

SUMMIT



Students **Uniting to Make Meaningful Influences Together**

January 17th, 2024

Indiana Avenue Baptist Church

Mission Statement

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

Registration

Registration Deadline: December 8, 2023 **\$30**

Late Registration Deadline: December 15, 2023 **\$35**

On-Site Registration: January 17, 2024 8:00-8:30am **\$40 (no meal)**

You liked him so much, we're bringing him back!

Keynote Speakers- Soul to Sole



Jeremy Bates:

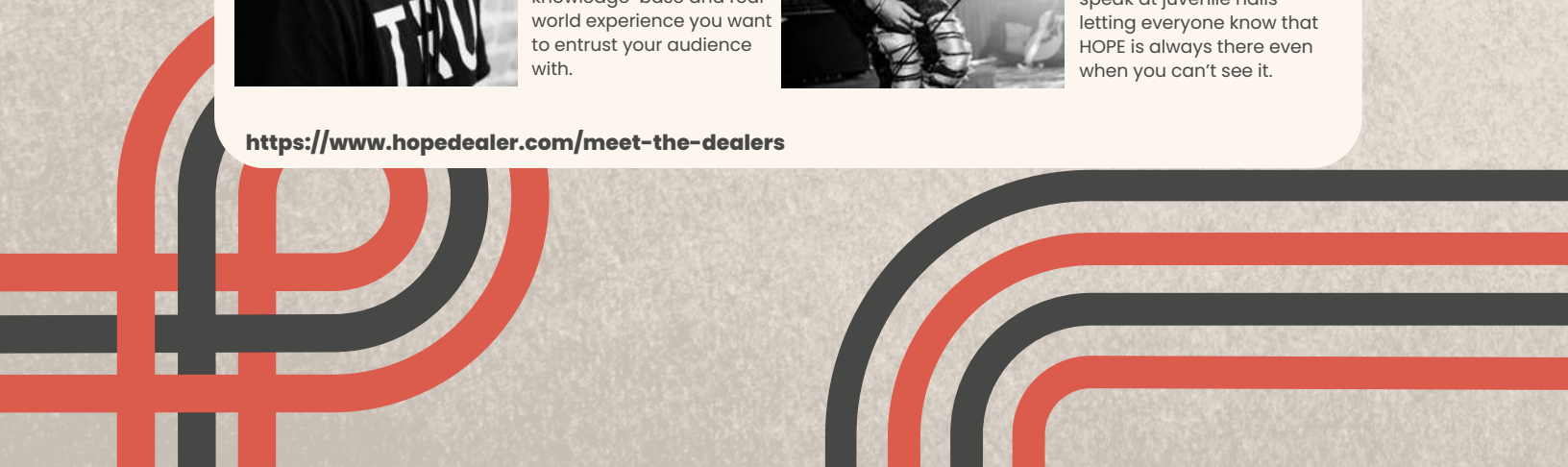
His 23 years of professional experience in youth development, mental health advocacy, and drug and alcohol prevention, in addition to the thousands of presentations he's given, from prisons to prestigious universities, provide Jeremy with the kind of knowledge-base and real-world experience you want to entrust your audience with.

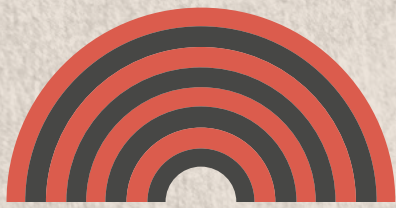


Eddie Barraza:

Not having anyone to call family, and not knowing any other way, he too fell into addiction himself, which led him to a hospital bed fighting for his life. It was at that moment that RAZA found hope in the darkest place inside him. Now he uses his passion for music to perform, and speak at juvenile halls letting everyone know that HOPE is always there even when you can't see it.

