HAPPY Week

Melissa Reifman
HEROIN ADDICTION PREVENTS PEOPLE'S YEARS
PROGRAM
Heroin claimed Cory Monteith's life.
INTERVIEW #1
INTERVIEW #2
Q/A SESSION

Heroin Addiction Prevents People’s Years
programs across New Jersey and New York
Student-organized forum to battle growing epidemic

The program, led by students in the Northern Highlands High School, was organized by the Upper School Student Senate and led by students in the Northern Highlands. The program was open to the public and included student presentations and community discussions about the issue of heroin addiction and its impact on the local community.

Northern Highlands student Stephanie Helm, age 16, said she started the program because she felt the need for more awareness and education about heroin addiction in her community.

Northern Highlands principal Mark Rutter said the forum provided a platform for students to share their experiences and knowledge about heroin addiction and its effects on the community.

The forum was attended by community members, parents, and students, and focused on raising awareness and discussing strategies to address the growing epidemic of heroin addiction in the community.

Speakers offer reality check on heroin

Northern Highlands student Stephanie Helm, age 16, said she started the program because she felt the need for more awareness and education about heroin addiction in her community.

Northern Highlands principal Mark Rutter said the forum provided a platform for students to share their experiences and knowledge about heroin addiction and its effects on the community.

The forum was attended by community members, parents, and students, and focused on raising awareness and discussing strategies to address the growing epidemic of heroin addiction in the community.

H.A.P.P.Y. week program featuring heroin awareness

On Feb. 4, there will be a student-run Heroin Awareness Program at 7 p.m. in the Northern Highlands High School Auditorium. This unique program entitled H.A.P.P.Y. Week (Heroin Awareness Program, People, Education, Prevention, Youth) will feature a student-lead interview of a recovering heroin addict and a father who lost his son to heroin addiction.

Northern Highlands student Stephanie Helm, age 16, said she started the program because she felt the need for more awareness and education about heroin addiction in her community.

Northern Highlands principal Mark Rutter said the forum provided a platform for students to share their experiences and knowledge about heroin addiction and its effects on the community.

The forum was attended by community members, parents, and students, and focused on raising awareness and discussing strategies to address the growing epidemic of heroin addiction in the community.

H.A.P.P.Y. week program featuring heroin awareness

On Feb. 4, there will be a student-run Heroin Awareness Program at 7 p.m. in the Northern Highlands High School Auditorium. This unique program entitled H.A.P.P.Y. Week (Heroin Awareness Program, People, Education, Prevention, Youth) will feature a student-lead interview of a recovering heroin addict and a father who lost his son to heroin addiction.

Northern Highlands student Stephanie Helm, age 16, said she started the program because she felt the need for more awareness and education about heroin addiction in her community.

Northern Highlands principal Mark Rutter said the forum provided a platform for students to share their experiences and knowledge about heroin addiction and its effects on the community.

The forum was attended by community members, parents, and students, and focused on raising awareness and discussing strategies to address the growing epidemic of heroin addiction in the community.

H.A.P.P.Y. week program featuring heroin awareness

On Feb. 4, there will be a student-run Heroin Awareness Program at 7 p.m. in the Northern Highlands High School Auditorium. This unique program entitled H.A.P.P.Y. Week (Heroin Awareness Program, People, Education, Prevention, Youth) will feature a student-lead interview of a recovering heroin addict and a father who lost his son to heroin addiction.

Northern Highlands student Stephanie Helm, age 16, said she started the program because she felt the need for more awareness and education about heroin addiction in her community.

Northern Highlands principal Mark Rutter said the forum provided a platform for students to share their experiences and knowledge about heroin addiction and its effects on the community.

