

New Rochelle



2017

**Monday, March 13
5:30 to 9 PM**

**An Evening of Education and Information for Parents,
Middle & High School Students**

New Rochelle High School
265 Clove Road
New Rochelle, NY 10801

Registration: 5:30 to 6:00 PM

Pre-registration is highly recommended (see last page for instructions).
Walk-ins are welcome, but meal availability is limited and not assured.

Dinner & Welcome: 6:00 to 6:30 PM



A hot dinner buffet from Gemelli will be served in the cafeteria.

Workshops: 6:40 to 7:40 PM

Workshops for parents, middle and high school students

Keynote: 7:50 to 8:50 PM

Ty Sells: Creating Connections That Count

Sponsored by
NewYork-Presbyterian
Lawrence Hospital

Parent Workshops

6:40 - 7:40 PM

1. What is COD & Why Should I Find Out?

Presenter: Stephanie Marquesano

Learn about COD (co-occurring disorders) - the combination of one or more mental health challenges and substance misuse - that is plaguing our children's generation, and impacts the lives of approximately 9.2 million Americans and their families. The national prescription drug and heroin epidemic continues to make headlines, but for each young person and family impacted there was a time before substance misuse was in the picture. Creating communities that embrace a culture of understanding, caring, and compassion can turn the tide and change outcomes.

*Stephanie Marquesano's son Harris died by accidental overdose in 2013. **the harris project** is the only national non-profit to advance education, treatment, and support to improve the lives of teens and young adults with COD. It raises student awareness through CODA (Co-Occurring Disorders Awareness) clubs in high schools (chapter recently started in NRHS) and colleges. CODA empowers young people to become better decision-makers, seek early intervention, and support friends/peers. **the harris project** also advocates for integrated treatment to provide young people with the best opportunity for sustained recovery.*

2. What's Hot, What's Not & How Can We Possibly Talk About Drugs?

Presenters: Judy Mezey, MS & Beverly Pierce, MA, LCSW, CASAC, CPP

Do you know the temptations of today's teenagers? Do you have effective parenting techniques with teens? This presentation will focus on current drug trends, and how parents can reduce risk factors, increase prevention factors and support their teen in making healthier choices.

Judy Mezey and Beverly Pierce work for Student Assistance Services Corp. and have combined over 30 years' experience in the field of substance abuse prevention.

3. The Cyber World – Should we be Scared?

Presenter: Senior Criminal Investigator Andrew M. Grascia

A look into the Dark Side of the Internet and what you and your children can be exposed to. Participants will come away with a better understanding of the Internet and how it effects children, ways to safeguard your child and knowledge of the true dangers that are out there.

Andrew Grascia is a Senior Criminal Investigator with the Westchester County DA Office. He has 24 years of experience with Cyber Crime, Gangs, Under Cover Operations, Organized Crime and Overt and Covert Surveillance Operations.

4. Nudging Teens Towards Success: Building Character in the 21st Century

Presenter: Dr. Caren Baruch-Feldman

Participants will learn how to instill the following character strengths in their youth: kindness/empathy, grit/perseverance, and problem solving/mental flexibility. The workshop will be hands on, interactive, and skill-based, providing parents actual strategies to be used with teens. These strategies are built upon the latest research emerging in the field, as well as Dr. Baruch-Feldman's clinical experience.

*Dr. Caren Baruch-Feldman is a clinical and certified school psychologist. She maintains a private practice in Scarsdale and works part-time as a school psychologist in the Harrison School District. Dr. Baruch-Feldman's book, **The Grit Guide for Teens: A Workbook to Help You Build Perseverance, Self-Control, and a Growth Mindset** will be released in July 2017.*

5. Consent Talk with Teens? Really?

Presenter: Lisa Scott, My Sister's Place

In this fun, interactive workshop, you'll learn how to talk to teens about the toughest subjects in ways that will get them to actually listen! We'll talk about the elements of Healthy Relationships and how to identify abuse. Explore how to be the adult youth *want* to talk to and how to use pop culture to start and inform conversations.

Lisa Scott is the Director of Community Education and Prevention programs and has run the Domestic Violence Education and Prevention (DVEP) Programs at My Sisters' Place since August 2012. She is also Founder of Power Up, a research-based, outcomes-driven bullying prevention program designed to give bystanders the skills they need to effectively intervene to end bullying of their peers.

Taller para padres (Presentado en español)

6:40 -7:40 PM

6. Empoderando a Jovenes Lideres Activistas

Presenter: Maria Jaime, NRHS Alumna/Presidenta de la Junta Directiva de Hudson Valley Community Coalition(HVCC)/Marketing Analista

¿Qué es un activista? Este será un espacio seguro para que los padres y estudiantes aprendan la importancia de volverse activos en la comunidad para el desarrollo personal y profesional. A través de varios ejemplos, recibirán la información para que se empoderen para luchar por la justicia.

Nacida en México, María se mudó a los Estados Unidos cuando tenía dos años. Mientras estaba en la universidad, ella se involucró más en el activismo de la inmigración. En 2010, fue cofundadora del Westchester Dream Team, un grupo del Consejo de Liderazgo Juvenil del Estado de Nueva York (NYSYLC). En Mayo del 2013, se graduó de Manhattanville College en Matemáticas y Negocios Internacionales. Después de que DACA (acción diferida para los jóvenes) fue anunciado, ella podía convertirse en un profesional que continúa apoyando a su comunidad.

High School Student Workshops

6:40 - 7:40 PM

7. Oh Shift!

Presenter: Keith Senzer

The stresses of school, peer pressure and society in general have made it hard to be who we truly are. Oh Shift is designed to help recognize these stresses and handle them differently. The Oh Shift principles and tools will allow you to be comfortable in your own skin and hopefully become an inspiration for other teens who want to share what you have achieved.

