“Show me a successful individual and I’ll show you someone who had real positive influences in his or her life. I don’t care what you do for a living—if you do it well I’m sure there was someone cheering you on or showing the way. A mentor.” — Denzel Washington
Cohen’s Drug and Alcohol Intervention/Prevention Program

Cohen’s Drug and Alcohol Intervention/Prevention Program is designed to utilize peer to peer intervention and support as a means to deterrent students from using drugs and alcohol as well as identify students that are currently using. There is no formal application process for selecting mentors. Instead, students are recommended by our staff to take part in this program. The students were provided with a two day training to help them gain the skills necessary to identify and approach students who may be at risk. Following the training students met to discuss their experience and to assess their level of understanding of their role. Cohen’s will continue to meet with our mentors periodically to reinforce strategies and get feedback. During meetings, mentors will identify a problem (ie. vaping, marijuana) that is affecting our school and work on creating a campaign to educate and bring awareness to the harmful effects of drugs and alcohol.

Cohen’s Children’s Hospital was provided a grant to implement the aforementioned program in response to the opioid epidemic which has impacted our neighborhoods and schools on Long Island.

Industry Advisory Board

The objective of the Industry Advisory Board is to create partnerships with industry leaders, community members, parents, alumni, and students to focus on providing students with opportunities and experiences to become aware of, explore, and plan for a career. The IAB is in its 4th year at Westbury High School. To be effective it is critical that representatives all have the opportunity to provide input and service on this committee. There are businesses, administrators, teachers, local community businesses, and community members on the board. IAB’s purpose is to collaborate together in regards to business needs and opportunities for our students.
New York State Peer Mentoring Program

Westbury High School has continued the Peer Mentoring Program for a second year. As we move through the 2018-2019 school year, our focus has been on the role of the mentor. Our student mentors are bright, kind, hardworking, and are enthusiastic about the importance of their duties as role models to their younger peers. They are expected to inspire, encourage, and motivate their peer mentees who are transitioning from the middle school to the traditional high school setting. This change has proven to be a difficult time for them academically, socially and emotionally as these students are uprooted from the comfort of whence they came. Studies have concluded that the potential success of the students who enter high school depends much on what occurs in their first year. Hence, ninth graders who are recruited as mentees in the program, are in need of guidance, instruction and mentoring. Upperclass mentors, as a consequence, develop good leadership skills and strong feelings of responsibility.

The New York State regional coordinator, Diane Urso, has been available to us for training purposes, and guidance. The reality however, is that we have to facilitate our sessions with the mentors and the mentees through careful analysis of the communication between students and the assessment of how meaningful this communication is between them. The objective is to host problem solving experiences between the peers and to realize growth between all parties. We conduct two meetings monthly with mentors and mentees, we hope will establish consistency and continuity in the program.

We look forward to building and expanding the program this year. Thus far, we have had successful sessions with students who attend regularly and are committed to the sense of what can be accomplished. Their increased self confidence is evident as they beam with radiance as they enter the room now. Ninth grade mentee students participate in class lessons easily and readily now. These freshmen seem more self assured, kinder, happier, and have increased grade averages. Thus, as the program facilitator, and ninth grade teacher, I have first hand knowledge of how the peer to peer relationships make a difference in the lives of students in school.
New York State Peer Mentoring Program in Action
NJROTC Peer Mentoring Program

Twice a week (Mondays and Wednesdays), the NJROTC Program sends two groups of two senior cadets (grades 10-12) to the Westbury High School Annex, to mentor 9th grade cadets in drill and uniform inspections. Mentor cadets are rotated as much as possible to ensure that no cadet is pulled from classes more than twice each quarter. Each mentor cadet is hand picked by Chief Immarigeon based on their exceptional and consistent performance in the following categories:

- Participation on drill teams
- Appearance (uniform inspection)
- Program knowledge
- Maturity/attitude, leadership potential, interests, etc.

The goal is to engage and develop leadership abilities and future potential in the senior cadets and to engage the 9th grade cadets in a more direct and personal way in order to build esprit de corps within NJROTC, and to form the program into a tight knit unit.

