



# YOUTH BUREAU NEWS

A St. Lawrence County Monthly Newsletter

May 2024

Vol 4 Issue 5



## Inside the Issue



Complete Survey

Teens, help bring programs to St. Lawrence County by completing our **2024 Needs Assessment Survey** by 5/31!

In April, 165 participants picked up **1300 pounds** of roadside trash during our **4th Annual Trash Dash!** Read about **volunteering** and how it **benefits teens!** Check out our Trash Dash results! A great event!

Check out this month's upcoming events for fun-filled activities! Set aside **May 29th** to attend **Madrid-Waddington's Community Mental Health Fair.** PreRegister to attend a **QPR class** or a **Teen Only Discussion on Reducing Stigma Associated with Mental Illness.**



**Complete by May 31st!**



# SCAN HERE

to complete the  
St. Lawrence County Youth Bureau's  
**Needs Assessment Survey**





This brief 15 minute survey allows YOU to provide insight on desired youth programs, services, and initiatives in St. Lawrence County. Your feedback counts! Please complete by 5/31/2024

For more information:  
**Alexa Backus Chase**  
achase@stlawco.gov  
(315) 379-9464

# Youth as Solutions Five Hour Free (from Social Media) Friday

## Showcase Video



**A job well done by Teen Ambassadors Zoe McLean, Prudence Cutwa, Anant Bansal, and Taha Ait Matallah**

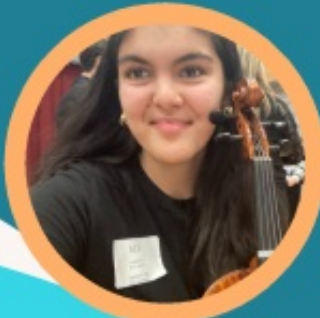




"Being a Teen Ambassador means being able to give back to my community and one of the ways to accomplish that is helping those improve their mental health."  
-Kerisa Burns, Norwood Norfolk Central



"Being a teen ambassador has allowed me to prove that teens are able to positively impact my community and impress adults with my contributions."  
-Alivia Sochia, Parishville Hopkinton Central



"It's incredible being a Teen Ambassador and given a spotlight to successfully empower my community and myself!"  
-Elif Centinkaya, Potsdam Central



# Become a TEEN AMBASSADOR

for THE ST. LAWRENCE COUNTY YOUTH BUREAU

- Leadership
- Civic Engagement
- Community Service
- Friendship
- Advocacy
- Voice
- Impact

Students 8th-11th grades  
APPLY TODAY!

SCAN ME



"My experience in the Youth Bureau has been positive and impactful. The opportunities are irreplaceable!"  
-Anant Bansal, Potsdam Central

**JOIN NOW**

Contact  
Alexa Backus Chase  
achase@stlawco.gov



# NOW HIRING





# HIRING

## Summer Youth Interns

Anticipated dates of employment-  
July 8-August 8, 2024

**Where:** The SLC Youth Bureau at 80 SH 310, Canton  
**When:** Monday-Thursday 8:30am-2:30pm  
**How much:** \$16/hr

### Job responsibilities include the following:

- Develop Social media and PSA content
- Develop Youth Volunteer Programs
- Write Youth Bureau newsletter articles
- Participate in summer Community Service Projects
- Work in other departments-answering phones, filing, and scanning documents

## APPLY BY JUNE 3, 2024



### NEXT STEPS:

- Scan QR code for online application
- Complete online application
- Email Resume and 3 References to [slcyouthbureau@gmail.com](mailto:slcyouthbureau@gmail.com)

SCAN



**Questions?**

**Call 315.379.9464**

**[slcyouthbureau@gmail.com](mailto:slcyouthbureau@gmail.com)**



**FOR YOUTH GRADES 6-12**



# TEEN TO TEEN WORKSHOP

YOUTH PERSPECTIVE:

## Reducing the Stigma

Associated with Mental Illness

**A TEEN LED DISCUSSION**



**Madrid-Waddington  
High School**

Mental Health Awareness  
Community Event



**MAY 29, 2024**

**Wednesday 6:00 pm**

Pre-Registration  
is encouraged:

[CLICK HERE](#)



**SCAN**



Facilitated by:

