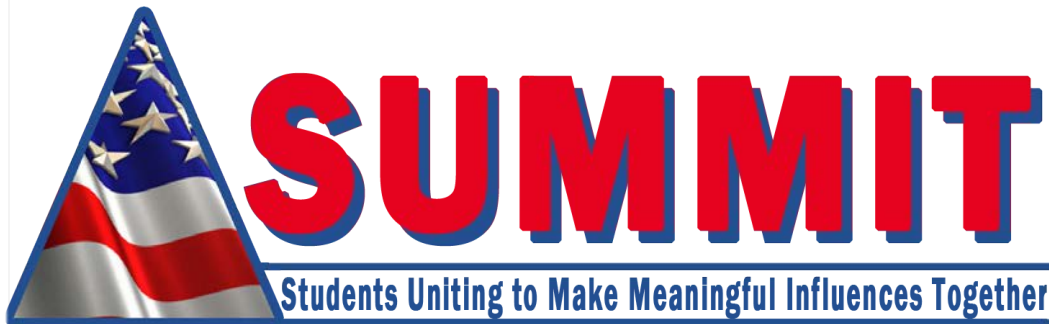


# Youth SUMMIT Newsletter

**SUMMIT: Students United to Make Meaningful Influences Together**



## Mission Statement

To create a coalition with schools to inform and prevent substance and alcohol use and violence within our communities.

We plan to host the 2021 event in-person at Indiana Avenue Baptist Church. Location and format are subject to change based on COVID-19 guidelines. As of right now, all participants will be required to wear masks or face coverings. Check out the [youthsummitinc.org](http://youthsummitinc.org) website for updates.

## MARK YOUR CALENDARS!

Youth SUMMIT Early Bird Registration: December 11

Youth SUMMIT Late Registration: December 16

Youth Summit: January 13, 2021



**Student Planning Committee Members & Break-out Sessions:**  
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**Adult Advisory Committee Members & Board of Directors:**  
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**Registration Information for Exhibitors & School Registration:**  
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## Meet the Student Advisory Committee Members

### Andrews High School



**Don't Stay, Get Away-** We will be talking about toxic relationships. In this presentation, we will touch on what a toxic relationship looks like, how to deal with them, and how to recover mentally and/or physically.

We will give tips and advice on how to identify a toxic relationship and how to relieve the situation. We'll make sure to try and address all things included with a toxic relationship as well as the difficulties of helping one.

### Denver City High School



**Mental Wellness in 2020-** Teens today are more anxious than ever before. Depression and stress are coloring every interaction and decision that young people have to make in 2020. TTU individual and family therapy department will address differences from previous years and coping mechanisms for depression and anxiety.

**Comprehensive Care for Optimal Function-** This session will give students tips and tricks to a healthier mind and body and overall function. Students will provide ways to take care of yourself including tips for fueling your body, studying, and distressing.

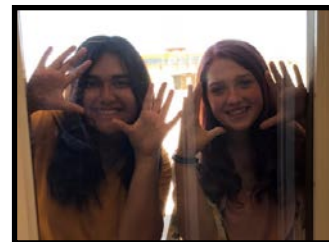
### Happy High School



**Conflict Resolution**—Students will learn how to deal with conflict to prevent possible violent reactions or negative coping responses

**"Made Perfect"**—Students will discuss different body image disorders and most importantly, language to use with self and others.

### Lazbuddie High School



**Divorced Parents:** We will be talking about personal connections that we have had in our past. We will also be explaining a couple of ways to cope and deal with divorce, such as Writing, Sports- to relieve stress on things going on at home; being outside and trying new things; talking to your friends and peers; expressing your feelings and not holding them in to build up. We will also touch on not siding with a parent and be civil with both of them.

**Judge Carruth:** We will focus on providing law regarding teens. Judge Carruth does lawyer camp in the summer and is a county Judge in Lubbock. She will be giving her perspective on safety and making good choices or decisions and the consequences of bad decisions .