A former caterer and hospitality expert, Keith was inspired to launch a second career after witnessing his own children's struggles with anxiety and ADHD. Today he coaches children across the country to help them be the best they can be.

8. Love Shouldn't Hurt

Presenter: Gina Donohue

A range of abusive behaviors, including warning signs and patterns of abuse in relationships, will be defined and identified. The objective is to learn about the progression of abuse, and common "excuses" used by abusers.

Gina Donohue is the Teen Program Coordinator at Hope's Door, an organization whose goal is to end domestic violence by providing all students with information on dating abuse and healthy relationships.

9. NRPD – Your Allies and How to Work with Them

Presenters: Members of the NRPD, P.A.C.T. Unit

Using role play and discussion, members of the New Rochelle Police Department will present real-life situations involving students and the police and offer a "how to" guide when dealing with law enforcement. A must-learn for all teens.

The New Rochelle Police Department P.A.C.T. Unit stands for Police and Community Together and is the community outreach unit of the police department.

10. Netflix and Chill

Presenters: Leilani Lockett and Jovan Manning

Making healthy choices regarding sex requires being well informed. This interactive sex education workshop provides a forum to discuss sexual attitudes, values and behaviors, and to learn medically accurate information including the truth about sexually transmitted diseases.

Leilani Lockett and Jovan Manning have been educating young people for over 9 years about age-appropriate sex education topics with an emphasis on healthy and responsible behaviors.

11. Doing Digital Right

Presenters: Joshua P. Logan, PhD, Gail Polsky, LCSW, and Grisella Ramos-Santiago, CSW, LCSW

How do we use technology appropriately? This workshop will cover the norms of appropriate responsible technology uses well as the impact, both positive and negative, of a student's digital footprint. What does their digital footprint say about them? What will others think and believe about someone based on what they have posted online?

Dr. Logan, Mrs. Polsky, and Mrs. Ramos-Santiago all work at New Rochelle High School. Dr. Logan is the House I School Psychologist, Mrs. Polsky is the House IV Social Worker, and Grisella Ramos-Santiago is the House III Social Worker.

12. Don't Freak Out!

Presenter: Caryl Blackwood, The Guidance Center of Westchester

During the workshop, students will explore what makes them anxious or nervous, while also learning skills to help combat anxiety.

Caryl Blackwood is the clinical supervisor at TGCW's Mt. Vernon Mental Health Clinic. In the field for over 20 years, Caryl has experience working with diverse populations and ages.

Middle School Student Workshops

6:40 - 7:40 PM

13. Motiv8: 8 Ways to ROCK Your Own World

Presenter: Sheira Brayer

Using humor, interactivity and multimedia, Motiv8 offers students tips and tools to reduce stress, improve decision-making, think differently and overall feel better in their own skin. Prepare to laugh and have fun!

Sheira Brayer is an empowerment speaker, professional songwriter and soon-to-be-author. She has presented her youth empowerment programs across the country and has written hundreds of songs for television and stage. Her charitable work includes writing custom songs for sick children through the "Songs of Love" Foundation as well as the theme song for the Wounded Warriors project.

14. How to Succeed in NRHS

Presenters: SADD Club

Tips, tricks and myths about 9th Grade, as reported by current New Rochelle High School students! This workshop will also include skits about risky situations and how best to handle them. All you need to know about entering high school, in a nutshell.

Presenters are members of the SADD (Students Against Destructive Decisions) Club at NRHS.

Keynote
7:50 - 8:50 PM

Creating Connections That Count
Ty Sells

In an interactive and exciting way, participants will learn practical and proven ways to engage and connect with each other.

- How do you see your children?
- How do they see you?
- Are you youth focused or task focused?
- Do you remember what it was like to be young?
- What really matters to “these kids today?”

Participants will learn new ideas and techniques, but they will also remember things they have forgotten.

- What are the 5 KEYSS to making a connection?
- How can you create an environment where connections can occur?
- What does the letter H have to do with anything?
- How do status and culture play a role?

Not just a speaker, Ty brings over twenty-two years of experience in drug prevention and community services. He is a “product” of the Youth to Youth high school program, and spent years during and after college working directly with youth in its’ local program. Ty is known across the country for his charisma, humor and leadership. He has developed a number of trainings, workshops, and presentations for both youth and adults to address the many complex issues that confront today’s young people.

Pre-Registration

We have partnered with the YMCA this year!

You can register for Family U by calling the YMCA at **(914) 632-1818**, in person at the YMCA on 50 Weymen Ave., New Rochelle or online by going to NRYMCA.org/membership.

The YMCA created a special free membership for Family U to allow us to use their online system. It is not a difficult process but there are a few steps involved. Detailed instructions are as follows:

1. Go to NRYMCA.org/membership
2. Scroll down to bottom of the page and click: [to register online Please Click Here](#)
3. Choose the free Family U membership by clicking on: [Focus Family U](#)
4. Create a free membership account by entering your name, gender, birthdate, address & home phone. (you may skip all other requested information).
5. When asked if you'd like to add another member, add each member of your household that you'd like to register. (you will only have to enter their name, gender and birthdate)
6. Click [Continue to Payment](#) and create a password.
7. Click [Register for Programs, Browse](#) and choose [Family U](#)
8. Check the box next to March 13 and click [Register](#)
9. Select the first family member you would like to register and choose the workshop they would like to attend, click [Next](#)
10. To add workshops for additional family members, click [Add More Programs](#) and repeat steps 7.8.and 9 for each family member you are registering
11. When you have completed this process click [Next](#) to go to the payment screen to enter your credit card information.

*Please call the YMCA if you experience any problems registering online
Thank you!