The forum was attended by community members, parents, and students, and focused on raising awareness and discussing strategies to address the growing epidemic of heroin addiction in the community.
WEBSITE
About HAPPY Week

HISTORY OF HAPPY WEEK

In 2013, Stephanie Reifman created a heroin addiction prevention program called H.A.P.P.Y. Week. H.A.P.P.Y. is an acronym that stands for Heroin Addiction Prevents People's Years saying that being addicted to heroin can take a person’s life. Her original inspiration for this program was in the summer of 2013 when actor Cory Monteith lost his life to a heroin overdose. She was a huge fan of the show he starred in: Glee and a fan of his as well. Stephanie was absolutely devastated to see such an amazing and talented actor lose his life to his addiction. When she began to look into more details about heroin addiction, she was shocked with what she found out. She saw that in 2013 alone, Bergen County experienced more than 27 fatal heroin overdoses. Stephanie never knew what an epidemic heroin addiction was in her own backyard. While Cory Monteith will forever remain the reason as to why she started this program, she quickly realized why else she was doing this program. She wanted to do what she could to help prevent as many deaths as possible. The way Stephanie chose to go about this was by educating parents, students, and her community about this issue. This lead to her creation of H.A.P.P.Y. Week.
Plan a Program

The HAPPY Week program is designed for high schools and middle schools.

The program begins with a video introducing the topic to the audience. It is followed by an interview-style format including a powerful first segment with a recovering heroin addict, then an emotional conversation with a parent who lost a child to heroin and closes with a group conversation and audience Q&A.

If you are interested in bringing it to your school, please contact us at info@happyweek.org.

If you would like to preview the program, please contact us for a list of upcoming program dates in the New Jersey area.
HAPPY Week

Recent Comments

Benjamin Franklin MS has had H.A.P.P.Y. Week presented to our 8th grades since 2016. The presentation by Melissa and her sister, Stephanie, has been a real-life application to what the students are learning during their drug and alcohol unit in health. The format of the presentation is professional, eye-opening, and heartfelt, which allows our students to see the dangers of substance abuse. We will continue to use Melissa’s presentation as a vital resource for our wellness program.

Donna Skettini, Wellness, Benjamin Franklin Middle School, Ridgewood

The HAPPY Week assembly is what today’s students need. They need to hear information from authentic sources who have first hand knowledge of the topics being discussed. My students were thoroughly engaged with all of the speakers and asked relevant and well thought out questions. It was a topic that is talked about in health classes, but the speakers were able to make it real for them. It was an incredible experience for our students....thank you, Melissa!

Brian Wilson, School Counselor at Borough School, Morris Plains

Thank you so much for taking time out of your busy schedule to present three H.A.P.P.Y. Week assemblies to our students. Your presentations were outstanding! The students were engaged and actively listening. You could hear a pin drop in the auditorium. Our drug/Heroin epidemic is such an important topic to address with adolescents. It is even more meaningful when it is presented by a fellow teenager. You are making a difference Stephanie and we are all very grateful!

Craig Rush, Student Assistance Counselor at Midland Park Jr/Sr High School
Dear Melissa,

Thank you for organizing this program and introducing us to the lives of Nileci and Gale. This is a very important subject that needed to be spoken about. Keep fighting the good fight.

Thank you for taking time out of your day to come and talk to us about a big problem that is going on around the world. I learned that a lot of people die from the drug. They can even go into traffic. I hope that people hear of what you are doing and stop this problem so they can have a better life.

Thank you for your time and dedication.

Sincerely,

[Signature]

Melissa

Thank you for all your help. I learned a lot from what you said and the stories you told. You really inspired me and I hope to be able to help others in the future. I appreciate all you do.

Thank you for your time and dedication.

Sincerely,

[Signature]
Want To Learn More? Get In Touch With Us!

If you have any questions or comments about the program, please contact us using the form below or e-mail us at info@happyweek.org. We will get back to you quickly. If you attended a H.A.P.P.Y. Week Program and have any feedback, please let us know. We would love to hear your questions, comments, or suggestions. We are constantly looking for ways to improve the program as we strive to make it the most successful in educating kids, parents, and the community.

Name (required)  
Email (required)  
Subject  

Message
AWARDS
Email: melissa@happyweek.org
Website: happyweek.org