

# Mayor's Youth Prevention Team (MYPT) Final Report School Year 2025-2026

## **Mission statement:**

The Mayor's Youth Prevention Team empowers middle and high school students in the City of Providence by raising awareness, offering positive alternatives, and providing leadership opportunities centered on health, wellness, and safety. Our mission is to prevent youth misuse of alcohol, tobacco, and other drugs. We achieve this by educating adolescents on mental health struggles and equipping them with the skills to recognize early signs of distress in themselves and their peers. Ultimately, we envision a stronger, more resilient youth community built on active prevention, education, and supportive early intervention.

## **Overview:**

During the 25-26 school year, MYPT groups were established in eight schools across the City of Providence with over 110 students participating. MYPT opportunities started with each team choosing a guided topic that reflected the need and/or interest of their school community.

- **Central High School:** Fostering Youth Leadership and Mental Health
- **Dr. Jorge Alvarez HS:** Youth Leadership/Substance Use and Mental Health Awareness
- **Esek Hopkins Middle School:** Mental Health Awareness
- **Mount Pleasant HS:** Community Advocacy and Mental Health.
- **Nathan Bishop Middle School:** Advocating for Safer Communities Anti-Vaping
- **Providence Career and Technical Academy:** Leading Through Role Modeling and Mental Health Awareness
- **Roger Williams Middle School:** Youth Leadership and Development of Bystander skills
- **The Met-Providence:** Student Leadership through Universal Substance Use Prevention

In addition to leading MYPT groups at their respective schools, five high school students participated in the United Youth Subcommittee (UYS). As part of a citywide effort to bring youth together, UYS members met monthly with a cohort of peers from public, private, and charter schools across Providence. These meetings provided opportunities for students to strengthen their leadership and advocacy skills, collaborate across school communities, and increase awareness of mental health and substance use prevention.

Due to staffing challenges during the 2025–2026 school year, two planned leadership teams were unable to continue or be implemented.

- **DelSesto Middle School:** A student leadership group focused on Mental Health Awareness was established and remained active through November 2025. Following staff turnover, the group was unable to continue.
- **Juanita Sanchez Educational Complex:** A leadership team was not implemented because the school did not have an active Student Assistance Counselor during the 2025–2026 school year.

## School Highlights:

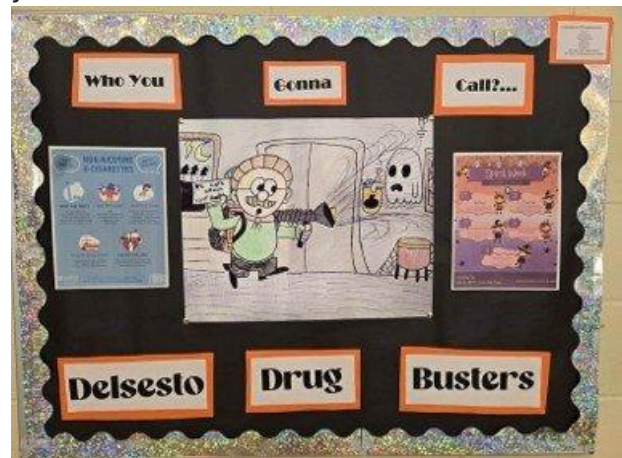
### Central High School

Central High School students dedicated themselves to improving their school community by sharpening their leadership skills and establishing a peer-to-peer support network. This year, they focused on bringing a vital program to campus to help students learn about and access mental health resources. Partnering with the Chris Collins Foundation, the team was trained in a peer-to-peer model that empowers students to serve as trusted, relatable first points of contact for classmates experiencing high-stress situations. Additionally, these student leaders hosted an informational table at the Mental Health Fair in May and designed creative bulletin boards throughout the school year to promote mental health and prevention messaging.



### DelSesto Middle School

DelSesto Middle School kicked off the year with incredible momentum. The student team met regularly to discuss school climate, raise awareness, and brainstorm creative ways to engage their peers in healthy activities. To foster a safe, drug-free environment, these student leaders launched monthly school-wide campaigns, delivered daily morning announcements, successfully rolled out a school-wide pledge, and designed educational bulletin boards to promote awareness across the entire school community.



