

# Youth SUMMIT Newsletter

## So You Thought It Would Be Fun

University Medical Center’s Nurses Education Program will education students who attend SUMMIT 2019 about the dangers of synthetic and other illegal drugs. This dynamic group of nurses share their emergency room experiences to inform others about the consequences of poor choices. We’ve had them at SUMMIT before, and they are back after requests from attendees.

### Synthetic Marijuana Lands Thousands of Young People in the ER, Especially Young Males

Since bursting on the scene a few years ago, synthetic marijuana (MJ)—often called “Spice” or “K2”—has become the second most popular illegal drug among American teenagers, after MJ. It is especially popular among teenage boys. Sometimes touted as a “natural,” “safe,” and (until recently) legal alternative to pot, this very *un-natural* class of designer chemicals has shown itself to be a dangerous threat. Thousands of teens and young adults, mostly young males, are ending up in emergency rooms with severe symptoms that may include vomiting, racing heartbeat, elevated blood pressure, seizures, or hallucinations.

### How Many Teens Are Using Synthetic MJ?

In 2012, 11% of American high school seniors used synthetic marijuana in the past year.<sup>1</sup>



### 11,406 ER Visits In 2010 Were Associated With Synthetic MJ.<sup>2</sup>

75% were among adolescents and young adults ages 12-29.

22.5% of these visits involved females, and 77.5% involved males.



1. Monitoring the Future Survey, 2012; 2. Drug Abuse Warning Network, 2012

**2019  
Event:  
Wednesday,  
January 23**

### Registration Deadlines:

\$25 Early Registration, including lunch: January 12

\$30 Late Registration, including lunch: January 16

\$35 On-Site registration does not include lunch

## Change Your Thoughts

Nick Watts has an up close and personal experience with suicide—he discovered his sons lifeless body five years ago after he took his own life. Since that day, after battling depression and mental health himself, he has made it his mission to help other families avoid the devastation that his family has had to endure.

During their breakout session at SUMMIT 2019, Lub-



bock-Cooper students Talyn Wehmeyer and Aubrie Baker will work with Watts to talk about how school and other factors can lead to suicide. They are also going to talk about the signs of contemplating suicide and have a talk about facts and statistics relating to suicide.

Perhaps this session can help you to “Change Your Thoughts.



Nick & Jordan Watts. Madrid, Spain. Returning from Morocco, July 2012

## Toxic Relationships: What to look for and how to get out

Springlake-Earth senior Berkli Furr knows first hand the damage a toxic relationship can cause, but she saw the signs and was able to get out.

Berkli and fellow senior Hannah Sanchez will be sharing about what drug abuse does not only in significant relationships, but also with parents and/or guardians using drugs.

They will help SUMMIT participants learn how to handle and get out of those toxic relationships. They will also share the warning signs for those who might not know what to look for.



## School Safety: The real concern we all have

Brian Mahler, former Lamb County Sheriff's Deputy and DARE officer, now the Springlake-Earth ISD Police Chief, knows that school safety is a real concern for today's students, their parents., and teachers.

Chief Mahler will work with student Jessica Reyes to help student learn how to deal with situations like Code Blue, school violence threats, and natu-

ral disasters. Chief Mahler will also show attendees some suggestions for defending themselves in each of those situations.



## Surviving Divorce As a Teen

People say divorce is easier when you're older, but that is not the case. Divorce doesn't discriminate. It doesn't care about your race, your gender, your religion, and, for the children of divorce, it certainly doesn't discriminate based on your age.

This SUMMIT session



will feature two different children of divorce from different walks of life who had to deal with the same situation. Presenters will share their stories and how their dealt with the fallout of divorce.

## Shallowater to speak on rape, school violence

Shallowater students will be leading sessions on the topic of rape and school violence. Here's what they have to say:

"You meet up with a friend and suddenly the situation turns not so friendly. There isn't always time to prepare for the unexpected. My session will be about rape, how

to overcome it, and how to prevent it."

"Sandy Hook, Parkland, and Columbine were all in the news. We hear about the people lost in the shootings and mourn for them. What about the people who survive? We will talk about how to cope with such trauma from an act of violence in our SUMMIT session."