The NJROTC Peer Mentoring Program has proven to be a powerful tool in the retention of students in the program. Additionally, the program provides a network of cadets that can talk to each other throughout the building, and positive peer pressure in performing and behaving in a more positive way throughout the building.
Herstory Creative Writing Workshop

Do you have a story inside you that might make a difference for other people in your world? Would you like to learn how to pick a moment out of your own life that might speak to other people who are looking for inspiration and courage? Youth Writing for Justice is about picking out a personal moment that you would like to share with a wider audience through publication and presentation to teachers, human rights workers, voters and legislators--all of those who make the decisions that affect students and their families and communities the most. We invite you to join a community of young writers from Westbury High School who will be weaving their stories together to capture the experiences of students who have immigrated to this country, who are discovering their sexual identities, and who are learning to speak up against bullying. Use this experience to explore opportunities to begin to make a mark in the world.

Meeting every Thursday 3:00-5:00PM LIU POST Campus

As the students write together, week after week, they discuss how their stories can make a difference in helping the people in their community to understand their experiences, while helping other young people who are following in their footsteps to have the courage to carry on. They learn to see themselves as heroes in a struggle that is much bigger than they are, and to embrace one another in an ever increasing pool of stories that celebrate their journeys.
Council for Unity
Meeting Days/ Time: Thursday & Friday; 2:40pm-3:30pm.
WHS Annex-Room 205.

The goal of Council for Unity is to encourage our students to demonstrate leadership skills, collaborative skills, motivation, and to encourage them to develop positive connections with students and adults in-and-out of the program. Occasionally, the program may be viewed as “a group aimed at helping at-risk teens make better choices”. The Council for Unity program has provided our students at Westbury High School substantial support systems by allowing them to discuss and resolve their problems; students and advisors offer advice, suggestions, and emotional-and-social aid to one another. The CFU members meet daily, including mornings and afterschool to discuss the social, academic, and personal challenges of our students. The Council for Unity program has taught and inspired the advisors to learn methods on how to deal with personal challenges, as much as it has taught us how to provide support to our students. The professional learning community involves multiple Council for Unity advisors who actively collaborate with professional staff members (e.g. teachers, custodians and safety personnel), parents, and administrators in helping to foster the wellbeing of all students.

“Since 1975, The Council for Unity has been teaching leadership, self-expression, mediation, conflict resolution and advocacy. We’re ending gang violence and bully-ism one school at a time. WE STOP SCHOOL VIOLENCE AND INCREASE GRADUATION RATES.”
-Bob De Sena, Founder of Council for Unity

The target audience are students dealing with bullying, struggling with socioemotional challenges, and students who may be involved in gangs. Students may also be recommended from other professionals.

Highlights:
- **Staff Recognition Day:** The CFU students decided to pay tribute to various staff members that included teachers, counselors, custodians, security personnel, and lunch aides.
- **2018 Council for Unity Gala:** CFU students participate in a traditional celebration that represents the custom of “Slaying your Dragon”. Simply put, students observe a symbolic representation of how challenges/issues/fears (dragons) are resolved. The students end the academic school year with a CFU dance celebration.
Council for Unity in Action

Pictures:
My Brother’s Keeper

Meeting Days/Time: Bi-weekly Meetings; Monday from 2:40pm-3:30pm.
WHS Annex Rm 200.

The goal of My Brother’s Keeper (MBK) is to ensure young men have the opportunity to become successful individuals through the experience of mentorship. The goal is “to address persistent opportunity gaps faced by boys and young men of color and ensure that all young people can reach their full potential. Taking important steps will be required to connect young people to mentoring, support networks, and the skills they need to find a good job or go to college and work their way into the middle class”. The African proverb, “It Takes a Village to Raise a Child” is a core theme of MBK in which, a vast array of adults participate and volunteer their time to mentor the young men of Westbury. Such volunteers include members of the community, custodians, security personnel, teachers, parents, military personnel and professionals from various fields. Additionally, the My Brother’s Keeper initiative focuses on six milestones;
1. Getting a Healthy Start and Entering School Ready to Learn
2. Reading at Grade Level by Third Grade
3. Graduating from High School Ready for College and Career
4. Completing Postsecondary Education or Training
5. Successfully Entering the Workforce
6. Keeping Kids on Track and Giving Them Second Chances

Our target audience are the young men of the Westbury School District.

