

Jeff Senatus

English 1121 HD40

Unit 1 Discourse Communities

Professor Ruth Garcia

15 May 2022

### **English 1121 Spring Semester Review**

Throughout this semester, I truly learned a lot about myself, a student, a young man, and last but not least a writer. Despite my challenges I faced this semester, as an individual I learned to grow and in all honesty it taught me discipline. I won't lie and say I was the perfect student to you Professor especially with my late work but even when I wanted to give up you somehow kept me going to be the best student I can be. As a frontline worker and full time college student, sleep is something you don't get around these days.

This semester has enabled me to speak my mind and turn my pain into purpose and my thoughts into writing. I fell in love with being a writer this semester! It has enabled me to be my own platform and show me that I do have a voice regardless of what others feel. Writing about issues or topics that mean dear to you is all what writing is truly about, not the fake reports that journalists write. As I was completing Unit 1, I realized my weak points in writing and struggles in trying to find a topic to talk about because I was focused on wondering if the person grading the assignment would enjoy it. I would say that finding and knowing what you're informing about is one of the most important things a writer can do.

One writing tool that I learned more about is the use of persuasion. Persuasion is one of the most fundamental writing tools needed in order to really have your reader hooked onto the

subject you are writing about and also potentially persuading the opposition side to hear what you have to say about that specific subject. While creating my Op-Ed I learned that clarity is a must when writing and I actually re-read some of my past pieces and realized that I tend to go off topic and talk about another point instead of concluding my last point and it created so much confusion which then led to disorganization.

My favorite part about this class was Unit 3. Not just because the end of the semester was approaching but I truly enjoyed creating the infographic. Actually, previously I never knew what an infographic was but I have seen many of them before. Through this assignment I was able to pick an issue that truly matters to me and inform others on a critical issue that is ongoing. I was excited about creating Unit 2 and talking about the importance of mental health because I was able to incorporate my experiences of my profession as an Emergency Medical Technician.

Last but not least, throughout this class I can truly say the only assignment I really struggled with was Unit 1 because I was getting off track and starting to be very confused because I actually struggled with what topic to pick. After all, I want to give kudos to you Professor for pushing me to work harder in your class and reach the finish goal. Despite me getting off track due to personal reasons you did not give up on me, actually you treated my classmates and I the same way with a value of respect and dignity and I applaud you. Thank you for such a great semester with ease, clarity and last but not least informing us with knowledge! You will be missed dearly and I hope you continue to receive many blessings in your future endeavors. I hope I was a great student to you and thank you for increasing my reading and writing skills through your constructive criticism, it helped dearly! As my first year in college I can say you were the best Professor I came across honestly. Thank you dearly !

Jeff Senatus  
English 11221  
Dr. Ruth G. Garcia  
March 10, 2022

**Dear Mayor Eric Adams & Leadership of the FDNY,**

Day to day we see the great underlying work of our EMS members. We leave our house, families, and children walking into the unknown of what our tour would be like. It's no secret that first responders like firefighters, EMTs and police officers have dangerous jobs. Anyone in these positions understands the obvious risks involved in entering the line of duty. From fires and 911 calls to emergency and disaster response, first responders regularly place their lives on the line. The majority of Americans don't understand the number of huge personal sacrifices required by our EMS workers to do their job. There has been a drastic amount of an increase of violence lately and many of us answer the calls but unfortunately we don't feel safe doing the job we do.

When they teach you how to call 911 when you are in grade school they tell you everything you need to do, state your name, address, the whole nine yards. We don't really think anything of it. It's just something you learn and stick it in the back of your head until you need it. Until that one fateful day where your life changes forever and you need help. There is a silent threat on the rise among the jobs many EMS members face including myself, a danger not advertised in job descriptions or discussed around group meetings. In fact, this threat thrives in the darkness, feeding off of the isolation it often creates in its victims, the threat of physical danger.

As a full-time EMT, I have been encountered with life threatening scenarios when entering a scene, not knowing what's on the other side of the door I'm entering or the corner I'm turning. I can speak on behalf of the EMS community, we don't feel safe anymore. All I can truly say is it takes a special kind of person to care for others when they don't have to. We rise to the call of duty every time we walk through the doors at work.

