



Riverhead Community Awareness Program, Inc.
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Riverhead CAP Annual Report 2016-2017

Introduction

Riverhead Community Awareness Program, Inc. (CAP) is a non-profit community-based organization founded in 1979 by a coalition of volunteers to address growing problems caused by alcohol and other drugs within the Riverhead schools and community. In 1982, CAP began providing a monthly prevention education program to all fifth and sixth grade students in Riverhead Central School District; the program is taught by community volunteers who are assisted by peer leaders from Riverhead High School and Middle School, and continues today. In 1986, CAP incorporated and expanded its services from school and community awareness and education programs to include counseling services and crisis intervention to students and families of students at risk for present and future drug and alcohol problems. In 2013, Riverhead CAP was awarded a five-year Drug-Free Communities Support Grant by the White House Office of National Drug Control Policy (ONDCP) to provide coalition-based environmental strategies to reduce youth alcohol and drug use. CAP serves the communities that comprise the Riverhead Central School District in the Towns of Riverhead, Southampton and Brookhaven.

Riverhead CAP's mission is to reduce and prevent alcohol and other substance abuse within the Riverhead schools and community. The three specific goals of CAP are the following:

- 1) To prevent or delay experimentation with alcohol or any drug by school-age population.
- 2) To prevent experimentation from escalating to abuse.
- 3) To prevent the abuse of alcohol and drugs from leading to serious harm to the individual's family, peers, and community, namely to prevent accidents, automobile crashes, health problems and addiction.

To accomplish this, CAP provides licensed clinical social works (LCSWs) for the Riverhead School District in the High School, Middle School, Roanoke Avenue and Phillips Avenue Elementary Schools. CAP is also the lead coordinating agency for the Riverhead Community Coalition for Safe and Drug-Free Youth and employs two community prevention specialists who address youth substance abuse prevention through community-based coalition initiatives and environmental strategies.

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School-Based Program Activities

Prevention Counseling (Riverhead High School Grades 9-12, Riverhead Middle School Grades 7-8, Roanoke Avenue Elementary School and Phillips Avenue Elementary School Grades K-4)

- **2016-2017 Workplan:** Seventy-nine (79) assessments, sixty-five (65) admissions, sixty-five (65) discharged.

Evidence Based/ Model Program Utilized in 2016-2017

- ***Life Skills Training (LST)*** for all 5th and 6th grade students (universal) in 31 classes at Pulaski Street Elementary School (821 students served). This included one class of 24 Spanish-speaking students in which a bilingual volunteer police officer and two bilingual peer leaders were utilized.
- ***Life Skills Training (LST)*** for 38 middle school (8th grade) and 50 high school (grades 9-12) peer leaders in 2016-2017.
- ***Life Skills Training (LST)*** for 30 K-4 students at the Southampton Youth Bureau's evening program during three ten-week sessions each in 2016-2017. The Southampton Youth Bureau's Flanders Community Center serves students from the Riverhead Central School District who reside in Flanders, Northampton and Riverside and attend Phillips Ave. Elementary School.
- ***Too Good for Violence (TGFV)*** for 61 fourth grade students in three groups who participated in the *Peacemakers*, an anti-bullying group in both Phillips Ave. and Roanoke Ave. Elementary Schools (selective). This innovative peer-led group was initiated by a third grade student in 2012 and is facilitated by the CAP social worker. Students act as role models and meet twice per month to plan bullying prevention initiatives and activities. In 2017, the students recorded video (<https://vimeo.com/199856414>) inviting community members to participate in the Great Kindness Challenge and post acts of kindness on social media; this was so successful that even the Riverhead Town Board participated. In 2015 and 2016, students were successful in having all students and staff members participate in *The Great Kindness Challenge*; as a result, Riverhead became a Kindness certified School District (<http://www.greatkindnesschallenge.org/School/schools.html>).
- ***Strategic Prevention Framework (SPF)***: This evidence-based model is used in the planning, implementation and evaluation of all coalition activities. Coalition logic model and action plan utilizes the seven strategies to achieve community change.

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Strategy Implementation Breakdown

Individual-Level Prevention Strategies

1. Provide Information

- Youth Coalition Radio Public Services Announcements (PSAs) 4X per year
- Media Advocacy to educate about underage drinking prevention, Social Host Law, prescription and OTC drug prevention, Take Back Events, permanent drop box, e-cigarettes, vaping, marijuana and coalition strategies through press releases, paid and donated advertisements, newsletters, Valpak, CAP website, videos on website and Town Cable Station, mobile billboard truck, posters in schools and businesses, and social media outlets, church bulletins, posters and flyers in pharmacies and medical offices
- Adult and youth presentations to the Riverhead Town Board, Riverhead Central School District, civic groups and other community groups
- Partner with businesses to utilize underage drinking prevention information on napkins and coasters
- Provide brochures for medication safety and inventory to community members and pharmacies
- Drop box magnets