SLC Youth Committee

Teen Ambassadors



Make It **OK**.org





# MENTAL HEALTH AWARENESS A COMMUNITY EVENT



## MAY 29TH, 2024

### Madrid-Waddington High School

#### Dr. Jean Twenge 7-8 PM

Professor of Psychology at San Diego State University  
Virtual Keynote:  
Mental Health, Cellphones, & Social Media



#### Seaway Valley Prevention Council 5:45-6:45 PM

The Dangers of Vaping:  
A Presentation for Parents



#### SLC Suicide Awareness Coalition 4-5:30PM

Question, Persuade, Refer:  
Suicide Prevention Training



#### INFORMATION & RESOURCES

##### 5-7 PM

- Seaway Valley Prevention Council
  - SLC Youth Bureau
  - SLC Suicide Awareness Coalition
  - The People Project
  - SLC Public Health Department
  - SLPC: MIT & Children's Respite
  - Citizens Advocates
- United Helpers: Health Home Services
- Northern Regional Center for Ind. Living

#### "HIDDEN MISCHIEF" ROOM

##### 6-7 PM

A classroom is setup as the bedroom of a teenager and parents are challenged to find the hidden drug use, alcohol, and other similar items.

#### SELF-CARE FOR TEENS

##### 4-7 PM

- Yoga: 4-5 PM
- Mindfulness: 5-6 PM
- Teen to Teen: Reducing the Stigma Associated with Mental Illness: 6-7 PM

**SCAN or CLICK FOR MORE INFO**



**Sponsored by**  
**The Riley Basford Legacy Fund**  
**St. Lawrence County Youth Bureau**

# QPR


Class at Madrid-Waddington High  
**Pre-Register Today.**

Like CPR, QPR is a simple process.  
Anyone can be trained to help save a  
life of someone in crisis.

## You will learn:

- How to recognize the warning signs of suicide
- How to offer hope
- How to get help and save a life
- Local Resources
- How to reduce the stigma

**Wednesday, May 29th**

 **4:00 pm**



Madrid-Waddington High School  
Mental Health Awareness  
Community Event  
2582 State Highway 345  
Madrid, NY 13660

## 4 Ways to Pre-Register:

1. Call 315.379.9464
2. Email [achase@stlawco.gov](mailto:achase@stlawco.gov)
3. Scan QR code and register online
4. Click online link and register online

SCAN



!!! **Registration Closes at** !!!  
**35 Attendees**



**Ask a Question,  
Save a Life**

## WHO SHOULD TAKE THIS CLASS?

QPR can be learned in our course in 60-90 minutes. Gatekeepers can be anyone, including parents, friends, neighbors, teachers, clergy, nurses, office employees, law enforcement, caseworkers, firefighters, high school students, and anyone interested in learning how to recognize and refer someone at risk of suicide.





# Volunteering and its Surprising Benefits

By Jeanne Segal, Ph.D. and Lawrence Robinson

Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.



Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

## Benefit: Volunteering connects you to others

One of the more well-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.



## Benefit: Volunteering is good for your mind and body

Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person. Working with pets and other animals has also been shown to improve mood and reduce stress and anxiety.

Volunteering combats depression. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.



[www.helpguide.org](http://www.helpguide.org)



# How to find the right volunteer opportunity

There are numerous volunteer opportunities available. The key is to find a position that you would enjoy and are capable of doing. It's also important to make sure that your commitment matches the organization's needs. Ask yourself the following:

- Would you like to work with adults, children, animals, or remotely from home?
- Do you prefer to work alone or as part of a team?
- Are you better behind the scenes or do you prefer to take a more visible role?
- How much time are you willing to commit?
- What skills can you bring to a volunteer job?
- What causes are important to you?

## What are your volunteering goals?

To find a volunteer position that's right for you, look for something that matches your personality, skills, and interests. Ask yourself if there is something specific you want to do or achieve as a volunteer.

For example, you might want to:

- Improve your neighborhood.
- Meet new people with different outlooks or experiences.
- Try something new.
- Do something rewarding with your spare time.
- See new places or experience a different way of living.
- Try a new type of work that you might want to pursue as a full-time job.
- Expand on your interests and hobbies.

