The 2nd Annual Youth Summit took place at the Albany Capital Center on October 21, 2019. Berlin Middle-High School had nine students in attendance this year along with Jill Augustine, Student Assistance Counselor and Caroline Testa, Middle-High School Counselor.

The students were able to gather valuable information from the summit to bring back to their school community in Berlin.

Engaging and empowering students of the Capital District is the goal of the Youth Summit hosted by the Northeastern Community Action Partnership (NECAP). The day consisted of keynote speakers, resources, support services, coping strategies as well as a sense of community to the youth in attendance.

*“We want to empower our audience and reassure them that they are not alone in the struggles of growing up in a society that is faced with peer pressure, substance use and abuse, as well as providing an impactful message in regards to resiliency and who they can turn to for support services.”*

—Northeastern Community Action Partnership

Berlin Central School District would also like to offer Mental Health and Wellness Resources to the community through the links and attachments below. Please also feel free to contact Jill Augustine, our Substance Abuse Prevention Counselor, at jaugustine@berlincentral.org.

**Prevention links:**

[https://www.drugabuse.gov](https://www.drugabuse.gov/) (NIDA) National Institute on Drug Abuse

<https://www.samhsa.gov/> (SAMSHA) Substance Abuse and Mental Health Services

<https://www.oasas.ny.gov/> (OASAS) New York State Office of Alcoholism and Substance Abuse Services

<https://www.combataddiction.ny.gov/> a N.Y. State Educational Initiative

<https://www.oasas.ny.gov/gambling/index.cfm> regarding gambling problems

<http://www.rensco.com/departments/mental-health/> Rensselaer County Department of Mental Health (including substance abuse)

**Vaping**

<https://www.nytimes.com/interactive/2019/health/vaping-illness-tracker.html>

<https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html>