## Lubbock-Cooper High School



**Distracted Driving:** This session will cover the topic of distracted driving and the long-standing effects of decisions. We will be preparing a simulation for students to participate in; to experience the difficulties and importance of being safe on the road.

**Self defense:** This session includes a professional self defense instructor providing a free lesson on how to protect yourself in today's society.

**Sex Trafficking:** This session will cover the topic of sex trafficking, how it happens and how to stay safe from it. A speaker will be introduced and share the dangers of this topic. Students will gain knowledge on steering clear from sex traffickers and how severe it actually is.

## New Home High School



**The Suicide Epidemic:** Nick Watts will provide students with knowledge and intervention skills related to depression and suicide. Nick lost his son, Jordan, in 2013 and has shared his experiences at SUMMIT for several years.

## Petersburg High School



**Birth Control:** This session will be on the effects of birth control. We will give the facts!.

**Coping Mechanisms:** Learn how to deal with emotions. We'll focus on healthy and unhealthy ways to deal with everyday emotions.

## Plains High School

**Dealing with Stress:** Do you ever need a break from the stress of life? Do you ever just want to scream and hide under your bed to just get away from it all? We're here to help. In this seminar, you will learn easy, day-to-day techniques to deal with life's ups and downs. You will be introduced to healthy options and coping skills.

### STUDENT ADVISORY COMMITTEE

Coordinator: Denver City HS

Past Coordinator: Shallowater HS

Coordinator-Elect: Seminole HS

Programs: Lazbuddie HS

Keynote Speaker: Andrews HS

Secretary: Seminole HS

Newsletter: Lubbock-Cooper HS

Exhibits: Petersburg HS

Webmaster: Lazbuddie HS

Planning Committee Representatives:

Sweetwater HS, Happy HS, New Home HS, Plains HS, Frenship HS

## Seminole High School



**Getting Angry The Right Way:** Anger is normally an unpleasant topic to a majority of people. However, anger is completely healthy and should be expressed. Expressing anger in aggressive ways such as breaking objects is just as unhealthy as not expressing any emotions whatsoever when angry. There is a healthy medium of expression. Humans can benefit from expressing anger and need an outlet to do so. There are risks that can arise from being too stressed. Stress hormones can make us more prone to serious problems such as diabetes, depression, autoimmune disorders, or even in extreme cases-- cancer.

**The Necessity of Being Grateful:** In this break-out session, Kent Jackson will share his wisdom gained through years of personal experience. His passion for speaking helps students understand the importance of being grateful every day and how finding the little things in life has made his life more joyful. By giving students simple tips and tricks, Kent Jackson (aka Coach Jackson) will help students pursue a better state of mind and point of view.

## Shallowater High School



**Social Media's Effect on Mental Health:** It seems like every second a phone dings with yet another social media notification. What started out as a fun platform to

communicate with friends virtually quickly became dangerous. Many studies have found an association between time spent on social media as well as the number of social media platforms used, and symptoms of depression and anxiety. In this session, the effects of social media on mental health and how to balance this dangerous tool will be discussed.

**Let Your Voice Be Heard:** "Communication is key" is a phrase we often hear but it is without a doubt easier said than done. As new generations of children become more invested in distractions such as electronics, school, social media, etc., relationships with others become less and less of a priority. In this session, teenagers will learn how to properly express their emotions to others, use the proper words when trying to communicate a message, and gather one's ideas into complete thoughts.

## Sweetwater High School



**Drug Abuse:** In many communities teen partying is becoming more common, teen deaths due to substance abuse is on the rise. Death due to drug abuse and alcohol has become an issue in many communities. The impact is not only an issue in large communities as well as it is in small communities. In rural communities, teen death is on a rise. Locally, many young individuals have lost their lives in tragic scenarios involving substance abuse. These losses have taken a huge toll on peers and changed families forever. Hopefully, drawing attention to this topic will impact teens and encourage them to make better decisions.