2. Enhance Skills (some previously mentioned above)

- Train peer leaders and CAP volunteers to deliver evidence-based *Life-Skills Training (LST)* program
- Deliver *Life Skills Training* program to all 5th & 6th grade students (over 800 annually), high school and middle school peer leaders, and selected K-4 students
- Provide workshops to peer leaders, youth coalition members and other community groups
- Provide TIPS responsible beverage server training to on-premise and concessions servers for Town-approved fairs and festivals
- Provide PIRE training to Riverhead Police Department
- Youth coalition provides Samantha Skunk presentation to K-3 students in elementary schools and at Riverhead and Southampton Youth

3. Provide Support

- Provide assessment, counseling and referral services in grades K-4 and 7-12
- Serve as an advisory to the Riverhead Town Board and the Alive on 25 committee
- Provide social worker for Southampton Youth Bureau *Amerikids* program
- Partner with by Riverhead Police Department to provide outreach to restaurants and alcohol vendors prior to events
- Offer resources and training for retailers who fail compliance checks
- Partner with PBMC for SA awareness days
- New partnerships with SCCC and Southampton PD
- Provide supplies for drop box collection
- Coordinate Take Back Events for Riverhead Police Department, Peconic Bay Medical Center, Riverhead Highway Department and DEA

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- Provide guidance to other coalitions and organizations to conduct Take Back Events

Environmental Prevention Strategies

4. Enhance Access/Reduce Barriers or Reduce Access/Enhance Barriers

- Utilize wristbands during fairs and festivals to reduce access
- Limit types and sizes of alcohol served at fairs and festivals
- Partner with Riverhead Police Department to implement quarterly off premise compliance checks and restaurant compliance checks twice a year
- Provide bilingual (English/Spanish) literature, signage for retailers and fair servers, and presenters for *LST* program and Pre-Prom event in partnership with Riverhead Police Dept. and Riverhead School District
- Conduct Sticker Shock campaigns with stickers that state the consequences of selling alcohols to minors in Spanish.
- Provide video of Pre-Prom event for parents who were physically unable to attend presentation
- Drive Up Take Back Days at various locations throughout the community
- Permanent Medication Drop Box open 24/7 at Riverhead PD
- Take Back Days on site at Riverhead Senior Center and Senior residences
- PSAs in Spanish on La Fiesta radio station

5. Change consequences (incentives/disincentives)

- Recognize vendors that successfully pass compliance checks
- Revocation of fair permits for organizations that fail to obtain TIPS training for servers
- Prom tickets require attendance at Pre-Prom event by parents and attendees
- Provide giveaways and swag bags for students who attended Pre-Prom events
- Raffle off two sets of prom tickets at Pre-Prom event and utilize vendors to offer discounts and incentives to attendees
- Provide incentives and giveaways to community members who participate in Take Back Events

6. Change physical design

- Limit alcohol sales at Alive on 25 to area within pens supervised by bouncers
- Limit alcohol at fairs and festivals to boundaries identified by police department and only sold through approved vendors
- Provide signage for outdoor events
- Provision in alcohol policy to prohibit alcohol in Town parks and playgrounds
- Environmental scans at Fairs, Retailers, Parks and Beaches by coalition volunteers
- Signage at Police department in English and Spanish promoting drop box
- New funding through Town of Riverhead recycling grant to create permanent placards for medical offices and pharmacies, and palm cards for upcoming Take Back Events
- Include a Take Back station at Town STOP Day (Stop Throwing Out Pollutants)

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7. Modify/change policies

- We continue to partner with the Town of Riverhead and Riverhead Police Department to implement the town's first comprehensive policy for serving/consuming alcohol on town property. Some provisions of the policy include required TIPS training for servers, signage that promotes a responsible alcohol serving environment, wristbands for fair attendees who consume alcohol, and limits on drink type, size, and number to be sold to one person
- We have a partnership with the Riverhead Police Department to conduct quarterly compliance checks at on and off-premise establishments to prevent youth from obtaining alcohol at stores and restaurants.
- We partnered with Riverhead High School to include information about Suffolk County's Social Host law in the Riverhead Senior Prom contract. Parents are required to read this information and then sign to acknowledge that they are aware of the Social Host law. This signed document is required in order to attend prom.
- We partnered with Riverhead Police Department, Riverhead High School, Peconic Bay Medical Center, Walk FM, and local community business to implement and host a mandatory Pre-Prom Expo and Meeting for Riverhead High School seniors, parents, and their prom dates. This meeting is a new policy change that was set into place in 2017 that makes it mandatory for 12th graders who are attending Senior Prom to come to the meeting with a parent or guardian. During the meeting, Riverhead High School administration, law enforcement, Peconic Bay Medical Center physicians, and class advisors discussed the dangers of underage drinking and the consequences of the Social Host law. Local businesses attended the event with specials for students attending prom and free prom tickets were also given away.
- We partnered with Riverhead Central School District to make changes to the School Code of Conduct & Athletic Code so that it includes guidelines and consequences of student and athlete alcohol use. A CAP staff member also sits on the RCSD Code of Conduct committee.
- We partnered with Riverhead High School to incorporate parent presentations into Back to School night. The presentation is delivered by a CAP staff member and addresses issues related to youth substance use.
- We partnered with the Riverhead Police Department to develop a policy where we conduct at least five Medication Take Back events per year in various locations throughout the Town of Riverhead. In 2015, we created a new policy with the Town of Riverhead and RPD to host two additional take back events per year in conjunction with the town's STOP Day. We also have a policy in partnership with Peconic Bay Medical Center to host two take back events per year during DEA National Prescription Drug Take Back Day.
- Since 2015, we have partnered with the Town of Riverhead to include Drop Box and Take Back information in Town Sanitation Letter and on the town website. The coalition has an agreement with the town to put this information in the newsletter each year that it is sent out. In addition, the Town of Riverhead provides information on their website about our community's Medication Drop Box.

