

Green and Blue Youth Summit: A Healthy Start to the New School Year!

Submitted by

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On **Wednesday, September 30, 2009** the Rocky Hill Board of Education and Youth & Family Services will sponsor a “**Green and Blue Youth & Family Summit**” focusing on the good health of our planet and the good health of our bodies and minds. Students from the middle and high school and their parents are encouraged to attend. The Youth & Family Summit will take place at the Rocky Hill High School cafeteria from 5:30-8:15pm. The event is free and a healthy supper will be provided with a suggested donation of \$5.00. [Agenda](#)

Please RSVP to 258-2718. in advance if possible. Thank-you.

What is Green?

With the onset of concerns about our environment, “green” has become a nearly daily word in our vernacular. Many people make conscious decisions every day to shut off lights, utilize re-usable bags for shopping, recycle paper and personally contribute to a healthier environment. This youth & family summit will go beyond what we do in our homes and will focus on green as it pertains to schools and it is aimed to educate, motivate and empower students to make changes and get results.

Laurel Kohl, Energy Specialist, Education and Training for the Institute for Sustainable Energy at Eastern Connecticut State University will speak about the “12 Steps to Greening Schools” and illustrate how this approach helps our economy, the people in our community and the environment.

What is Blue?

The Blue movement, as described by environmental activist Adam Werbach, emphasizes people at the center – that our personal health and well-being is paramount to having a healthy environment. After all, if we’re not healthy, how can we take steps to ensure the health of our environment?

At this annual youth & family summit, Yifrah Kaminer, MD, MBA, UCONN Health Center, will delve into the effects of alcohol and drugs on the adolescent brain. Dr. Kaminer has been with the Department of Psychiatry and the Alcohol Research Center at the University of Connecticut Health Center in Farmington, Connecticut, since 1993. He was appointed professor of psychiatry in 2003. His research interests include the diagnosis and treatment of adolescent high-risk behaviors, including substance abuse disorders, gambling behavior, suicidal behavior, and psychiatric co morbidity. In addition to being the author of more than 100 publications, Dr. Kaminer consults internationally on the design, management, and staff training of substance abuse services for adolescents.

Please join the Rocky Hill Coalition which meets monthly to keep our kids drug & alcohol free: www.RHprevention.com

Both speakers will answer questions after each presentation.

Remember: Green + Blue = Good Health