Unfortunately, five years ago on March 17, 2017 FDNY EMT Yadira Arroyo, 44, a 14-year veteran of the department and mother of five, was killed Thursday night in the line of duty. A man, alleged to be intoxicated and emotionally disturbed, was riding on the back bumper of the FDNY ambulance Arroyo was driving to a call. Arroyo stopped the ambulance, after being alerted by a bystander. After confronting Jose Gonzalez, 25, outside of the ambulance, Gonzalez is reported to have gained control of the ambulance, first dragging Arroyo and then backing up and running over her. EMT Arroyo was transported to Jacobi Hospital in critical condition where she later died from her injuries. This line-of-duty death is indescribably saddening and tragic. EMS personnel everywhere are regularly threatened by civilians who are intoxicated, mentally ill or set on perpetrating an unprovoked act of violence. In the wake of any line-of-duty death, EMS leaders and providers respectfully mourn the loss of a colleague. But we also have a responsibility to ask ourselves how we can prevent a similar incident from happening in our jurisdiction.

I say this all to bring clarity to the risks we face while doing our jobs but in search for ways to prevent and bring ease of life threatening injuries against all counts of violence and emotional disturbance. As you are aware, all the funding comes from the mayor's office that is then divided into the many departments in the city. I believe members of the EMS community

deserve to be accommodated with ballistic vests to wear on duty and community training and outreach to show citizens of New York City that we are just trying to help in providing medical assistance. With these ballistic vests, not only would they provide safety to the members of the EMS community in knowing that chances of them getting stabbed or shot and being succumbed to injuries are now less due to the vests being worn but also offering less fear when responding to a 911 call. We are asking for funding for these vests and a start to community outreach to break the chains of violence that is happening in our city.

Many first responders have lost their lives in the line of duty, due to incompetence in violence and many simply not having the equipment we need to prevent these life threatening issues. Unfortunately, I am tired of waiting until something terrible happens to one of us and that's when we talk about the topic or try to find solutions after it has already happened. The time is now to start awareness!

I believe that this letter will put in your heart to help create change within our safety as we deliver care to the citizens of New York City in hope that you may deliver our plea in providing funding for ballistic vests. When emergencies happen, we're right there to help. We're your neighbors and your family members. We attend your churches and coach your kids' sports teams. We're the people in your community who give so much of ourselves and are willing to drop whatever we're doing to help you, and we know ourselves as first responders.

**Always Truly Yours,**

**Jeff Senatus, EMT-B.**

**Jeff Senatus**  
**ENG 1121 HD40**  
**Professor Dr. Ruth G. Garcia**  
**Unit 2 Op- Ed Assignment**  
**April 15, 2022**

### **Op- Ed: The Intersection Of Mental Health And COVID-19 In New York City Schools**



COVID-19 was tearing through New York City during the outbreak peak in 2020, and more than ever the pandemic has drastically changed the lives of families across the country and left many feeling stressed, depressed, and struggling to cope. The pandemic has left many of our youth at risk.

For many vulnerable youths, such as those in low-income families, the list of challenges goes on. Challenges such as an increase of stress due to long quarantine durations, infection fears, frustration, boredom, inadequate supplies, inadequate information, financial loss, and stigma. Youth may have parents or legal guardians experiencing layoffs from their jobs or some worrying about affording simple necessities such as food or hygiene products. Others may have had parents continue to work on the frontlines, or in their community in low-wage positions such as supermarkets and factories worrying about the safety and health of their family members.

Social isolation and the lack of peer support also posed challenges. Many missed opportunities to connect with friends and classmates. Youth may also be experiencing grief over a lost sense of

important school rituals, like prom, sports events, or graduation. Some youth may also have limited access to school or community-based services or supports that they previously relied upon such as school lunch.

Amidst these unprecedented times, we must stress the importance of the mental health crisis that is affecting many of our loved ones day by day. We must dam the rivers of the lack of resources available to many New Yorkers regardless of immigration status or financial status. According to the National Alliance on Mental Illness, most lifetime health conditions begin before age 24. Students aged 6-17 with mental, emotional or behavioral concerns are 3x more likely to repeat a grade. As a city, we need to find ways to treat mental illness and spot early depression or other related issues to get those the resources they need.

New York City Public schools are a good place to start as many students from all different backgrounds and ethnicities are enrolled in one of the largest public school systems throughout America. School shouldn't just be about learning the general education curriculum such as English, Math, and Science. We need to reimagine mental health resources as part of our New York City public school system.