- In 2016, we partnered with the Town of Riverhead to receive funding from the town's Recycling grant. This funding will be used to increase the number of community members that safely dispose of medication by promoting our community's Medication Drop Box and Medication Take Back events. The town accepted our coalition's full funding proposal for this initiative.
- Since August 2014, our coalition partnered with the Riverhead Police Department to install a permanent Medication Drop Box in the lobby of the Riverhead Police Department headquarters. This drop box is available for community members to dispose of their unused, unwanted and expired medication 24 hours a day, 7 days a week. We worked with law enforcement to develop best practices on what can be disposed in the drop box, what signage needs to be displayed on and around the drop box, and how medication is incinerated. In addition, we also worked with law enforcement to set up a medication tracking system so that we can track the number of pounds that are collected and if our advocacy strategies are effective.

Task Groups and Coalition Activities

- **Outreach Committee:** group works to increase capacity and community collaboration in coalition initiatives. This workgroup planned the Third Annual Meet & Greet Event which took place on April 20, 2017 and 95 community members attended
- **Planning Committee:** group collects and analyzes data, reviews coalition goals and progress, update logic models and action plans as needed, report outcomes
- **Prescription Drug Abuse Prevention Committee:** group works to reduce prescription drug abuse in the community through outreach with the medical community and pharmacies; educating community members; and working with law enforcement to increase disposal sites
- **Underage Drinking Prevention Committee:** group works to reduce underage drinking in the community through outreach with retail outlets and servers; educating community members; working with law enforcement to increase compliance checks; and involving youth and media in prevention campaigns
- **Youth Coalition:** This group of 8th – 10th grade students (about 20) participates in environmental strategies included Rx take-back events, PSA recordings, and Sticker Shock campaigns, as well as youth coalition recruitment and presentations to both youth and adults including the Riverhead Town Board
- **Alive on 25 Planning Committee:** CAP's coalition coordinator serves on this committee to provide expertise, and resources to ensure the summer Alive on 25 festivals comply with the Town's Alcohol Policy and are safe and family-friendly

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School Districts Served/ Grade levels

- Riverhead Central School District: Grades K-12 and the surrounding communities

Total Persons Served

- During the 2016-2017 workplan year, we directly served over 6,000 individuals through school and community-based activities, initiatives and programs (unduplicated count).

Trainings Provided

- **Peer Leadership Annual Summer Workshop:** Provided to 40 new 2017-2018 Riverhead Middle School peer leaders on 6/22 & 23/17 by CAP staff, volunteers and 10 high school peer leaders
- **Peer Leadership Annual Alcohol Workshop:** Provided by CAP to 39 Middle School peer leaders on 1/19/17
- **Dover Youth 2 Youth (Y2Y):** On-site annual training for 17 Riverhead Youth Coalition members focused on environmental strategy development and public speaking on 8/16/16
- **Training for Intervention Procedures (TIPS):** Responsible beverage server training provided by CAP to the Polish Civic Association, Rotary Club of Riverhead, *Alive on 25* servers and businesses, and Splish Splash water park. Forty-seven (47) servers were trained in the concessions (3-hour) & on-premise (5-hour) curriculums on 7/11/16, 10/4/16, 5/10/17, 6/13/17
- **Coalition Sustainability Training:** Provided by CAP and Kelli Keck from Epiphany Evaluation services during annual site visit to 27 coalition members on 11/10/16 and 11 Youth Coalition members on 11/9/16
- **Underage Drinking Town Hall Presentation:** Presented by Riverhead Youth Coalition to the Riverhead Town Board and 45 community members on 1/18/17
- **Gambling Prevention Presentation:** Provided by CAP at Riverhead Senior Center to 150 attendees on 5/2/17
- **Opioid-Specific Substance Abuse Awareness Day Presentation:** Provided by CAP in partnership with Peconic Bay Medical Center and other community organizations to 45 community members on 8/13/16
- **Social Host Law and Prom-Specific Underage Drinking Prevention:** Provided by CAP in partnership with Riverhead Police Department, Peconic Bay Medical Center, and Riverhead High School to 226 and 302 parents and prom attendees on 4/25/17 and 5/2/17 respectively; presentation was also provided in Spanish
- **Creating and Implementing Successful Alcohol Policies:** Presented by CAP at CADCA's 27th Annual National Leadership Forum Poster Fair on 2/6-9/17 to 3,000 attendees in National Harbor, MD