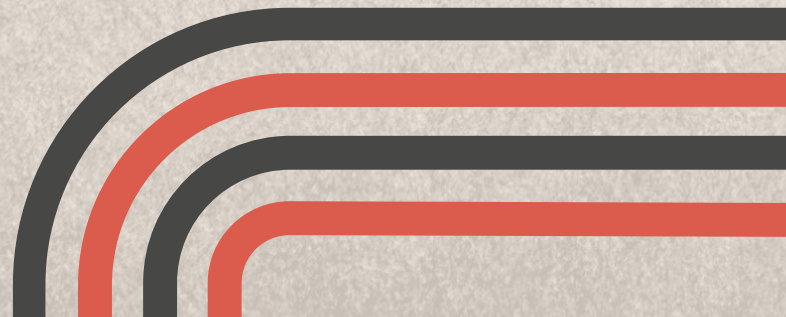
<https://www.hopedealet.com/meet-the-dealers>

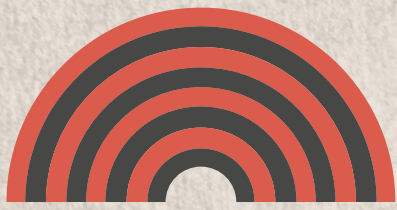




Here's what to expect from some of our breakout sessions

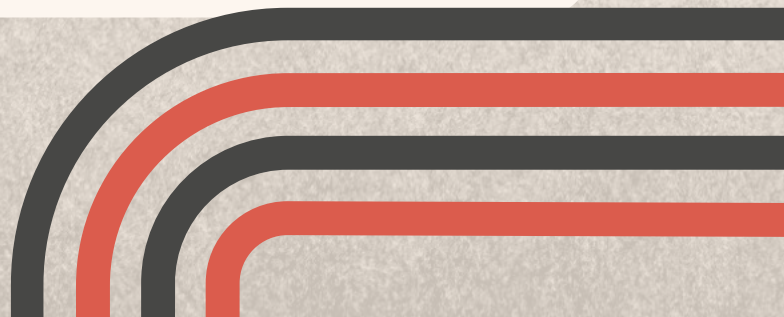
- **Anxiety:** According to the National Institutes of Health, nearly 1 in 3 of all adolescents ages 13 to 18 will experience an anxiety disorder. As one who struggles with anxiety on a daily basis, I will share my point of view on how I manage all my extracurricular activities, keep up with my school work, and deal with my anxiety.
- **Fetal Alcohol Syndrome:** Knowledge is power! FASD- What do we know? How does it Happen? Who can prevent it? Fetal Alcohol Spectrum Disorder is the leading known cause of birth defects and developmental disabilities and can occur anytime a pregnant woman drinks! The statistics will shock you!
◆ FASD is 100% preventable! We will demonstrate the effects it has on its victims.
- **Shaken Baby Syndrome:** Shaken Baby Syndrome is a severe situation that is one hundred percent preventable. The National Center on Shaken Baby Syndrome estimates that there are between 600 and 1400 cases in the U.S. a year. We will share an interactive presentation about the causes, prevention, and lifelong consequences of SBS.

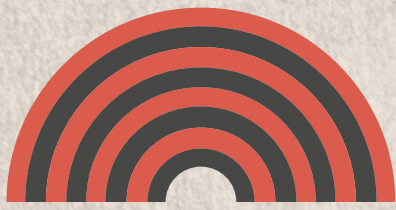




Here's what to expect from some of the breakout sessions

- **Voice of Hope:** Human trafficking is a rising issue in our surrounding area. Straight from an advocate for human trafficking survivors, come learn more about the signs of trafficking and what to do to help someone in that situation.
- **Suicide Prevention:** Like any other health crisis it's important to address a mental health emergency quickly and effectively. With mental health conditions, crises can be difficult to predict because, often, there are no warning signs. Learn more about coping with depression and suicidal thoughts.
- **Self-Defense** Teaching all ages of kids and adults to defend themselves using their own "weapons" - hands, elbows, knees and feet - against common grabs, holds and ground attacks used by aggressors so you can walk in greater confidence knowing strategies that can help you survive.
- **Be Smart, Don't Start** Learn about what actions to take to prevent the addiction on of vaping among teens. Influences are key to how students begin vaping, be the change.
- **Peer Pressure** Understand how to better fight the urge of peer pressure. Learn to set boundaries for yourself for your own mental health.



