

The Student Assistance program is a school based program that works to reduce the factors that put students at risk for substance abuse, while working to enhance the factors that will protect students from the risks.

Allison Mastrogiacomo meets with students individually or in small groups to discuss any concerns with peers, family, academics or other stressors. She conducts prevention education groups that teach students skills for resisting peer pressure, responding to conflicts, managing anger, and avoiding and coping with stressful situations. She also runs the Youth to Youth Club during 7th and 8th grade lunch periods. This club is dedicated to helping students make positive, healthy decisions and promotes an alcohol and drug free lifestyle among youth. Students plan activities for the various awareness months/week such as Red Ribbon Week, Great American Smokeout, Alcohol Awareness month, etc.

Allison can also provide students and families with information and referrals for those who need additional services. The Student Assistance Program is a voluntary program. Students can self-refer or may also be referred by a peer, parents and faculty. If you would like to contact Allison, please call 295-5778 or email her at amastrogiacomo@ardsleyschools.org

Resources

[How to Talk to Your Teen About Substance Abuse](#)

[Vape Pens, E-cigarettes – Information for Parents](#)