Highlights:
- My Brother’s Keeper Kickoff; May 2018-Full support from the community, teachers, administrators, and professionals from various fields who planned to provide continuous mentoring support to our Westbury students.
- MBK Fellows and Friends Leadership Retreat; August 2018- MBK gathering with members and students from 18 different districts. Students were presented with motivational messages by Keynote Speaker Robert Jackson, led by Dr. Anael Alston, Assistant Commissioner of MBK.
- The Intersection of Race, Education & Hip-Hop in America Today; February 2019-Students had the opportunity to learn about the influence of Hip-Hop from MBK members, Run DMC and Chuck D.
My Brother’s Keeper in Action

Pictures:
Tobias Troops

The Tobias Troops on Long Island has been in the works since 2011, when Tobias entered the NBA. As a native of Long Island, young athletes have followed Tobias since his High School days! His mentoring initiative works with youth to encourage student athletes to seek scholarships, maintain good grades, be of good character and explore career options.

For the 2018-2019 school year the Tobias’ Troops will take formation at Westbury HS, Wyandanch HS and Hempstead ABG Schultz Middle School. this year Wells Fargo will also partner to bring aspects of their community involvement, including financial literacy for students, parents and educators, tours to area sites and volunteer career guest speakers.

WHS Guardian Angels

The Westbury High School Guardian Angels mentoring initiative connects our students to adults in our building who care about them, and support their goals of becoming college and career ready by the time that they graduate. Often anonymous, our Guardian Angels check in with their mentees on a regular basis. This can look like a casual, yet inspirational conversation in the hallway, an adults sharing a meal with a student during lunch, tutoring, or a offering a warm smile and listening ear.

Our Guardians Angles collaborate with the social workers, guidance counselors, and their colleagues to maintain an accurate assessment of their mentees progress both academically and socially. Over forty members of the faculty and staff have volunteered to be Guardian Angels.
Girls Inc. of Long Island: A Sisterhood of Support!

Meeting Days/Time: Thursdays, 2:45 - 4:45 pm, Room: Library

The Girls Inc. mission is to inspire all girls to be strong, smart, and bold. The Girls Inc. experience equips girls to navigate gender, economic and social barriers and grow into healthy, educated and independent adults. Through participation in our programs, girls learn the skills to become leaders in their communities, leading to exponential change.

Below you will find a list of the curriculum areas that further explain our approach and themes of facilitation.

**Girls Inc. Economic Literacy** guides girls to learn to manage money, invest, and begin to develop an appreciation for global economics.

**Girls Inc. Leadership and Community Action** is designed to teach girls to build their leadership skills and create lasting social change through community action projects.

**Girls Inc. Preventing Adolescent Pregnancy Girls** acquire the knowledge and skills necessary to take charge of and to make informed, thoughtful decisions about their sexual health.

**Girls Inc. Operation SMART** is a curriculum where girls develop enthusiasm for and skills in science, technology, engineering, art, and mathematics (STEAM). Through hands-on activities, girls explore, ask questions, persist, and solve problems. By interacting with women and men pursuing STEM careers, girls come to view these careers as exciting and realistic options for themselves.

**Girls Inc. MIND+BODY Initiative** supports and promotes the whole health of girls, using a philosophy which recognizes that many factors, including physical and mental wellness, contribute to girls’ health. The initiative focuses on physical activity, body image, nutrition, and stress management.

**Girls Inc. Media Literacy** teaches girls to increase their awareness of the scope and power of the media and the effects of media messages on girls and women. They learn to analyze what they see and hear in the media and advocate for change in entertainment, news, and advertising. As girls create media that are more realistic and reflective of their lives, they learn about careers and the positive use of media.
**Girls Inc. Project BOLD** Girls learn skills and strategies to lead safer lives in their homes, in relationships, in their communities, and online. Girls learn specific self-defense techniques and how to seek out and talk to caring adults about personal violence. Older girls also take on a community action project to advocate for a safer world for all women and girls.

All the best,

Anissa Rivera, Program Coordinator  
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