

New Rochelle



2018

Wednesday, March 28
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.
Walk-ins are welcome, but meal availability is limited and not guaranteed.

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



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

Session I: 6:40 to 7:40 PM

Parent Keynote: **Dr. Stephen Dewey: This is Your Brain on Drugs**
and workshops for middle and high school students

Session II: 7:50 to 9:00 PM

Parent Keynote: **Dr. Jess Shatkin: Born to Be Wild**
Student Keynote: **Stephen Hill: A Journey to Recovery**

Sponsored by
NewYork-Presbyterian
Lawrence Hospital

Parent Program

(Linda Kelly Theater)

Dr. Stephen Dewey: This is Your Brain on Drugs *(Understanding the effects of addictive drugs on the brain)* **6:40 - 7:40 PM**

With a message that is science based and objective, Dr. Stephen Dewey will discuss the impact of addictive drugs such as, caffeine, nicotine (including vaping), alcohol, marijuana, cocaine, heroin, and others on the brain and its function. The presentation will include the role that the environment plays in relapse, as well as data that supports the underlying disease processes associated with addiction. Using advanced brain imaging, Dr. Dewey will illustrate the ways in which drugs affect the brain's chemical makeup and the lasting damage they can do.

Dr. Stephen L. Dewey, Neuroscientist & Research Professor of Psychiatry at the New York University School of Medicine spent his career conducting research on the effects of addictive drugs on the human brain. These studies led to the development of an effective treatment for addiction. In 1994, he started an outreach program to bring his research findings to school districts throughout Long Island and the tri-state area. His informative message has reached hundreds of thousands of school-age children, parents, teachers, administrators and counselors. He serves on the Suffolk County Board of Health and as Director of Research Education at Seafield Center. Dr. Dewey's research has been featured on 20/20, Dateline, Good Morning America, ABC, NBC, CBS, FOX, CNN, FOX News, News 12 Long Island, The New York Times, The Wall Street Journal and Newsday.

Coffee break between keynotes

Dr. Jess Shatkin: Born to Be Wild *(Why teens take risks and how to keep them safe)* **8:00 - 9:00 PM**

Texting while driving. Binge drinking. Unprotected sex. There are plenty of reasons for parents to worry about getting a late-night call about their teen. But most of the advice parents and educators hear about adolescents is outdated and unscientific—and simply doesn't work. This talk will address the real reasons our kids take risks and new evidence-based strategies for keeping them safe.

Dr. Jess P. Shatkin, MD, MPH, leads the educational efforts of the NYU Child Study Center, where he is Vice Chair for Education and Professor of Child & Adolescent Psychiatry and Pediatrics at the NYU School of Medicine. In addition to directing one of the largest training programs in the country in child and adolescent psychiatry at the NYU School of Medicine & Bellevue Hospital Center, Dr. Shatkin is the founder and director of nation's largest undergraduate child development program, Child and Adolescent Mental Health Studies (CAMS) at NYU. His major clinical interests are mood and anxiety disorders, attention deficit-hyperactivity disorder, disruptive behavior disorders, and sleep.

High School Student Workshops

6:40 - 7:40 PM

1. Teens Helping Teens Grow Their Grit

Presenter: Dr. Caren Baruch-Feldman

Students will learn from the presenter, as well as other students about what grit means and more importantly, how to build this quality in themselves. They will learn how to persist with hard tasks, fail forward, and exhibit better self-control, skills necessary for their success. The program will be interactive and hands-on, allowing students to walk away with actual strategies for their success.

*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** was recently released in July 2017.*

2. One Love – Behind the Post

Presenter: Samantha Hanson

Participants will watch One Love's 7-minute video, Behind the Post, which depicts unhealthy and abusive behaviors that take place between a fictitious couple, with an emphasis on the role that social media and technology can play in both masking and perpetuating those behaviors. They will then participate in a guided discussion on understanding the difference between healthy and unhealthy behaviors, how to help a friend, and preventing relationship abuse.

Samantha Hanson is an Engagement Coordinator for One Love Foundation working to bring Escalation to schools in the tristate area as well as assisting the Campus Ambassador program. Samantha attended Florida Atlantic University for her undergrad before completing her masters in School Psychology at Georgian Court University. After graduation, she spent three years working for Lady Gaga's Born This Way Foundation where she worked on various research-based youth programs to build a kinder and braver world.

3. 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.

4. Don't Freak Out!

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

Exams, college decisions, school safety, relationship worries. There are lots of things that cause stress and everyone reacts to them differently. This workshop will address how to adapt, change, and find methods and techniques to effectively manage and deal with stress and other emotional responses you encounter in school and life.

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

5. Krav Maga Israeli Self-Defense

Presenter: Sensei Vladimir Zolottev

Learn how to avoid becoming a victim with techniques such as how to carry yourself, avoid dangerous situations and be aware of your surroundings. Effective Krav Maga techniques on how to disengage from threatening situations will be demonstrated, with interactive participation.

Sensei Vladimir Zolottev holds over 47 awards and distinctions in the Martial Arts and is a World Cup Karate Champion, a certified Krav Maga Federation Instructor, and a member of the Romanian National Karate Team. True ChampionZ Martial Arts Westchester Krav Maga, in New Rochelle, is accredited by the Krav Maga Federation and the Shotokan Karate-Do of the United Nations.

Middle School Student Workshops

6:40 - 7:40 PM

1. The Eight Brocades

Presenter: Mark Nelson

This workshop will teach the ancient set of movements that reduces tension and is a relaxing way to keep fit. It will improve your ability to do well in all sport activities, keep you flexible and reduce anxiety which equals better grades on exams. Impressing your friends is a bonus! (Comfortable clothing recommended)

Mark Nelson teaches English at New Rochelle High School.

2. Healthy Relationships: What's Not OK

Presenter: Shannon Sullivan and Emily Benvenga

This workshop will include a short video that describes the components of a healthy dating relationship or friendship. Following, students will participate in "The Stoplight Game" where they will be challenged to make decisions about what behaviors they would want to see in their own relationships or friendships.

Shannon and Emily are Youth Educators in the Prevention Program at Hope's Door. They aim to educate teens about healthy dating relationships and how to spot the signs of an unhealthy or abusive relationship.

3. Escape the Vape

Do you have what it takes to solve the clues, finish the puzzles, and convince your peers that vaping is risky before time runs out? Test your skills in this interactive "escape room" and learn the truth about vaping.

High School & Middle School Student Keynote

7:50 - 9:00 PM

Stephen Hill: A Journey to Recovery

Stephen Hill had everything going for him in high school: a loving family, lots of friends, and he excelled in school - especially sports. Elevated to play on the junior varsity lacrosse team in 8th grade, Stephen was introduced to drugs and alcohol by older peers. He started drinking and smoking his freshman year of high school, and his life quickly spiraled out of control. Before long, he was addicted to prescription painkillers and heroin.

Learn the warning signs of drug use and the importance of speaking up when you see someone heading down the wrong path. Through Stephen's story you will understand that everyone can be vulnerable to addiction. Finding your passion, chasing your dreams, and doing what makes you happy will give you the natural high that no drug can!

Keynote Speaker, Law student, Consultant, and Author, Stephen Hill is the founder and President of Speak Sobriety LLC. Stephen has shared his story of his battle with drug addiction and journey to recovery with thousands of students, teachers, administrators, parents, and community members. He has worked in the field of addiction at an extended care program for young males, as a mentor to middle school students, and as a treatment planning and intervention consultant for families who have a loved one suffering from the disease of addiction.

