



# PORT JEFFERSON SCHOOL DISTRICT

## PARENT WORKSHOP SERIES



All workshops will take place in the Auditorium of the Earl L. Vandermeulen High School  
350 Old Post Road, Port Jefferson, NY 11777

These workshops are for PARENTS/GUARDIANS ONLY

### Current Drug Trends

**DATE/TIME: Wednesday - February 7, 2024 @ 7:00 PM**

**PRESENTER: David Hymowitz - #SameHere Global**

Substance use is a very large component of our culture. Society plays a major role in influencing opinions and attitudes towards using substances. It is important for parents and caretakers to know what those factors are and what substances are currently trending.

### Suicide Prevention and Intervention Program

**DATE/TIME: Tuesday - February 27, 2024 @ 7:00 PM**

**PRESENTERS: Phil Schoppmann and Linda Sherlock-Reich**

Utilizing their years of experience in law enforcement, counseling and training, presenters from the *Trainers United on Long Island for the Prevention of Suicide (TULIPS)* will share important information about recognizing crisis in our children and steps to take for the prevention of suicide.

### Why Do Students Self-Medicate?

**DATE/TIME: Wednesday - March 6, 2024 @ 7:00 PM**

**PRESENTER: David Hymowitz - #SameHere Global**

People utilize a host of mechanisms to cope with stress and difficult life situations. One of those coping tools are substances. There is a belief that the choice of substance may be linked to one's primary emotional state. This workshop will discuss ways to prevent and support students that may be heading towards and actually self-medicating their feelings.

### How to Have a Discussion with Children about Substance Use

**DATE/TIME: Wednesday - April 3, 2024 @ 7:00 PM**

**PRESENTER: David Hymowitz - #SameHere Global**

Traditional workshops educate adults on how to talk **TO** children. Talking **TO** children is the same as talking **AT** them, which means they probably aren't really listening. This workshop will demonstrate effective ways to engage your children in a discussion about substance use by using active listening skills. Listening allows them to examine their feelings and beliefs about the potential role of substances in their lives.