**Board of Directors:**

Executive Director: Kathy Lostroh, Lazbuddie HS

President: Jackie Nichols, Andrews HS

Treasurer: Gary Hardin, CPA

Secretary: Lesa Hancock, Retired SUMMIT Advisor

Keith Bryant, Lubbock-Cooper ISD

George Comiskey, Texas Tech University

Bruce Cunningham, Retired Administrator

Becca Gray, Shallowater MS

Kimberly Munoz, First Bank & Trust

Drew Howard, Sweetwater ISD

**Exhibitor Registration**

Are you with an organization that focuses ways for youth to address violence or substance abuse in their communities?

Do you recruit for a college/university?

Do you have resources to assist youth in bettering their communities?

If so, sign up to have an exhibit at Youth SUMMIT on Wednesday, January 13. Simply click on the link and fill out the form.

<https://forms.gle/yGDcTDAVpLSAychU7>

Exhibitors will be provided lunch! The only cost if your time and energy.

**ADULT ADVISORY MEMBERS**

Kelly Bailey, New Home ISD

Bill Beck, Retired Advisor

Gina Chambers, Lazbuddie School

Kodi Chapman, New Home ISD

Misty Henson, Stanton High School

Alicia Holligan, ESC 17

Angie Inklebarger, Lubbock-Cooper ISD

Jerry Jerabek, Lamesa HS

Kelly Kiker, Sweetwater HS

Janet Lemons, Children's Home of Lubbock

Treon Minall, Denver City ISD

Nancy Patterson, Seminole ISD

Karen Peoples, Texas Department of Transportation

Angel Sidhu, Petersburg ISD

Stacy Spradlin, Seminole HS

Joni Stephens, Plains ISD

Octavio Ureste, Stanton Highway Patrol

Nick Watts, Bacon Heights Baptist Church

Brandy Wood, Shallowater HS

\*\*If you are interested in serving on the Adult Advisory Committee, please contact Kathy Lostroh at [kathy.lostroh@lazbuddiesd.net](mailto:kathy.lostroh@lazbuddiesd.net).



## SUMMIT

*Student Uniting to Make Meaningful Influences Together*  
 Indiana Avenue Baptist Church - Lubbock – January 13, 2021  
**Registration Form (Due by Dec. 11, 2020)**

School \_\_\_\_\_  
 Advisor Attending \_\_\_\_\_  
 School Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone Number \_\_\_\_\_  
 Email Address \_\_\_\_\_

Number of Planning Committee Members	_____	@\$25.00 ea.	Total _____
Number of Students (9-12 grades only)	_____	@\$25.00ea.	Total _____
Number of Advisors	_____	@\$25.00ea.	Total _____
Number of Administrators	_____	@\$25.00ea.	Total _____
Number of Drivers eating lunch	_____	@\$25.00 ea.	Total _____
Total registration fees submitted			\$ _____

### Late Registration (Due by Dec. 16, 2020)

Number of Planning Committee Members	_____	@\$30.00 ea.	Total _____
Number of Students (9-12 grades only)	_____	@\$30.00ea.	Total _____
Number of Advisors	_____	@\$30.00ea.	Total _____
Number of Administrators	_____	@\$30.00ea.	Total _____
Number of Drivers eating lunch	_____	@\$30.00 ea.	Total _____
Total registration fees submitted			\$ _____

### On-Site Registration (Meal NOT Included)

Number of Students (9-12 grades only)	_____	@\$35.00ea.	Total _____
Number of Advisors, Administrators	_____	@\$35.00ea.	Total _____
Total registration fees submitted			\$ _____

**Meal tickets will be issued for anyone registered by December 16, 2020. Please plan accordingly so that all funds are received by Seminole ISD by Friday, January 8.**

Register & pick up packets beginning at 8:00 a.m. SUMMIT will begin at 8:30 a.m.

**\*\*\*Make checks payable to SUMMIT, Inc.**

Please mail forms & checks to: SUMMIT Registration  
 c/o Nancy Patterson  
 2100 NW Ave D  
 Seminole, TX 79360  
 Email: npatterson@seminoleisd.net

*Refunds will not be issued if your school registers but cannot attend in-person activities due to COVID-19. They will only be issued if the entire event is canceled prior to Friday, January 8.*