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High School Students Participate In Red Watch Program

By Denise Nash

In June of 2008, a Stony Brook University faculty member lost her son to acute alcohol overdose while he was finishing his freshman year away at college. To further prevent this type of tragedy, alcohol, and other drug specialists, and student leaders at Stony Brook developed a comprehensive bystander intervention program offered to all students known as the Red Watch Program.

Jericho High School social worker Todd Benjamin coordinated the program for Jericho High School students with sponsorship from the Jericho Wellness Coalition and the Jericho School District.

During the first part of the training, a total of 30 students will be trained and certified in CPR by Beth Adams, a nurse at Jackson Avenue School.

The second part of the training involves Alcohol Emergency Training by Mr. Benjamin for students to learn when someone has been drinking too much and when to take action and call for emergency help.

The red watches, which students receive when they join the program, symbolize a “band” of students who are trained to “watch” over one another when “every second counts.”



High School Social Worker Todd Benjamin and Jackson Avenue Nurse Beth Adams speak to the students about the importance of the Red Watch training.



The students “slap” on the watches and offer words of encouragement during the training exercise.