



Riverhead Community Awareness Program, Inc.
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Riverhead CAP Seeks Volunteers for 2022-2023 Pulaski Program

Riverhead, NY - Riverhead Community Awareness Program, Inc. (CAP) is seeking community volunteers to teach its *2022-2023 Drug and Alcohol Prevention Program* to fifth and sixth grade students in Pulaski Street School. The program consists of eight monthly sessions taught by community volunteers who are assisted by peer leaders in grades 8-12. Both English and Spanish speaking volunteers are needed.

“Our volunteers represent a diverse cross-section of the community who share a common interest in helping young people make healthy decisions,” said Cynthia Redmond, Community Prevention Specialist at Riverhead CAP. Between training and the monthly presentation at Pulaski Street, the total time commitment is only about 2-3 hours per month during the school year. Riverhead CAP ensures that volunteers are trained and prepared to teach the scripted program by providing a flexible training schedule. Ms. Redmond added that, “we appreciate that several local businesses have been supportive of the program by allowing workers to take time to volunteer once a month at Pulaski Street.”

“Having volunteered with the Pulaski Street Program for more than five years, I have had some truly wonderful experiences, said Jennifer Power, a longtime CAP volunteer. “The program helps children make informed decisions as they navigate through their middle school and high school careers.”

Ms. Power added, “the interaction between the peer leaders and the students at Pulaski Street is magical. The younger students always listen closely to their peer leaders as they speak on topics such as the dangers of alcohol, vaping, and drug use. Since the peer leaders are only a few years older, the impact they have on the Pulaski students is apparent. I am constantly amazed by how much this one-hour program truly impacts the lives of each student and I'm honored to be a part of it.

CAP currently utilizes *Too Good for Drugs* at Pulaski, an evidence-based skill development program. The program is designed to mitigate the risk factors and enhance protective factors related to alcohol, tobacco, and other drug (ATOD) use. The lessons introduce and develop social and emotional skills for making healthy choices, building positive friendships, developing self-efficacy, communicating effectively, and resisting peer pressure and influence. Research has linked these skills with healthy development and academic success.

For more information about becoming a CAP volunteer, or to sign up, please contact Cynthia Redmond, Community Prevention Specialist, at (631) 727-3722, Volunteer@RiverheadCAP.org, or visit CAP's website at www.RiverheadCAP.org.

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riverheadcap.org

Advisory to the Riverhead Town Board, CAP is a Community Nonprofit Corporation Supported by the White House Office of National Drug Control Policy (ONDCP), Substance Abuse and Mental Health Services Administration (SAMHSA), NYS Office of Addiction Services and Supports (OASAS), Suffolk County Youth Bureau, and Suffolk County Department of Health Services.