



24th Annual Somerset County Youth Council Conference



CHOOSING YOU *Healthy Vibes Only*



PRESENTED BY

SOMERSET COUNTY YOUTH COUNCIL • COMMUNITY IN CRISIS • DEPARTMENT OF HUMAN SERVICES OFFICE OF OPERATIONS & PLANNING • EMPOWER SOMERSET • THE LINDSEY MEYER TEEN INSTITUTE • TRI-COUNTY CARE MANAGEMENT ORGANIZATION

THURSDAY

JANUARY 26, 2023

5:00 PM – 8:00 PM

27 WARREN STREET • SOMERVILLE, NJ • 08876

Somerset County Human Services Building | Conference Room 1

Conference Workshops

Attendees will attend one workshop from each session.

Session I

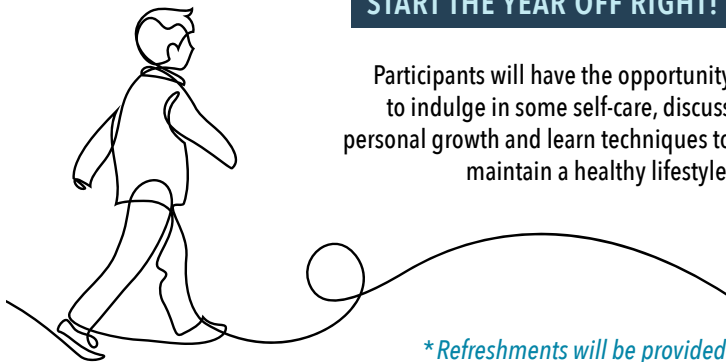
- A. What's in Your Head
- B. Being Strong on the Inside: Nurtured Heart Approach for Youth
- C. Find Your Why

Session II

- A. Natural Highs
- B. Relationship Rights
- C. Is Failure an Option?

START THE YEAR OFF RIGHT!

Participants will have the opportunity to indulge in some self-care, discuss personal growth and learn techniques to maintain a healthy lifestyle.



**Refreshments will be provided.*

This conference is for youth in grades 7-12.

FREE ADMISSION with 1 can of food to be donated to a local food bank.

Certificates Awarded: 2 hours of community service learning.

For more information, call or email:

youthcouncil@co.somerset.nj.us
(908) 704-6300

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bit.ly/3v68afe

PRE-REGISTRATION IS REQUIRED

Deadline to register is **Friday, January 20, 2023.**

STUDENTS WILL BE REGISTERING ONLINE. Registration is open to the first **40 participants.**

NO WALK-INS ACCEPTED



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SESSION I

A. LMTI



What's In Your Head: Mental Health 101: Approximately $\frac{1}{4}$ - $\frac{1}{3}$ of adolescents struggle with their mental health. Despite this, mental health is often ignored or stigmatized. Mental health is as important as physical health. This workshop is designed to teach participants the basics of mental health, as well as some strategies for promoting wellness in their communities, their peers, and themselves.

B. Tri-County CMO



Being Strong on the Inside: Nurtured Heart Approach For Youth: The Nurtured Heart Approach began as an approach to assist individuals in managing intense behaviors. It has quickly evolved into an approach that can be used with everyone from all walks of life. The Nurtured Heart Approach is not simply an approach, but a lifestyle. During this workshop, you will have the opportunity to learn about the 3 Stands, how to incorporate them into your life and why it is important to "be strong on the inside", while recognizing the greatness within yourself.

C. Community in Crisis



Find Your Why: Finding your "Why" is identifying an intention to accomplish something that is meaningful to you. It's bigger than a goal; your Why gives you a sense of purpose. Once students have a picture in mind of who they want to be, they decide if substances get in the way of that. Finding your why can build confidence and resistance to peer pressure. Students will engage in fun group, partner and individual activities that help them dig deeper to finding their Why so that they can be substance free!

SESSION II

A. LMTI



Natural Highs: Here at LMTI, we've committed to teaching students about how to maintain a healthy lifestyle and avoid alcohol, tobacco, and other drugs. But we're also committed to having tons of fun! In this workshop we will explore what the differences between synthetic and natural highs are. Students will learn LMTI's 4 rules to achieve natural highs and play different games and activities that demonstrate each rule.

B. Tri-County CMO



Relationship Rights: "Join us for this interactive workshop that examines the aspects of a healthy relationship, warning signs of an unhealthy relationship, the various types of abuse that a person can possibly experience in relationships, and the "relationship Bill of Rights". Also, to be discussed is the meaning of consent and resources to find out more."

C. EmPoWER Somerset

Is Failure an Option? You may have heard of the phrase, "failure is not an option." But is it? Could it be that failure can actually be beneficial when it comes to our personal growth? In this workshop we will explore activities that help us understand how beneficial failure can be in our lives. We will discuss how we can understand failure in a positive light, how we can overcome the fear of failure, and how we can use failure to propel ourselves towards greater growth.