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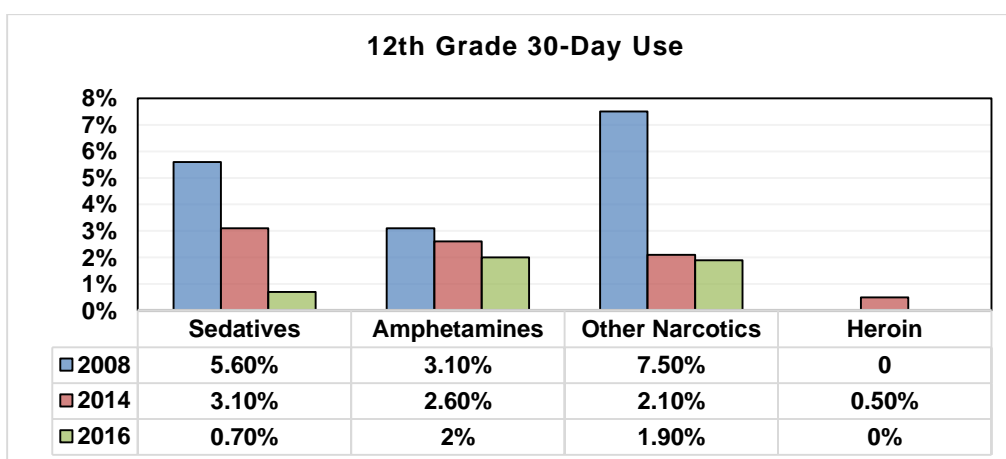
- Collected over 3,500 pounds of unused and unwanted medication through a combination of drive-up and mobile Take Back Events and the 24/7 medication drop box installed at the Riverhead Police Department since August 2014. These initiatives are conducted in partnership with Riverhead Town, Riverhead Police and Highway Departments, Peconic Bay Medical Center and the DEA.
- Implemented a new Prom Policy at Riverhead High School that required parents and students to attend one of two Pre-Prom Forums (and corresponding Expos) in order to purchase tickets to the prom (Prom tickets were only available at the expo following the forum). The forum speakers included both the Chief Medical Director and ER Chief from Peconic Bay Medical Center Northwell Health (who also underwrote the event), and a Riverhead Police Department Sergeant and bilingual officer who reviewed the Social Host Law in English and Spanish.
- Youth Coalition Members were awarded certificates by the Riverhead Town Board for their work on underage drinking prevention following a Town Hall presentation in January 2017.
- CAP was awarded the MADD Community Awareness Award in April 2017 at the 10th Annual NY Metro Law Enforcement Recognition Awards for its partnership with the Riverhead Police Department. CAP received proclamations and citations from the Nassau County Executive and Legislature, and the Riverhead Town Board as a result.
- We won and were recognized at the 2017 CADCA Leadership Forum for our holiday campaign in the 2016 CADCA – NIAAA Know More Before You Pour Social Media Contest.
- We were asked by the Riverhead Town Board to sit on the Alive on 25 planning committee to help implement a new summer street festival, which voluntarily created additional barriers to prevent underage youth from obtaining alcohol; We continue to work with the Riverhead Town Board and the Riverhead Police Department to implement the Town’s Alcohol Policy by providing expertise and resources and training servers in the TIPS program.
- Partnered with Splish Splash to establish best practices for alcohol service and train servers
- We partnered with the Town of Riverhead to expand STOP Day (Stop Throwing Out Pollutants) to include a medication take back component and expanded our take back events to include at least 5 per year.
- Initiated new partnerships with SCCC, Southampton Police Department, and Riverhead Free Library and increased our partnership with Riverhead Central School District to include the athletic department and working on revising the code of conduct to include e-cigarettes and vaping.
- The Riverhead Youth Coalition expressed concerns about vaping in school and among their friends and began collecting data from the PNA, video interviews and

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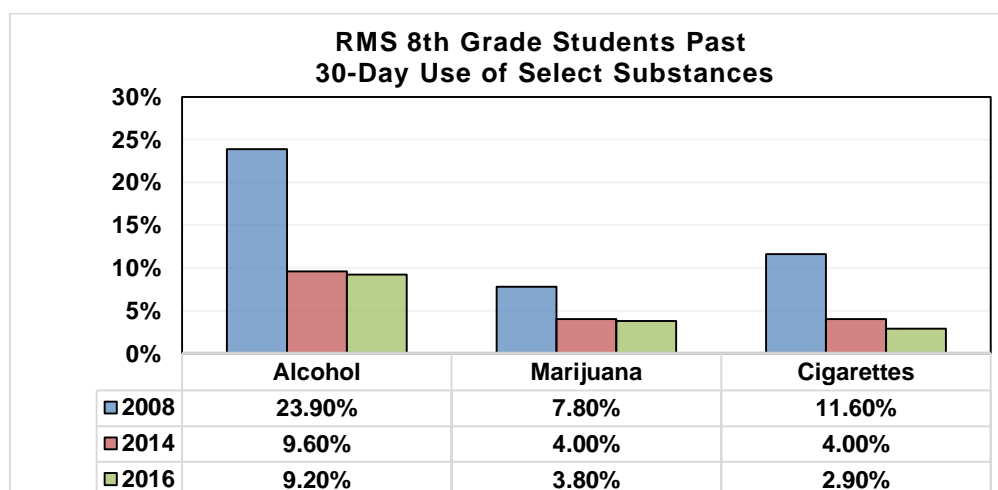
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environmental scans to create a logic model to identify strategies to address this issue.

