

Please join us for an engaging and informative morning!

When: May 8, 2018 from 9:30 - 12:00 p.m.

Where: Tuckahoe Area Library 1901 Starling Drive, Henrico, VA 23229-4564

Who: We welcome any parents, coaches, school or agency professionals interested in youth drug prevention.

Light food and refreshments will be provided.

PRESENTATIONS

Peak Performance for the Student Athlete: Substance Use Prevention and Healthy Habits in a Competitive Environment- Tina George, MSW

There are approximately 7.6 million high school athletes in the U.S. They make up approximately half of their high school population. Of these student athletes, only 6% will have the opportunity to play sports in college. This competitive dynamic has increased stress and performance anxiety, as well as a willingness to do whatever it takes to gain a competitive edge. Thus, the Peak Performance Program was developed to bring what Caron's Student Assistance Department does best to this growing need.

- Explanation of the unique risk factors that make athletes more vulnerable to substance abuse than non-athletes.
- Scope of substance abuse for athletes.
- The impact of commonly abused substances on athletes and the effect on performance.
- Ways to maintain peak performance without the use of substances throughout the season so that both personal and team goals can be achieved.

Clearing the Air About Vaping- Kelley Lyons, MA & Erin Cooper, MSW

Teens are wired to want to try new things. The current trend, both nationally and locally, is vaping. As adults, we have the ability to positively influence the choices of teens in our lives. Let's learn how!

- Become aware about the implications of vaping flavored liquids, nicotine, and cannabis.
- Discuss ways we can help kids to break away from cultural pressures.
- Learn vaping prevention and intervention strategies for teens.



A leader in substance use prevention, Caron's Student Assistance Program (SAP) provides comprehensive, customizable drug, alcohol, and nicotine prevention services and healthy living programming designed to help students lead successful lives. By partnering with schools, parents, communities, and other concerned organizations, we're equipping students to achieve and thrive.: To learn more about Caron's SAP Department, please visit www.CaronSAP.org.

Please RSVP by May 4, 2018 to Erin Cooper at ERCooper@caron.org or 804-317-6658.