## Dr. Jorge Alvarez High School

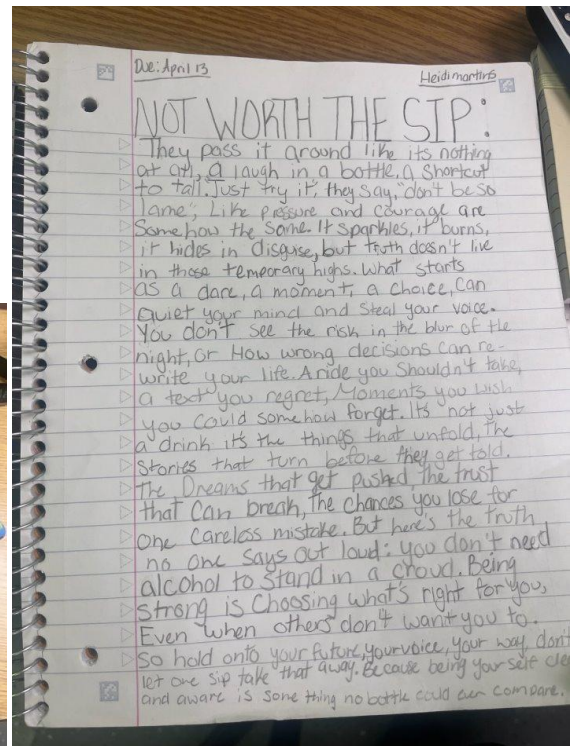
In its inaugural year with their new Student Assistance Counselor, the Alvarez High School youth prevention team established a powerful presence within their school. Demonstrating a deep commitment to the mission, these student leaders stepped up to serve as positive role models, developing their own leadership capabilities while actively educating their peers. The team developed and executed highly successful, school-wide campaigns, including week-long initiatives with daily activities crafted to spark meaningful peer-to-peer dialogue around prevention. To ensure continuous outreach, students also hosted interactive informational tables in the cafeteria and designed engaging bulletin boards focused on substance-use prevention and mental health awareness.



## Esek Hopkins Middle School

In their second year, the students at Esek Hopkins Middle School worked diligently to enhance their school climate through a variety of creative projects. The team maintained a consistent presence on campus by designing engaging, school-wide bulletin board campaigns packed with prevention messaging and hosting interactive mental health awareness activities in the cafeteria. To bridge the gap with the younger students sharing their building, the team read to second graders, acting as positive role models while sharpening their own leadership skills.

Driven by their mission, the students also completed a year-long reflection project. They documented events and interviewed staff, students, and community members to create a commemorative book highlighting what the school has meant to its community. This keepsake serves as a meaningful tribute and reference point as the school consolidates to a single grade ahead of its planned closure at the conclusion of the 2026–27 academic year.



## Mount Pleasant High School

Mt. Pleasant High School has participated in the MYPT initiative for the past three school years. During the 2025–2026 school year, the team consisted of eleven student leaders who demonstrated a strong commitment to leadership, community building, and promoting mental health and substance use prevention.

Throughout the year, the MYPT team led monthly schoolwide outreach campaigns focused on universal prevention and increasing awareness of substance use and mental health. Activities included Red Ribbon Week, No Vape November, and Mental Health Awareness Week, which featured an interactive photo booth in the cafeteria to engage students in conversations about mental wellness.

A highlight of the year was the MYPT team's thrift shop events, held during parent teacher conferences. These events provided students and families with access to clothing, food, hygiene products, and other necessities through a welcoming, shopping-style experience. Each item included tags featuring positive mental health messages and community resources. The events were well attended and received positive feedback from students, families, and school staff, demonstrating the value of addressing basic needs while promoting mental health awareness and strengthening connections within the school community.





## Nathan Bishop Middle School

In its second year participating in the MYPT initiative, Nathan Bishop Middle School focused on representation and elevating the voices of the youngest members of the MYPT cohort. The team consisted of ten students representing grades 6 through 8.

Throughout the year, students researched disparities in nicotine use and marketing practices targeting underserved and BIPOC communities, as well as the impact of deceptive tobacco marketing. Using this knowledge, the team led yearlong anti-vaping awareness campaigns that educated their peers and promoted healthy decision-making.

A highlight of the year was the group's partnership with the Nathan Bishop Student Council and Parent Teacher Organization (PTO) to expand the reach of their prevention efforts. Students also demonstrated civic engagement by joining school leaders to provide public comment at the Rhode Island State House in support of legislation addressing the sale of menthol tobacco products. Through these experiences, MYPT members strengthened their advocacy skills and represented the voices of their peers while promoting healthier communities.



## Providence Career and Technical Academy

In their inaugural year, the student leaders at PCTA achieved outstanding success, kicking off the school year by hosting a pep rally for Red Ribbon Week. This highly successful event capped off a week-long campaign that secured over 400 drug-free student pledges. Throughout the year, the team maintained a consistent presence on campus, conducting regular cafeteria outreach efforts to share wellness resources and tips for staying healthy, sober, and connected.