- Over six million media impressions realized for campaigns and media advocacy during the 2016-2017 workplan year.
- CAP and the Riverhead Community Coalition for Safe and Drug-Free Youth were awarded a STOP Act Grant through SAMHSA to increase partnerships and initiatives to reduce underage drinking.
- We scheduled a PIRE training for the Riverhead Police Department for July 2017 to address issues of the Social Host Law, and Party Patrols and Controlled Dispersal. Riverhead Police Chief invited other East End Police Departments to attend.
- Through our aggressive initiatives to reduce access to prescription drugs by youth in the community, we have been able to reduce prescription drug rates and keep our youth heroin use rates at or near zero.



- For 8th graders, 30-Day use of alcohol, tobacco and marijuana is going down.



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Additional Information

2016-2017 Pulaski Street School Students' *Life Skills Training (LST)* Sound Bites

Fifth grade students on how CAP has influenced them to make healthy decisions for themselves:

- “The CAP program is important because now and later on in life we are going to have to know how to make healthy decisions socially and mentally.”
Lauren P., 5th Grade
- “The CAP program provided me with tools and strategies to keep me safe and healthy.”
Rose G., 5th Grade
- “When you make good decisions, you gain the respect of other kids because that makes you a leader not a follower.”
Jackson F., 5th Grade
- “The Peer Leaders help us learn good ways to handle tricky situations in life.”
Anna L., 5th Grade
- “...when you know more about how bad this stuff is for you, it makes it easier to never want to try it.”
Jackson R., 5th Grade
- “Because of these strategies, I feel more confident in my abilities to deal with negative peer pressure.”
Caden L., 5th Grade
- “...remember we are special in our own way, and not to judge each other based on our differences.”
Beatrice S., 5th Grade

Sixth Grade Students on how CAP has helped you learn more about yourself, the challenges you may face, and the role model you want to be:

- “Achieving my short term goals will boost my self-esteem. Having high self-esteem will encourage me to become a leader and help my peers to achieve their own goals.”

Emma E., 6th Grade

- “But now I know how to say no before I get older, and before it might get offered to me.”

Abigail P., 6th Grade

- “The CAP program has given me and many other kids at my school the opportunity to learn about drugs and alcohol and how they impact our lives in many bad ways...It shows us who we can really be without having to do drugs and all that.”

Melissa V., 6th Grade

- “CAP has taught me and my peers how to be leaders because they’ve taught us how to help our self-esteem, how to defuse peer pressure and how to make the right choice when given the chance to smoke, drink or use marijuana.”

Timothy B., 6th Grade

- “This year in school, our cap peer leaders taught us about short term goals and long term goals, and how doing drugs or drinking alcohol can prevent these goals from happening.”

Faith F., 6th Grade

- “...CAP has improved my group working skills, which will help me become a better leader.”

Kalista K., 6th Grade

Videos

During the 2016-2017 workplan year, CAP continued to produce short videos (available on our website and Vimeo page – [Vimeo.com/RiverheadCAP](https://vimeo.com/RiverheadCAP)) to educate the community and our funders about the work we do. The Town of Riverhead partners with us by playing the videos on their public access television station. Here are links to a few of our recent additions:

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- Riverhead Community Coalition Meet & Greet Video (<https://vimeo.com/213952806>). In this video, coalition members describe the Riverhead Community Coalition for Safe and Drug-Free Youth and how community members can get involved in substance abuse prevention.
- Cool Parents: Riverhead Youth Coalition Holiday PSA 2016 (<https://vimeo.com/196482906>). Describes the risks and consequences for parents who host underage drinking parties.
- Samantha Skunk Presentation 2016 (<https://vimeo.com/194411621>). A short synopsis of the Samantha Skunk Medication Safety presentation by the Riverhead Youth Coalition, available for youth groups age K-3.
- Riverhead CAP's 32nd Annual Say NO to Drugs March (<https://vimeo.com/222135517>). Highlights and drone footage from our annual event!
- #RiverheadKindness: The Great Kindness Challenge 2017 (<https://vimeo.com/199856414>). A video invitation by the Riverhead Peacemakers inviting the entire Riverhead community, including businesses, organizations and government employees, to participate in The Great Kindness Challenge from January 23-27, 2017.

