

COMMUNITY HEALTH & WELLNESS EDUCATION SERIES



Spring 2018

North Hunterdon-Voorhees Regional High School District

Please join us for an ongoing series of educational seminars focused on the emotional and physical well-being of the families we serve.

Thursday, February 15, 2018—7:00-8:30pm

Voorhees High School Cafeteria

Current Trends: Opiates, Marijuana Extractions and Underage Drinking

Presented by John Kriger of Kriger Consulting

Newly updated, this highly acclaimed session offers an impactful overview of the most up-to-date information available today on adolescent behavioral trends. Learn the most current information on high-risk behaviors, such as opiates, marijuana extractions and underage drinking and how they are drastically changing the risk potential for every family. Discover the risks, various sources of information and what every parent and professional is up against. This program is one of the most enlightening, "edutaining" and informative programs you will ever see. Get answers to the questions you have always wanted to ask. Some questions answered in the program include: why is Fentanyl so dangerous, are those who use these products at greater risk than in the past and why, what are Budder, Shatter, Dab, Flakka and the Deep Web, how are people becoming addicted to opiates and what are the risks, and what is Narcan. **NOTE—Adults only, no one under the age of 18 permitted.**

Thursday, March 15, 2018—7:00-8:30pm

North Hunterdon High School Theater

Technology Dependence & Its Impact on Substance Abuse, Anxiety, Depression & Suicide

Presented by John Kriger of Kriger Consulting

This lively cutting edge program provides information on the potential negative impact of technology on the developing brain and behavior. Discover how texting, social networking, gaming and electronic interactions can contribute to decreased social skills, bullying, violence in the home and school, and the potential for substance abuse. Discover how continuous use, and some specific behaviors can potentially increase the risk of suicide. Learn steps to take to immediately decrease acting out, improve family life balance, enhance social interactions and decrease the potential for high-risk behaviors.

Wednesday, April 18, 2018—7:00-8:30pm

Voorhees High School Cafeteria

Raising Healthy Children: Resiliency

Presented by George Scot, Family Therapist, Director at Center for Counseling Services

Climate change has been a hot topic for decades, but what about the climate in the home, or the climate in the school, or in the classroom? Has that climate changed and is that a contributing factor to student struggles? The answer is yes, and the good news is there are solutions. With understanding comes insight. Interpretation drives intervention. When we know what the contributing factors are, then we are better prepared to make changes that benefit all of our children. Helping parents understand creates partnerships. Topics discussed will include: Increase in number of children prescribed and taking psychotropic medication and referred for psychiatric evaluations, adolescent use of drugs/alcohol, and self-injury.