

# ***Dutchess County Youth Forum on November 20<sup>th</sup>***

## ***5<sup>th</sup> Annual Event focuses on Coping with Teen Stress***

**Poughkeepsie, NY...** The Dutchess County Division of Youth Services will host the 5<sup>th</sup> Annual *Dutchess County Youth Forum* on Wednesday, November 20th from 8:30 am to 2:00 pm at the Dutchess County BOCES Salt Point Campus, 5 BOCES Road, Poughkeepsie, NY. This year's Forum is titled "*Finding the Right Balance: Helping Teens Cope with Stress.*"

"This year's forum is an effort to help teens learn to pull the plug on their usual reactions to stress and learn safe, healthy coping skills so that stress becomes more manageable. The forum will demonstrate ways for them to make healthier choices and is designed to spark their imagination, interest and enthusiasm to explore a broad range of activities that can potentially lead to coping skills that last a lifetime. Our goal is for the students to return to their schools as youth leaders, sharing what they have learned with the larger community," said June Ellen Notaro, Division of Youth Services Director.

The Dutchess County Youth Forum is a venue and opportunity for local high school students and adults to come together and engage in critical discussions on issues affecting our young people. By working together to empower young people, they will return to their schools and communities armed with information and resources to educate other teens. The event will include some instruction as well as interactive discussions.

Norah Merritt, Dutchess BOCES Executive Director of Educational Programs, stated, "What makes these annual forums such great successes every year is the commitment of all the committee members and participating schools who invest in building this relationship for the sake of our youth, schools and communities. Previous forums have covered topics that included substance abuse, anti-bullying and creating youth advisory boards."

The Youth Forum attracts more than 100 high school students and adults from throughout the county each year.

For more information, please call Karla Friedle at Youth Services at [845-486-3000](tel:845-486-3000).

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