CAP Website

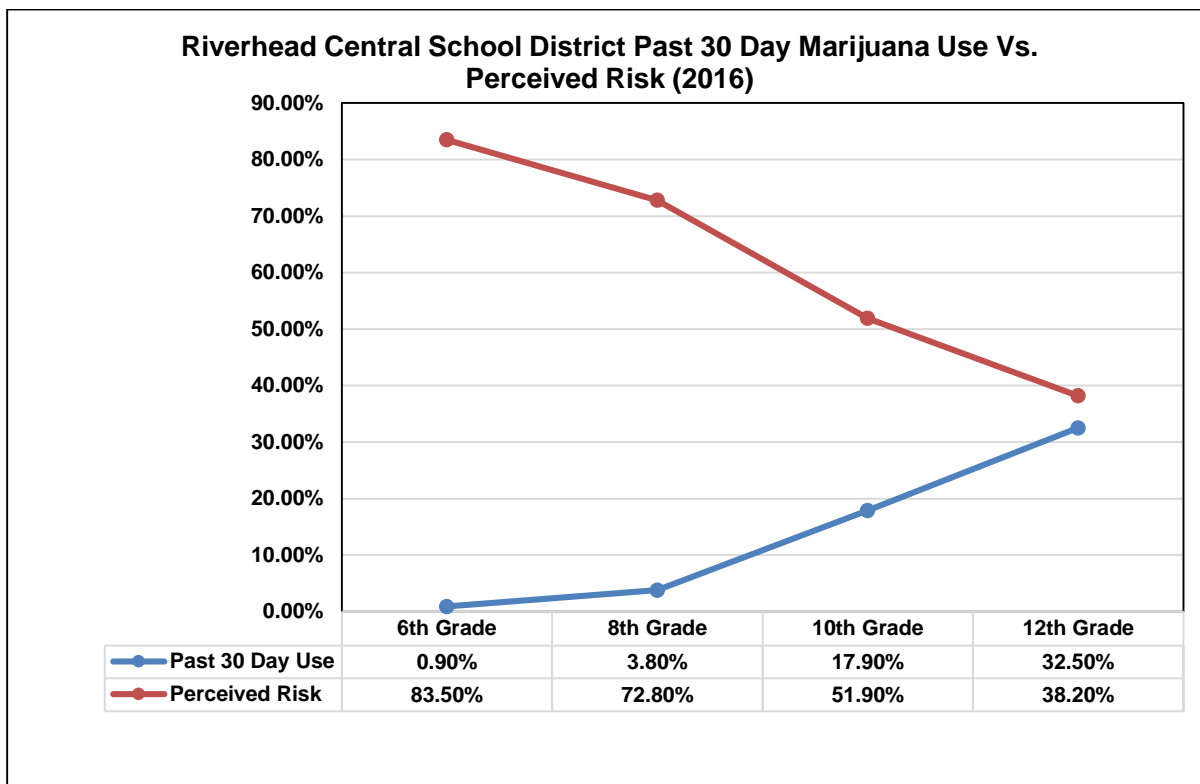
We continually update our website (RiverheadCAP.org) with articles, information, resources, photos, and descriptions of our current projects so that adult and youth community members can be involved and engaged. There are also links to our social media platforms.

Challenges:

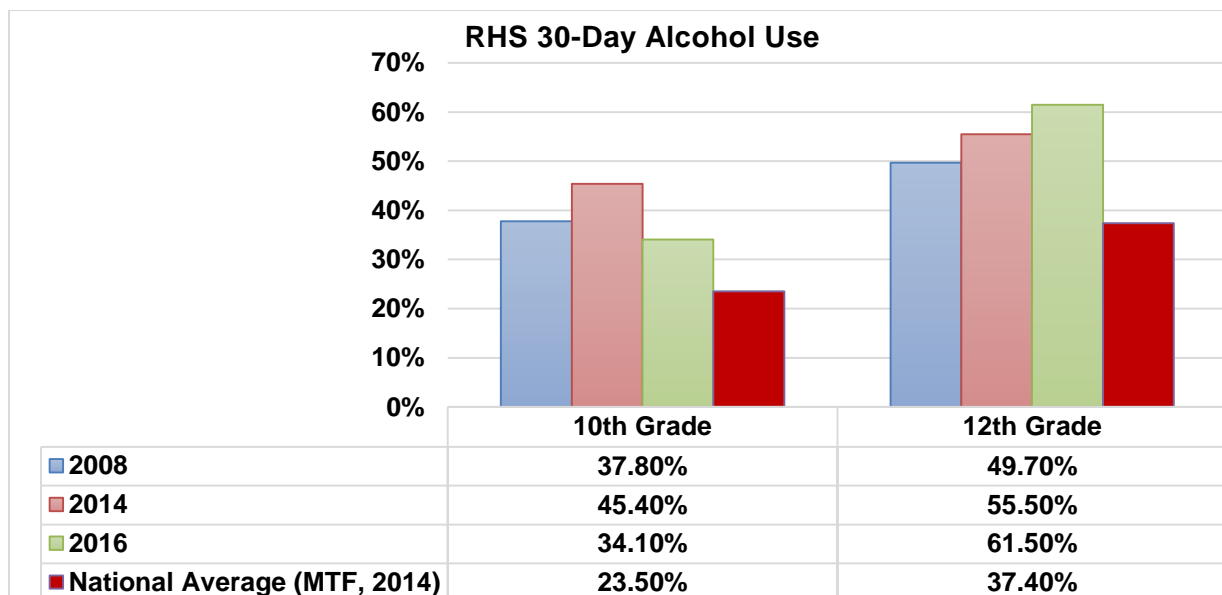
- The high number of Spanish-speaking individuals within the schools and community continues to increase (Latino students now comprise 41% of our student population) and remains a barrier to many of our prevention services and environmental strategies. We continue to partner with the Riverhead Central School District, the Riverhead Police Department, the National Guard Counterdrug Task Force, and Pastor Lebrón of the Riverhead United Methodist Church on increasing both human and material bilingual resources, as well as bridging cultural differences around underage drinking.
- Medical marijuana legalization and the presence of a medical marijuana facility in our town has already affected both students' perceived risk of marijuana use and adult attitudes in the community. As perceived risk of occasional marijuana use and peer disapproval of occasional marijuana use decreases, the rate of past 30-day use of marijuana among our students increases.

