



**MAHOPAC HIGH SCHOOL**  
*Every Child, Every Challenge, Every Day*

Phone: 845-628-3256  
Fax: 845-628-4380/621-2082  
421 Baldwin Place Road  
Mahopac, New York 10541  
www.mahopac.k12.ny.us

June 8, 2018

Dear Parents and Guardians,

At our recent senior pre-prom parent meetings, we referred to a variety of resources that are available in our community for teens transitioning into the world of “young adulthood.” We have also been meeting with seniors in their social studies classes to present information on navigating the transition, mental health, substance use, suicide prevention, and ways to access assistance both at home or on a college campus. The presentations have been well-received and many seniors have expressed positive feedback so far. All of the resources that we have shared with parents and seniors are either attached as PDF documents or listed below as web site links.

Also, please note that Mahopac High School does not sponsor or support overnight post-prom trips or weekend get-a-ways. While your senior may still be seeking your permission to attend an unsupervised trip to the shore or some other location claiming that it is a “rite of passage,” we discourage them from participating and we encourage you to help them seek safer post-prom alternatives. The abundance of alcohol and other drugs, the increased presence of child predators, the increased risk for sexual assault, and impaired/drowsy driving are important factors to consider during this time at many popular unsupervised post-prom destinations.

Thank you for partnering with us to help support our students and best wishes for a safe, happy, and healthy prom/graduation season!

Sincerely,

*Davia Bugge*

Student Assistance Counselor  
Mahopac High School

- Parenting Young Adults/Late Adolescents: <https://www.healthychildren.org/English/ages-stages/young-adult/Pages/Mental-Health-Tips-for-Teens-Graduating-from-High-School.aspx>
- Substance Abuse: <http://preventioncouncilputnam.org/> & <http://www.drugfree.org/>
- Healthy Relationships: <http://www.loveisrespect.org/>
- Domestic Violence and Sexual Assault: <http://www.pnwwrc.org/>
- Conversation Starters/Prevention Tools for a variety of topics: <http://stepupprogram.org/>

Suicide Prevention, Warning Signs, Lifeline Number: [http://www.sptsusa.org/wp-content/uploads/2015/05/FACTS\\_Warning\\_Signs\\_of\\_Suicide1.pdf](http://www.sptsusa.org/wp-content/uploads/2015/05/FACTS_Warning_Signs_of_Suicide1.pdf)

---

**Blue Ribbon School of Excellence & America's Best High Schools**

---

**Blue House Principal**

April Ljumić - ext. 11521

**Blue House Counselors**

Marianna Callagy - ext. 11602  
Terry Lauchman - ext. 11604  
Ron Pollaro - ext. 11601  
Keara Hunt - ext. 11612

**Principal** – Matthew W. Lawrence, Ed.D. - ext. 11524

**Athletic Director** – John Augusta - ext. 11880

**Assistant Principal** - Troy Bilyeu - ext. 11452

**Special Education Administrator** - Catherine Sweeney Ph.D. -  
ext. 11640

**Gold House Principal**

Gary Ziegelhofer - ext. 11520

**Gold House Counselors**

Anna Boyle - ext. 11603  
Trina Capone - ext. 11606  
Dennis DiSanto - ext. 11607  
Julie Cummins - ext. 11605