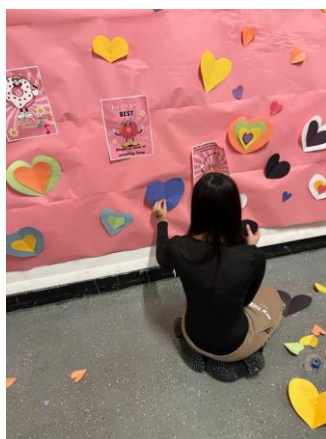
Their monthly initiatives ranged from a "Prom Promise" campaign to hosting daily school-wide self-care activities for Mental Health Awareness Month in May. To foster a positive school culture, students created interactive "Positive Messaging" bulletin boards to spread encouragement and directly engaged classrooms in discussions

about youth substance-use trends and healthy alternatives. Extending their impact beyond school walls, the group collected ten large boxes of winter gear for a local recreation center and participated in a community podcast to highlight the value of youth leadership.



### **Roger Williams Middle School**

Also in its inaugural year, the Rogers student leaders did an exceptional job establishing their team and presence on campus. Meeting regularly to plan and execute universal campaigns, the group focused on educating their peers through vibrant bulletin boards and high-visibility outreach in the cafeteria. During lunch periods, team members engaged students with educational information and interactive activities designed to prevent substance use and promote healthy alternatives. Notably, these student leaders took the initiative to research specific topics that reflected the unique needs of their school community, using their findings to tailor impactful prevention messaging throughout the building.



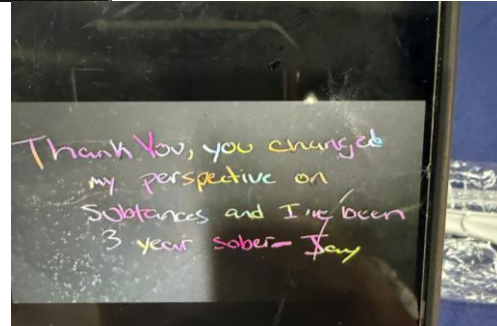
### **The Met-Providence**

The Met High School has participated in the MYPT initiative since the program's inception. During the 2025–2026 school year, The Met hosted the largest MYPT team, with forty-four student members. Implemented Universal prevention activities across the school's five-building campus, engaging students through creative

campaigns that promoted mental health awareness and substance use prevention.

Throughout the year, MYPT members used artistic displays and powerful messaging to highlight prevention themes during Red Ribbon Week and other schoolwide awareness campaigns. In addition to leading outreach efforts, students focused on expanding their leadership skills, advocacy, and knowledge of prevention strategies. As part of this effort, C3Wellbeing hosted a senior MYPT member for a year-long internship. The internship provided hands-on experience with prevention programming and leadership development, helping to build the student's capacity as she prepares to transition to college.

The MYPT group also created meaningful opportunities for students to share their lived experiences with substance use within their families. Through open dialogue and peer engagement, students strengthened their voices as advocates, using their personal experiences to promote awareness, reduce stigma, and encourage healthy conversations about mental health and substance use prevention.



## Evaluation and Future Commitments

C3Wellbeing remains committed to partnering with the Mayor's Youth Prevention Team (MYPT) initiative to strengthen youth leadership and expand substance use prevention and mental health awareness throughout the Providence Public School District. Building on the successes of the 2025–2026 school year, we will continue to explore innovative approaches, develop new partnerships, and increase opportunities for students to engage in meaningful prevention efforts within their school communities.

For the 2026–2027 academic year, C3Wellbeing is committed to the following priorities:

- **Commitment #1: Promote Equity and Expand in Youth Leadership Opportunities.** We will continue to prioritize equitable access to leadership opportunities by intentionally engaging non-traditional and underrepresented student leaders. This effort reflects our dedication to empowering the diverse urban youth who make up the Providence Public School District.
- **Commitment #2: Increase Access to Prevention Resources.** We will expand our educational materials and messaging into multiple languages to better reflect the linguistic diversity of Providence. This ensures our resources remain accessible, inclusive, and culturally responsive for all students and

families.

- **Commitment #3: Strengthen Family and Community Engagement.** We will enhance outreach efforts to parents, caregivers, and the broader community by supporting MYPT teams in developing activities and campaigns that extend prevention messaging beyond the classroom and foster stronger school-community partnerships.
- **Commitment #4: Develop Leadership Skills and Celebrate Team Accomplishments.** We will collaborate with community partners to send students to a leadership summit or conference, providing them with professional training and networking opportunities. Additionally, we will host a formal, banquet-style event in partnership with the City of Providence to showcase student achievements to families, partners, and community stakeholders.

Using a new data collection system within C3Wellbeing (Trax Solutions), we have begun collecting and tracking longitudinal data on student participation from middle school through high school. We also implemented pre- and post-program surveys to better understand students' needs, measure their growth, and assess the skills they gain through participation in MYPT. This data helps inform program development and ensures students receive the support they need as they transition through middle school, high school, and other post-secondary pathways. Additionally, we will continue to strengthen and promote partnerships between middle school and high school MYPT groups to foster meaningful connections among students and their communities. Our upcoming conference opportunities will also allow MYPT students to expand their leadership, build relationships with peers from across the state, and extend their reach and impact beyond Providence.