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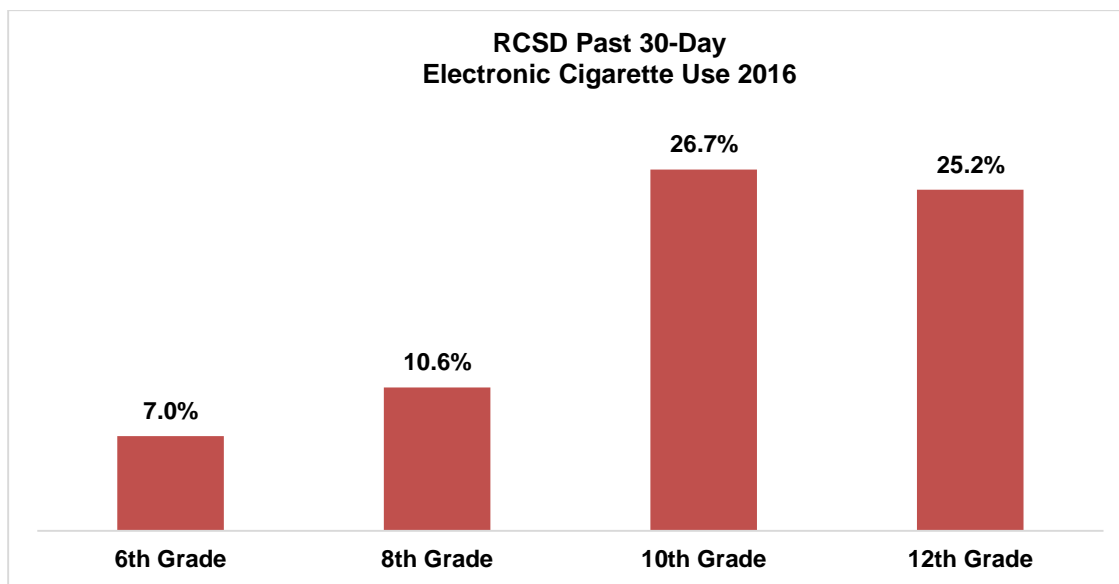
- Underage drinking rates among 10th and 12th graders still remain above the national average. We will likely not see the effects of our environmental strategies for a few years. Homes are still the number one place where youth obtain alcohol; this is a difficult local condition to effectively address.



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- E-cigarette and vaping are a growing problem identified by our youth coalition and confirmed in the most recent PNA survey (2016).



- CAP requires additional financial resources to effectively continue our evidence-based environmental strategies. We require an additional prevention specialist and an administrative assistant. We are in discussions with NYS OASAS about this.
- CAP social workers continue to struggle with the 120-day limit on prevention counseling in some cases. They report that 120 days is not sufficient especially given that school holidays of up to two weeks are included within that perimeter. Parents, school personnel and students also concur that 120 days is not enough time, especially when a total of 120 days is allotted for the lifetime of each student. The stressors student's encounter in elementary school vary drastically from the stressors they encounter in high school. Not being able to provide counseling to a student in high school who is at high risk for drug use simply because they were seen by this program in elementary or middle school, frankly does not make sense and the needs and circumstances of each child is different. Mental health provider wait-lists, especially those who require Spanish speaking providers, lack of adequate insurance or financial issues, and parental resistance are just a few of the obstacles that interfere with a successful referral within the 120-day limit.