According to the New York City Department of Education, many resources are now available to students throughout all public schools in all grade levels. Many programs but not limited to such as, "Let's Talk" program which teaches all high school staff, irrespective of role, to learn how to become mental health allies. Every single school in New York City will have at least one full-time social worker or school-based mental health clinic.

In order to teach children best practices for understanding and expressing emotions there must be free mental health services for all students, especially those who come from low income neighborhoods who can't afford it. The impact of mental health on students was already high even before the pandemic began. According to the American Academy of Pediatrics, one in five children reported having a mental health disorder nearly a year ago. This is just to show this is not something that needs to be done on a city or state level but an issue that precedes throughout the entire nation.

In 2021, the House of Representatives passed the "Mental Health Services for Student Act" providing \$130 million in competitive grants of up to \$2 million each to expand the Project Advancing Wellness and Resilience Education program. The program provides on-site licensed mental health professionals in schools nationwide.

We must realize that the fight starts in us ! Our young people are the future of our country. They need our focus and support through this time of unprecedented isolation, fear, conflict, and confusion. Mental health must be front and center for a full pandemic recovery, especially for our children. Young people often aren't comfortable asking for help. We must do our part to make

the resources available to them so that they may access the help they need before it's too late. By making the investment of support, commitment, and care for our youth right now, we will be building the foundation for a hopeful and viable future. The future of our city starts within us, we must continue to fight for the generation of our future young leaders of tomorrow.

### ***Works Cited:***

*Beer, Isabel Song. "City Hall Rallygoers Want Less NYPD Presence, More Program Funding in NYC Public Schools." AmNewYork, 21 Apr. 2022, <https://www.amny.com/politics/city-hall-rally-less-nypd-presence-more-funding-nyc-public-schools/>.*

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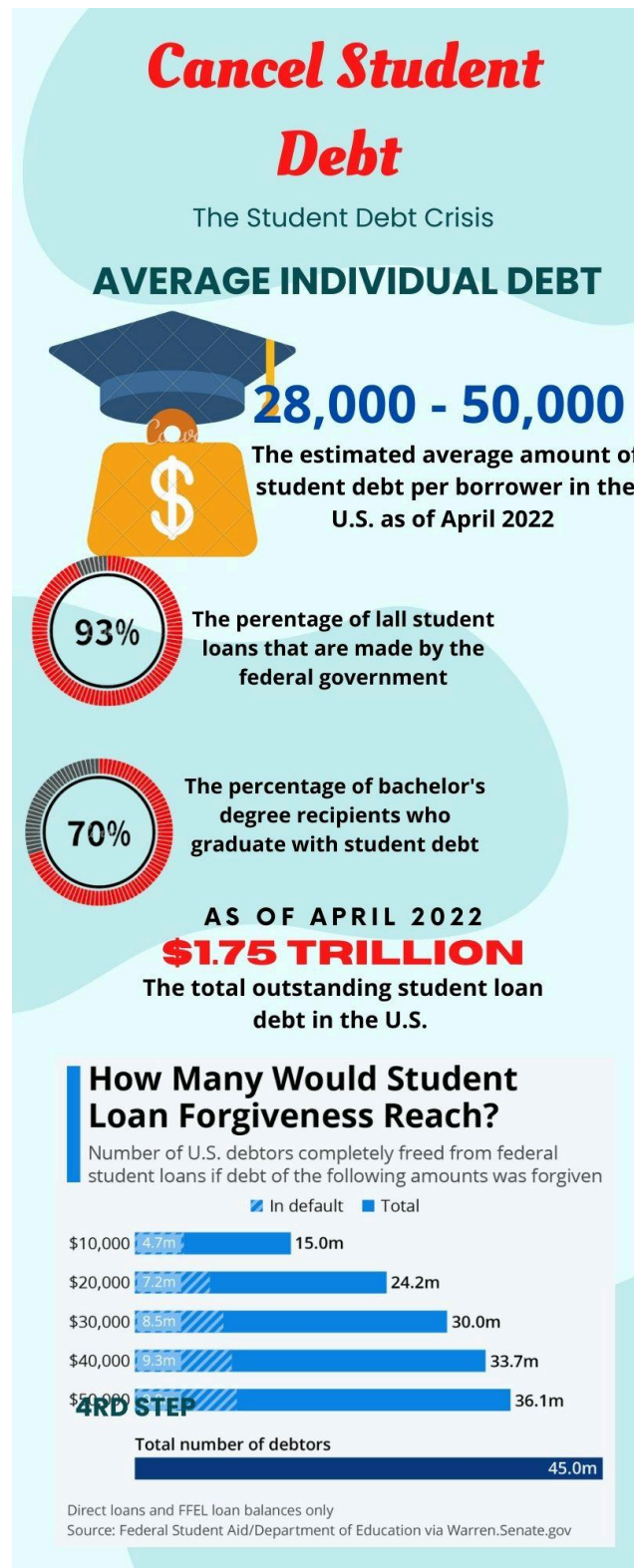
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## Unit 3: Infographic



