



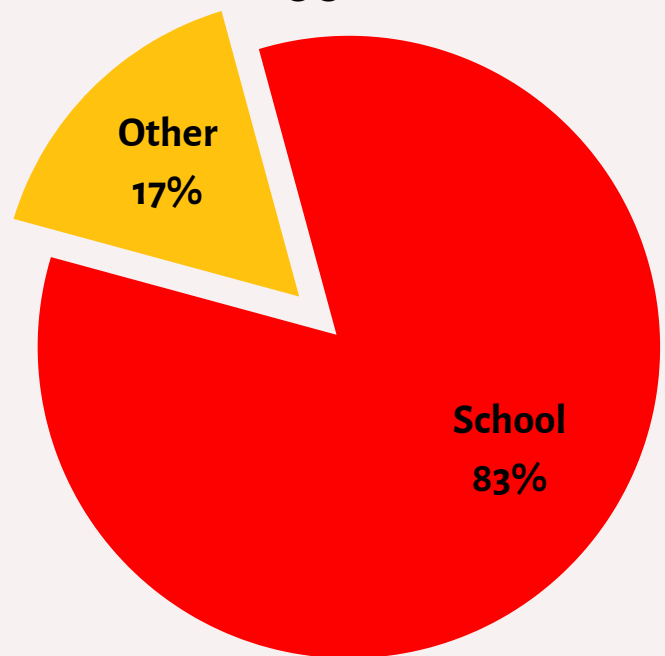
BACK TO SCHOOL: GET YOUR STUDENT READY FOR A NEW YEAR!

It's back to school time! The month of September can be super exciting for youth, but also a bit overwhelming. Going from lazy summer days to a more structured school routine can be a big change, and it's essential to think about how all these changes can affect youth mental health.

Support from parents, guardians, and teachers is important as students return to their school routine. Talking openly and checking in with teens about how they're feeling about the new school year can make a huge difference. Help youth manage stress by encouraging them to incorporate relaxing activities and set up a balanced schedule. Small steps like getting enough sleep and eating healthy snacks can help overall well-being.

Did you know that school is the biggest source of stress for teens, according to the [American Psychological Association](#). This is often amplified by the prospect of back-to-school, which brings academic stress as well as uncertainty about the future to teens. As professionals who work closely with adolescents, it's important [to look out for the signs of stress in teens](#) and take action once you identify them.

Teen's Biggest Stressor



There are several ways to help students handle stress and build resilience, such as being proactive by openly addressing mental health. Let's make sure all students have what they need to succeed both academically and emotionally this school year! There are virtual online platforms such as Calm Classroom or Inner Explorer that offer simple, sustainable and impactful mindfulness training to educators, students, & parents. For more tips on supporting teen mental health visit the [CDC's back-to-school toolkit](#).

2024 CHANGING THE FACE OF ADDICTION WALK

August 8th, 2024 was the Center for Prevention and Counseling's annual Changing the Face of Addiction Walk. Over 500 people were in attendance and close to \$92,000 was raised towards substance use prevention and recovery efforts in Sussex County, NJ. You can learn more about the walk and direct any further donations to recoverywalk.org.



INTRODUCING THE YAB EXECUTIVE BOARD!

Youth Advisory Board NNJ is excited to announce its first ever Executive Board. Each member was chosen for their dedication, experience, and passion for changing their communities.

- **Head Chair:** Chadi Ouchani, High Tech High School
- **Co-Chair:** Lily Parker, Sussex County Technical School
- **Social Media Chair:** Andrea Pillco, West Caldwell Technical School
- **Historians:** Jomana Aboshoueb, County Prep High School, and Jalissa Godinez, Sussex County Technical School

You can discover additional details about YAB's awesome Executive Board, exciting events happening throughout

the school year, and see educational health related content for adolescents, made by adolescents like this post by Andrea on the YAB Instagram page: [@yab_nnj](https://www.instagram.com/yab_nnj).

WAKE UP ON THE RIGHT SIDE OF THE BED: WHY REST MATTERS FOR SCHOOL SUCCESS

- ◆ Boosts Academic Performance
- ◆ Enhances Mood and Behavior
- ◆ Supports Physical Health
- ◆ Improves Overall Well-being
- ◆ Tips for Better Sleep

KNOW A STUDENT WHO MIGHT BE INTERESTED IN JOINING? EMAIL OUR YAB COORDINATOR! RACHELK@CENTERFORPREVENTION.ORG

WHOLE SCHOOL
WHOLE COMMUNITY
WHOLE CHILD



THE CENTER
FOR PREVENTION & COUNSELING

NJHealth
New Jersey Department of Health
Family Health Services

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