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Goals:

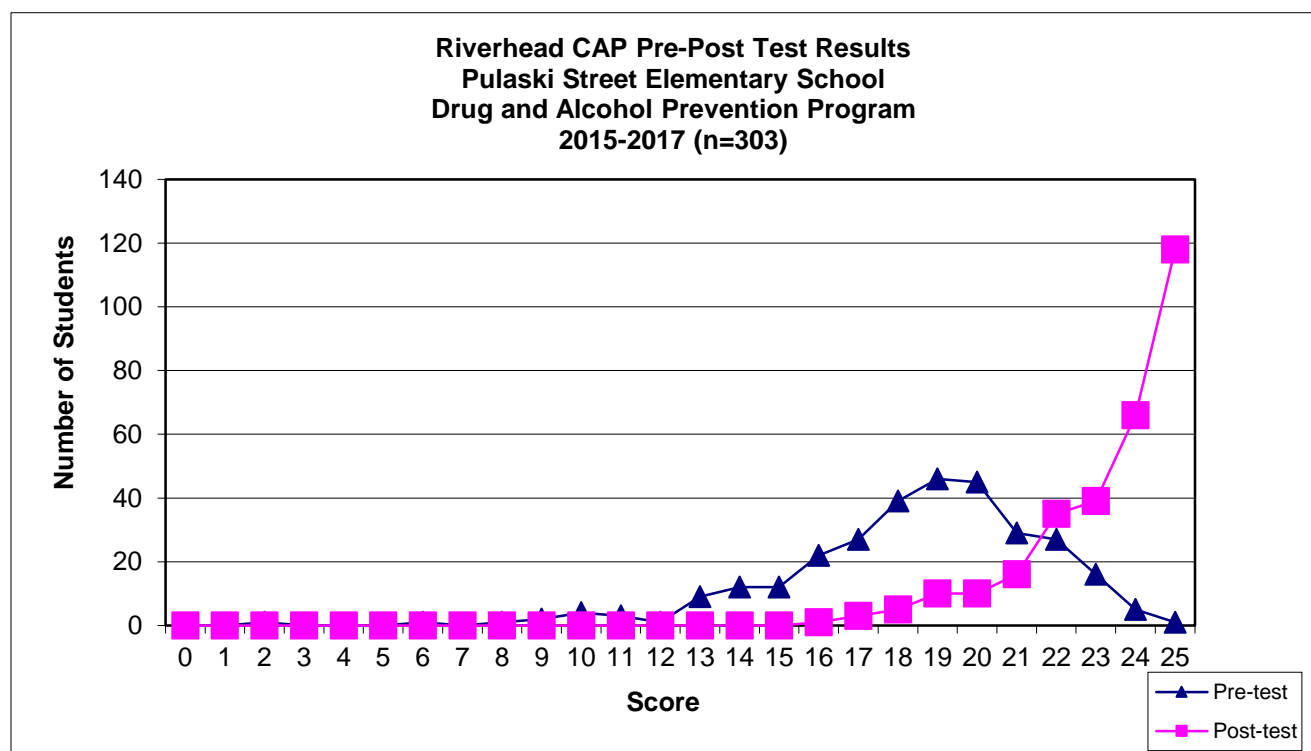
- Continue to build coalition capacity in 2017 by increasing the skills of current coalition members, forming more partnerships, and reaching out to new community members to participate.
- Increase number of environmental strategies that are planned and implemented by coalition members.
- Conduct a 2017 summer youth training workshop to increase the knowledge of our current youth coalition members and reach out to new youth to take part in coalition work.
- Hold our Fourth Annual Meet & Greet in April 2018 to inform the community about the positive changes our coalition is making within the community and increase coalition membership.
- Hold at least five Medication Take Back events in 2017-2018 that encourage community members to drop off their medication. The events will take place at various locations within the town and at least one will be a mobile event visiting at least three senior citizen residences within the town.
- Continue to increase capacity of Spanish speaking volunteers and coalition members to reduce language barriers of our prevention services within the community.
- Increase CAP staff and subsequently increase programs and services in the Riverhead School District and community.
- Implement 2018 Prevention Needs Assessment (PNA) survey in Riverhead Central School District and compare it to data from the 2008, 2014, and 2016 PNA.
- Continue to work with Youth Coalition on developing an e-cigarette logic model.
- Develop a logic model to decrease youth marijuana use and prevent potential medical marijuana grow sites and additional dispensaries from entering our community.

Attachment I
CAP 2015-2017 Pre-Post Test Results
Pulaski Street Drug and Alcohol Prevention Program

There were a total of three hundred three (303) students who took the pre-test in fifth grade (2015) and the post-test in sixth grade (2017). All of the students participated in two years of CAP's Pulaski Street Prevention Program (*Life Skills*) in fifth and sixth grade, and received a total of eight monthly sessions each year. The test consisted of twenty-five (25) questions; twenty (20) were true/false questions and five were multiple choice with only two choices.

Ninety-four percent (94% or 284) of the students achieved a higher score on the post-test while three percent (3%) showed no change in score. Seventy-nine percent (79%) of the students improved their score by at least three points, or by 12% of the total score. Out of the three hundred three students, the mean pre-test score was 18.33 while the mean post-test score was 23.37, an improvement in test score of 27%.

Since 2003, statistical analysis has been performed to evaluate if the two-year prevention/ education program had a positive effect on the students' understanding of the concepts. A **Student's t-test** concluded that there was an **overwhelming statistically significant effect** based on the difference between each individual's pre-test and post-test score ($t_{obt}=25.22$). That is, students clearly demonstrated increased knowledge and understanding of the material, including risk factors and refusal skills, which were **directly related** to participation in the program.



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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 Alcoholism and Substance Abuse Services (OASAS), Suffolk County Youth Bureau, and Suffolk County Department of Health Services.