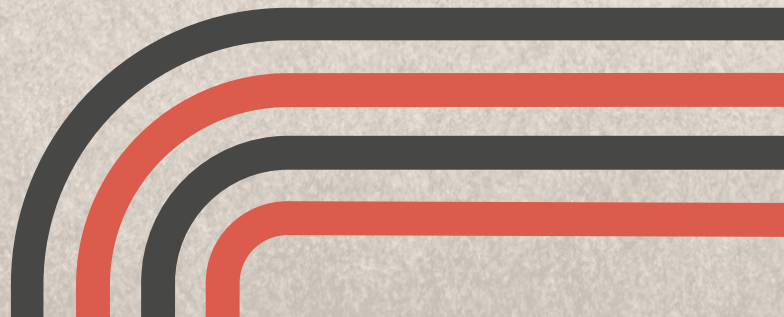


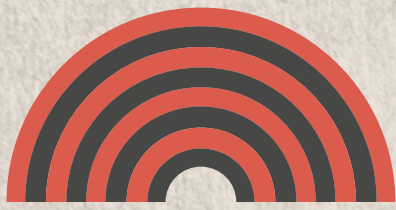
Exhibitors

- **DSHS Community Health Improvement**
- **Volunteer Center of Lubbock**
- **Learn, Inc.**
- **StarCare Specialty Health System**
- **Mothers Against Drunk Driving**
- **Texas Child Health Access Through Telemedicine (TCHATT)**
- **The Rock Health and Wellness Center**
- **Karen Peoples-Mitchell with TxDOT Behavioral Traffic Safety Section**
- **The Voice of Hope**



[click link for Summit website](#)





Donations

Thank you to Indiana Avenue Baptist Church, for allowing SUMMIT to host our event there.

As a way to give back, we ask that all attendees to bring toiletries to give to the church. Items to bring can be deodorant, toothbrushes, toothpaste, lotion, sanitizer, etc.



[click link for Summit website](#)





Registration

SUMMIT

Students Uniting to Make Meaningful Influences Together
Indiana Avenue Baptist Church - Lubbock – January 17, 2024
Registration Form (Due by December 8, 2023)

School _____

Advisor Attending _____

School Address _____

City _____ State _____ Zip _____

Phone Number _____

Email Address _____

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 \$ _____

Late Registration (Due by December 15, 2023)

Number of Planning Committee Members _____ @\$35.00 ea. Total _____

Number of Students (9-12 grades only) _____ @\$35.00ea. Total _____

Number of Advisors _____ @\$35.00ea. Total _____

Number of Administrators _____ @\$35.00ea. Total _____

Number of Drivers eating lunch _____ @\$35.00 ea. Total _____

Total registration fees submitted \$ _____

On-Site Registration (Meal NOT Included)

Number of Students (9-12 grades only) _____ @\$40.00ea. Total _____

Number of Advisors, Administrators _____ @\$40.00ea. Total _____

Total registration fees submitted \$ _____

Meal tickets will be issued for anyone registered by December 15, 2023. Please plan accordingly so that all funds are received by Lamb County AgriLife Extension by Wednesday, January 10, 2024. Because of costs that are incurred prior to the event, we are unable to issue refunds for bad weather, illnesses, or no-shows.

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
Lamb County Texas AgriLife Extension
c/o Kathy Lostroh
100 6th Dr, Courthouse B-3
Littlefield, TX 79339

Email: kathy.lostroh@gmail.com or
kathy.lostroh@ag.tamu.edu