## Stressed...more than 'dessert' spelled backward

Lubbock-Cooper students Haleigh Hinojosa and Abby Henderson are preparing a SUMMIT session about dealing with stress. They will have a speaker who will introduce participants to what stress is. The speaker will also



help students recognize ways the effects of stress has on their bodies and minds. The session will conclude with meaningful strategies to apply to help reduce and deal with stress in our everyday lives.

## Life changes in just the blink of an eye

Brooke Parker, a Lubbock-Cooper athletic trainer, was killed by a drunk driver on her way home from work November 7, 2016. Her father, Brett, is going to share about how the accident affected their family's life and how they're getting through it.



## One Drink, One Choice

One drink, one choice can change a person's life forever. Drinking and driving doesn't just affect those in the accident. Their lives will never be the same and their families hearts will ache forever. In our session, you'll learn how one person's choice change a mother's story.



## Sexual Harassment: It's NOT Okay



Many times, the lines can be blurred when it comes to sexual harassment. We aim to provide teens with information about what it is and the steps they can take if it happens to them during our SUMMIT session.

# SUMMIT

## How it all started

Find us online at:

[www.youthsummitinc.org](http://www.youthsummitinc.org)

In 2001 a group of students from Lamesa High School, in cooperation with Region 17 Education Service Center, created a youth summit to address issues of substance use in our area. Knowing that Lamesa was not alone in facing the problem, the goal was to create a coalition among schools in our area so problems and solutions concerning this issue might be shared. Each school in the ESC Region was invited. The project was called Project SUMMIT, **Students Uniting to Make Meaningful Influences Together**.

The workshops held at the summit were suitable for all ages. The effects of Fetal Alcohol Syndrome on the unborn child were presented and keynote speakers highlighted the event. Students were also visited by the "Grinch," and learned ways to teach young children how to say no to alcohol.

After the initial SUMMIT, students and advisors from the six area schools who attended the conference joined the effort to carry out SUMMIT 2002. A student committee was established. Students from Lubbock-Cooper, with faculty advisor Debby Tabor, chaired the event. Students wrote a mission statement and an informal advisory committee was established.

Seven schools joined the effort to carry out SUMMIT 2003. Shallowater students chaired the event with the guidance of their advisor Cindy Couch. A professional advisory committee and a student planning committee were established. Attendance tripled in size compared to the initial SUMMIT. Because of tremendous growth, SUMMIT was located at the Lubbock Civic Center for many years. However, Lubbock-Cooper High School has become the new home of the event in recent years.

Now in its 19th year, SUMMIT, a vision from the beginning, has become a reality. SUMMIT has now become SUMMIT (Students Uniting To Make Meaningful Influences Together), Inc. It has a Board of Directors and an Adult Advisory Committee in addition to the Student Planning Committee. Students continue to plan and carry out SUMMIT each year.

## 2019 SUMMIT Registration FAQ's

### Q: When and where is the 2019 SUMMIT?

A. The 2019 SUMMIT will take place at Lubbock-Cooper High School on Wednesday, January 23. Registration will begin at 8 am. The event will begin at 8:30, followed by a keynoter at 9. The event will conclude by 3 pm.

### Q: When is the deadline to register for the 2019 SUMMIT and what does it cost?

A. There are three deadlines to register for the upcoming event.

- Early Registration—Jan. 12—\$25
- Late Registration—Jan.

16—\$30

- On-site Registration—Jan. 23—\$35

### Q: What do I get when I register for the SUMMIT?

A. Every participant who attends the event will get a day full of information from various speakers on many topics relating to drug and alcohol use and abuse, as well as violence, and other topics relevant to teens. Every session has been planned by fellow high school students and can be shared with students at your school. All participants who register by the late regis-

tration date will also be provided with lunch.

### Q: What are we having for lunch?

A. SUMMIT will be catered by River Smith's with a menu including chicken and catfish.

### Q: How do I register?

A. Complete the registration form included in the email with this newsletter or found on the SUMMIT website and return to Nancy Patterson at Seminole High School.

### Q: Where can I find information on the web?

A. [www.youthsummitinc.org](http://www.youthsummitinc.org)