Revision Piece : Unit 2 Op-Ed

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**ENG 1121 HD40**  
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**Unit 2 Op- Ed Assignment**  
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COVID-19 was tearing through New York City during the outbreak peak in 2020, and more than ever the pandemic has drastically changed the lives of families across the country and left many feeling stressed, depressed, and struggling to cope. The pandemic has left many of our youth at risk. In May, the Colorado Children's Hospital issued a mental health emergency declaration. In a national poll taken in 2021, 46% of parents stated their teen had displayed indicators of a new or worsening mental health disorder since the outbreak. In New York City, we're seeing a similar pattern. According to a new citywide Health Department poll, one out of every five parents or guardians said the pandemic had badly impacted their child's emotional or behavioral health, and one-third of respondents said their child's emotional and social well-being had been a source of stress.

For many vulnerable youths, such as those in low-income families, the list of worries goes on. Worries such as an increase of stress due to long quarantine durations, infection fears, frustration, boredom, inadequate supplies, inadequate information, financial loss, and stigma. Youth may have parents or legal guardians experiencing layoffs from their jobs or some worrying about affording simple necessities such as food or hygiene products. Others may have had parents continue to work on the frontlines, or in their community in low-wage positions such as supermarkets and factories worrying about the safety and health of their family members.

Social isolation and the lack of peer support also posed challenges. Many missed opportunities to connect with friends and classmates. Youth may also be experiencing grief over a lost sense of important school rituals, like prom, sports events, or graduation. Some youth may also have limited access to school or community-based services or supports that they previously relied upon such as school lunch.

Amidst these unprecedented times, we must stress the importance of the mental health crisis that is affecting many of our loved ones day by day. We must dam the rivers of the lack of resources available to many New Yorkers regardless of immigration status or financial status and focus on the next generation in providing resources to help them get over any mental conditions faced with. According to the National Alliance on Mental Illness, most lifetime health conditions begin before age 24. Students aged 6-17 with mental, emotional or behavioral concerns are 3x more likely to repeat a grade. As a city, we need to find ways to treat mental illness and spot early depression or other related issues to get those the resources they need.

New York City Public schools are a good place to start as many students from all different backgrounds and ethnicities are enrolled in one of the largest public school systems throughout America. School shouldn't just be about learning the general education curriculum such as English, Math, and Science. We need to reimagine mental health resources as part of our New York City public school system. The future generation of the world attends the NYC DOE.

According to the New York City Department of Education, many resources are now available to students throughout all public schools in all grade levels. Many programs but not limited to such as, "Let's Talk" program which teaches all high school staff, irrespective of role, to learn how to become mental health allies. Every single school in New York City will have at least one full-time social worker or school-based mental health clinic and make it more easier for students of all ages to access.

In order to teach children best practices for understanding and expressing emotions there must be free mental health services for all students, especially those who come from low income neighborhoods who can't afford it. The impact of mental health on students was already high even before the pandemic began and now it has become worse due to the unfortunate odds we are faced with. According to the American Academy of Pediatrics, one in five children reported

having a mental health disorder nearly a year ago. This is just to show this is not something that needs to be done on a city or state level but an issue that precedes throughout the entire nation.

In 2021, the House of Representatives passed the “Mental Health Services for Student Act” providing \$130 million in competitive grants of up to \$2 million each to expand the Project Advancing Wellness and Resilience Education program. The program provides on-site licensed mental health professionals in schools nationwide.

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