provides student's with a framework they can use to make healthy choices into their adolescent years and beyond.



Children examine why people start smoking ; avoid secondhand smoke; understand the harmful effects of tobacco, alcohol and other drugs; say NO to pressure to use tobacco, alcohol and other drugs, establish support from family and peers to remain drug free.

Student Assistance Counselor

- Our Student Assistance Counselor provides prevention, education, early intervention, and crisis services for any student in need.
- Student Assistance Counselor can also consult with the district on specific issues that impact the school including bullying prevention, critical incident management, violence prevention, and substance abuse.
- The primary modalities include individual assessment, group work services, outside referrals, classroom education programs, and universal prevention activities/assemblies.



Too Good For Drugs (National Research-based Program)

This program provides students with knowledge to make good decisions when facing the increasing challenges of stress, peer-pressure, and temptation.

Objectives:

- ✚ Goal setting
- ✚ Decision making
- ✚ Identifying and managing emotions
- ✚ Communicating effectively



M & M Mentoring

This program pairs together faculty and staff volunteers with faculty-nominated students who have been identified as being in need of a role-model. Goals for the program include, but are not limited to, increased self-esteem and improved decision-making skills.



Big Buddy, Little Buddy

This program is a cross-age mentoring program in which high-school volunteers are matched with third, fourth, and fifth grade students. This is a chance for our young students to interact in a positive, supportive way with a role model. These matches are designed to offer support and guidance for our students. While this opportunity offers the “Little Buddies” a meaningful experience in the school environment, such as improved self-esteem and confidence; the “Big Buddies” are able to gain volunteer experience and the chance to be a leader. This experience is sponsored in collaboration with the North Shore Youth Council.

Intermediate Grades (3-5)

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Student Assistance Counselor (3-5)

- Our Student Assistance Counselor provides prevention, education, early intervention, and crisis services for any student in need.
- The Student Assistance Counselor also works on district-wide specific issues that impact the school including bullying prevention, critical incident management, violence prevention, and substance abuse.
- The primary modalities include individual assessment, group work services, outside referrals, classroom education programs, and universal prevention activities/assemblies.



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Police Smart Assemblies

There are three assemblies per grade level held throughout the year. They are presented by a Suffolk County Police Department Officer and focus on a variety of topics. Some areas include, but are not limited to, the prevention of: bullying, cyber-bullying, violence, drugs and alcohol. Students are also given the opportunity to ask questions. Subsequent conversations take place in the classrooms to reflect on everything the students have heard and learned.



Connecting Character to Conduct

Student learning and school safety are inextricably connected to character and conduct. This program helps students make the connection between character and conduct. Connecting Character to Conduct can offer our students a safe environment conducive to learning. The methodology is to adopt the principles of respect, impulse control, compassion, and equity (RICE) inside and beyond the school walls.



Athletes Helping Athletes

Athletes Helping Athletes is a Student-Athlete Leadership Program sponsored by the New York Mets, Sharp Electronics, and Molloy College. The purpose of the organization is to partner professional-athletes with high school student-athletes to deliver motivational messages and mentor 6th grade students. Student athletes are trained to present lessons on the prevention of drug, alcohol and smoking abuse, good citizenship, the importance of education, and to encourage the younger students to participate in sports and other extra-curricular activities. Membership criteria are a written application, teacher recommendation, and an interview. Athletes Helping Athletes takes around 25 members and go to 3 conferences to learn about the topics that will be discussed with the 6th graders. The Athletes Helping Athletes make 3 visits to the 6th grade Health classes.



A counselor facilitates an 8 week group lesson (WhyTry) designed to increase student motivation and implement tools for student to make good decisions. The program uses visual analogies and questions to stress to students that though making good decisions can be difficult, doing so results in more opportunity, freedom, and self-respect. The students are recommended by teachers and guidance counselors in the school.

The WhyTry Program has proven highly effective at impacting negative student behavior in grades 6 through 8. Developmentally, middle schoolers are in transition. Anything that can be done to remediate and reinforce basic social and emotional skills at this developmental stage can pay dividends down the road.

The WhyTry Program was created to provide simple, hands-on solutions for:

- Dropout prevention
- Violence prevention
- Drug and alcohol prevention
- Truancy reduction
- Failure reduction
- Anti-bullying

A school counselor facilitates both individual and group sessions for students who may be at risk for using drugs or alcohol. These students are usually referred by the principals, social worker, school psychologist, and guidance counselors at Instructional Support Team meetings each week.



MADD offers 30-minute Parent Workshops where parents and caregivers can receive a free parent handbook to equip them with the communication tools they need to talk to their teens about alcohol. This MADD workshop was shared on April 2nd to the middle school athletes at their parent/student/coach meeting.

High School Grades (9-12)

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S.A.D.D. (Students Against Destructive Decisions) Club

This is a student-led club designed to help fellow students make responsible decisions and withstand the temptations of peer pressure. S.A.D.D. members are involved in campaigns throughout the year, including the prevention of bullying; end drunk driving, and making good decisions.



Red Ribbon Week

Red Ribbon Week is the oldest and largest drug prevention campaign in the country. Red Ribbon Week generally takes place the last full week in October. Red Ribbon Week is a time to pledge to live a drug-free life. It is a time to take a stand against drugs and the negative consequences of drug use to all Americans.



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Alcohol Coalition of Eastern Suffolk (A.C.E.S. Project)

The Rocky Point School District is participating in the ACES Project under the direction of Eastern Suffolk BOCES. This three year initiative, which ends in June 2012, is comprised of two **evidence-based programs** to reduce the incidence of underage drinking.

1. Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students)

Provides a licensed social worker as a full-time Student Assistance Counselor responsible for:

- Individual and group counseling
- Drug/alcohol prevention education series presented to all health classes each year
- Universal student presentations (ex. "Prescription Pill Abuse" presented to all Physical Education classes
- Faculty presentations (ex. "Roxicodone Abuse")
- PTA presentations (ex. "Not On Your Life" project)
- Recruiting and supervising students to work w/the TV/Video Production class at ES BOCES Brookhaven Tech Center to create alcohol awareness public service announcements
- Working w/the SADD club on Red Ribbon Week activities, the Student Assistance Counselor sets up an information table and conducts a student survey one day during all lunch periods
- Providing counseling/treatment referrals from the ES BOCES database for IST personnel
- Participating in the Communities Mobilizing for Change on Alcohol strategy team

2. CMCA (Communities Mobilizing for Change on Alcohol)

The results of the CMCA efforts include:

- The creation of the Rocky Point Parent Support LINKKS (Local Information Needed to Keep Kids Safe) website, www.rplinkks.org, which is also accessed via the Rocky Point Schools website's homepage
- Participation by students and parents in the "Not On Your Life" program, which seeks to promote awareness about the dangers of underage drinking and outreaches to Rocky Point's alcohol vendors to curb the sale of alcohol to minors

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North Shore Youth Council ~ Student Assistance Counselors

- A Student Assistance Counselor is placed in the middle school and high school who is experienced in the area of substance abuse prevention and education. The counselors provide prevention, education, early intervention, and crisis services for any student in need.
- The counselors can also consult with the district on specific issues that impact the school including bullying prevention, critical incident management, violence prevention, and substance abuse.
- The primary modalities include individual assessment, group work services, outside referrals, classroom education programs, and universal prevention activities/assemblies.
- The confidential nature of the program and separateness from the school district is often a plus as students and parents see that they can go to someone without fear of consequences or ramifications that might affect a student's academic record.

