

# Youth Emotional Fitness Night Event Rescheduled For January 20th

Newark High School and Newark Middle School parents will have the opportunity January 20<sup>th</sup> to search for signs of drug paraphernalia, fake substances, alcohol-related items and other things related to substance abuse disorders hidden in a mock teenager's bedroom set-up in Newark High School.

The interactive "*Hidden in Plain Sight: Telling Their Secrets*" event \_ part of the two-hour evening Wellness in Newark committee's *Youth Emotional Fitness Night* \_ is being presented from 4:30 to 6:30 p.m. by the Council on Alcoholism and Addictions in the Finger Lakes .

Andrew Rude, Environmental Specialist for the five-county agency said the exercise helps educate parents about warning signs of substance abuse, and the discussion following it will apprise them of current trends among teens.

Rude and Sydney Pfaff, Wayne County Community Educator for the Council on Alcoholism and Addictions in the Finger Lakes, are facilitating this portion of the Jan. 20<sup>th</sup> event.

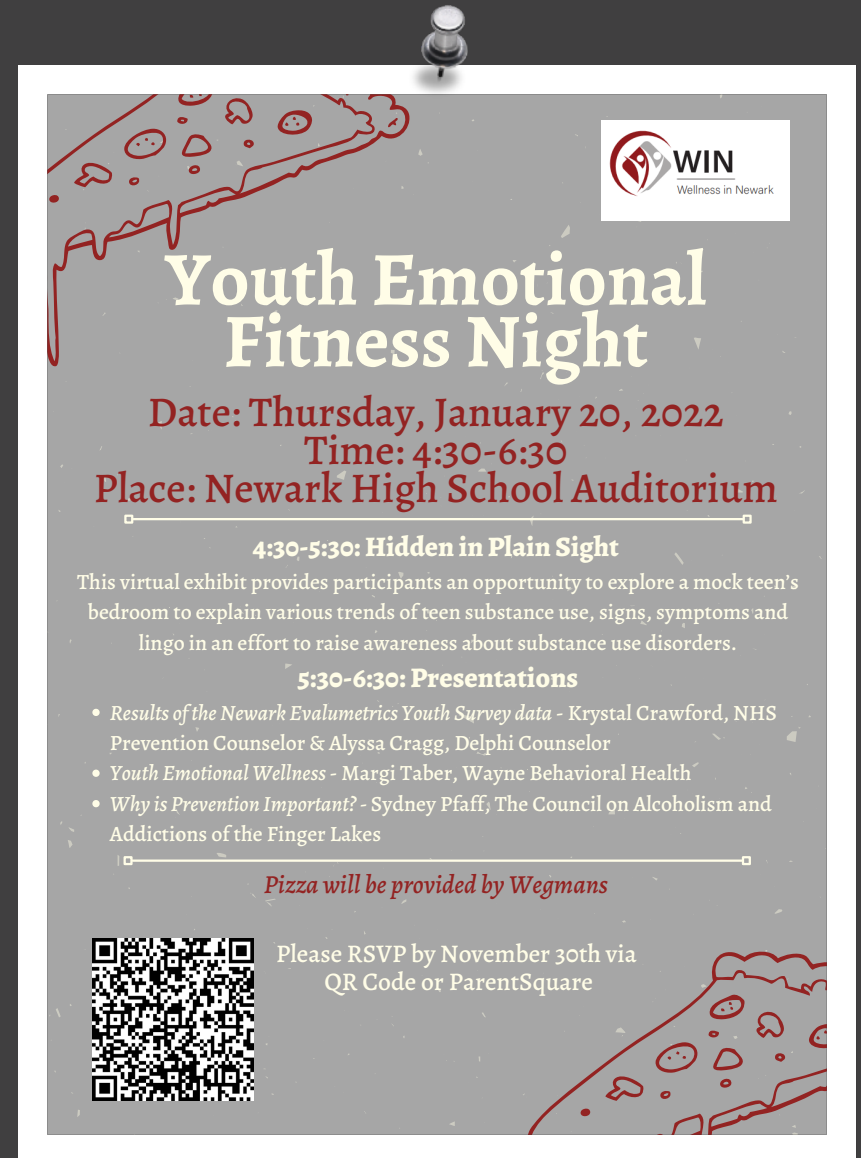
Pfaff will also explain "*Why Is Prevention Important?*" during the second hour.


She will be preceded by a presentation by NHS Prevention counselor Krystal Crawford and NMS Delphi Counselor Alyssa Cragg on the results of a survey of youth from both schools that addressed such issues as substance abuse, mental health and bullying; and a "*Youth Emotional Wellness*" discussion by Margi Taber, Community School Coordinator for Behavioral Health for the Wayne County Department of Mental Health.

Crawford is hoping many parents and guardians will participate in the two-hour event at which pizza will be provided by Newark Wegmans.

"Things are constantly changing in our society. A lot of people are struggling emotionally right now and this event will really help keep parents informed," she said.

Persons planning on attending should register via the QR Code or on ParentSquare.





## Youth Emotional Fitness Night

**Date: Thursday, January 20, 2022**  
**Time: 4:30-6:30**  
**Place: Newark High School Auditorium**

---

**4:30-5:30: Hidden in Plain Sight**


This virtual exhibit provides participants an opportunity to explore a mock teen's bedroom to explain various trends of teen substance use, signs, symptoms and lingo in an effort to raise awareness about substance use disorders.

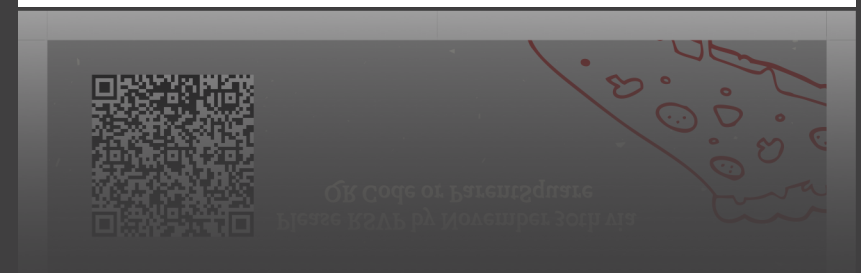
**5:30-6:30: Presentations**


- *Results of the Newark Evalumetrics Youth Survey data* - Krystal Crawford, NHS Prevention Counselor & Alyssa Cragg, Delphi Counselor
- *Youth Emotional Wellness* - Margi Taber, Wayne Behavioral Health
- *Why is Prevention Important?* - Sydney Pfaff, The Council on Alcoholism and Addictions of the Finger Lakes

---

*Pizza will be provided by Wegmans*

 Please RSVP by November 30th via QR Code or ParentSquare



 Please RSVP by November 30th via QR Code or ParentSquare