



**LAKELAND
HIGH SCHOOL**

Christopher Cummings
Principal

Christian M. Mercurio
Assistant Principal

TBD
Interim Assistant Principal

Summer 2020

Dear Parent,

Lakeland High School, along with 44 other secondary schools in Westchester County, is continuing a Student Assistance/Project SUCCESS Program for the 2020-2021 school year. This program is funded by the NYS Office of Addiction Services and Supports through the Westchester County Department of Community Mental Health, the school district, and by corporate and private donations. The program will provide alcohol, tobacco, vaping, and other drug prevention activities and counseling services to students including support for students and families experiencing COVID related concerns, assistance for students experiencing, or at high risk for, substance related problems, and students involved in bullying situations and problem gambling. It is anticipated that this combination of services will accomplish the following goals:

1. prevent substance use and social and emotional problems among students
2. reduce the incidence of substance use and social and emotional problems among students
3. improve school performance and attitudes toward school and support social emotional skill development among program participants

Kaitlyn Marshall will serve as the Student Assistance Counselor at Lakeland High School. She will be working full time in the district and will have evening hours available to see parents and meet with community groups. Ms. Marshall is a Licensed Mental Health Counselor with experience working with adolescents, and specialized training in prevention and early intervention strategies with adolescents at risk of having substance or gambling related problems. She is being paid and supervised by Student Assistance Services Corporation and the school.

Ms. Marshall will be meeting with students individually and in small groups for education and prevention activities to correct erroneous perceptions about substance use, to support social and emotional health, and to teach students skills to identify and resist social and situational pressures to use substances or participate in other unhealthy behaviors. Parent meetings corresponding to our prevention program will also be offered. Ms. Marshall will be available to see students who have personal, peer, school, or family issues that could lead to substance use, mental health problems, and/or involvement in bullying situations. Students who are using substances, vaping, or gambling can also be seen. If you would like to speak to the Student Assistance Counselor about your child or another student, please call her directly at 528-0600 ext. 39158. All calls will be confidential.

Ms. Marshall will also provide multi-session educational programs for students who are vaping or under the influence of substances at school or school sponsored activities. When students are not in the school building, Ms. Marshall will provide all program services remotely including confidential counseling through telepractice.

We are hopeful that these programs will show promising results. Data will be collected to assess the overall effectiveness of the program in preventing and reducing risk factors for alcohol, tobacco, other drug use, and problem gambling.

Please feel free to call me if you have any questions about the program.

Sincerely,

Chris Cummings
Principal

Safety Tips: The Surgeon General declared adolescent vaping an epidemic, and Westchester is not immune. Recent data indicate that almost all youth who vape are vaping products containing nicotine or THC concentrates. All products that are vaped carry risks related to lung, heart, and gum health. Also, please monitor the use and storage of all prescription and non prescription medications in your home to reduce misuse by youth. Unused medications can be returned at the Yorktown Police Department, 2281 Crompond Rd., Yorktown Heights, NY 10598, 914-962-4141, the Peekskill Police Department, 2 Nelson Ave., Peekskill, NY 10566, 914-737-8000, or the Cortlandt Purchasing Department, 1 Heady St., Cortlandt, NY 914-741-4400.