## Where to find volunteer opportunities

- Community theaters, museums, and monuments.
- Libraries or senior centers.
- Service organizations such as Lions Clubs or Rotary Clubs.
- Local animal shelters, rescue organizations, or wildlife centers.
- Youth organizations, sports teams, and after-school programs.
- Historical restorations, national parks, and conservation organizations.
- Places of worship such as churches or synagogues.
- Online directories

To Read Full Article:

[CLICK HERE](#)



## How much time should you volunteer?

Volunteering doesn't have to take over your life to be beneficial. In fact, research shows that just two to three hours per week, or about 100 hours a year, can confer the most benefits—to both you and your chosen cause. The important thing is to volunteer only the amount of time that feels comfortable to you. Volunteering should feel like a fun and rewarding hobby, not another chore on your to-do list.





# 2024 TRASH DASH RESULTS

**GREAT JOB!**

**AWESOME!**

ST. LAWRENCE COUNTY

TRASH DASH



#SLCTRASHDASH

April 27-28, 2024



**GOUVERNEUR  
200 lbs.**

**RENSSELAER FALLS  
220 lbs.**

**POTSDAM  
320 lbs.**

**OGDENSBURG  
240 lbs.**

**MASSENA  
320 lbs.**

**1300 lbs.**



# St. Lawrence County Law Enforcement Day

April 30, 2024



*thank you*



- ★ St. Lawrence County Sheriff's Department
- ★ St. Lawrence County Emergency Services
- ★ St. Lawrence County Corrections
- ★ New York State Troopers





# CONGRATULATIONS



*Anant Bansal*

Youth Committee Chairman and  
Student at Potsdam High

SUNY Potsdam Public Health's  
Recognition Award for  
GOING ABOVE & BEYOND FOR  
IMPROVING THE HEALTH OF THE  
COMMUNITY

## Attention- All Youth Services, Programs, Agencies, and Educators

Want to get to know St. Lawrence  
County youth programs, services,  
and opportunities?



THE SLC YOUTH BUREAU

# THE SLC YOUTH BUREAU OFFERS QUARTERLY MEETINGS TO PROMOTE COOPERATION AND COLLABORATION AMONG ALL YOUTH BASED PROGRAMS

Please take time today and update your contact & program information in the link below. You'll find a running Google document offering contact information, websites, and a running calendar of meetings, workshops, and programs-

CLICK HERE

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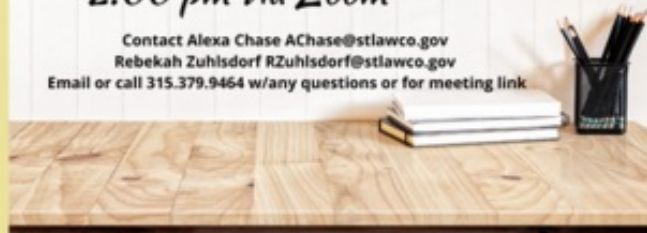
**Connecting  
St. Lawrence County  
Youth Services**

## 2024 Meetings

Tuesday, February 6th  
Tuesday, May 7th  
Tuesday, September 10th  
Tuesday, November 12th

2:00 pm via Zoom

Contact Alexa Chase [AChase@stlawco.gov](mailto:AChase@stlawco.gov)  
Rebekah Zuhlsdorf [RZuhlsdorf@stlawco.gov](mailto:RZuhlsdorf@stlawco.gov)  
Email or call 315.379.9464 w/any questions or for meeting link



Energy drinks are becoming far more popular and tend to be marketed toward younger populations. Excessive amounts of caffeine can be harmful to developing brains and bodies and parents should exercise caution before allowing children to consume energy drinks. For more information, visit: <https://www.cdc.gov/healthyschools/nutrition/energy.htm>





# Energy Drinks



Energy drinks are marketed to increase alertness and energy levels, containing significant amounts of caffeine and often more sugar than in soda. Many pack about 200 mg of caffeine, as much as two cups of brewed coffee.

## Common stimulants used:



- Caffeine
- Guarana
- Ginseng
- Taurine
- L-carnitine
- L-tartarate

## Considerations before consumption:

- Caffeine use may also be associated with anxiety, sleep problems, digestive problems, and dehydration
- Guarana also contains caffeine, increasing the total caffeine content
- May disrupt sleep patterns and is associated with increased risk-taking behavior
- The FDA does not regulate energy drinks



# Energy Drinks: Safe for Kids?

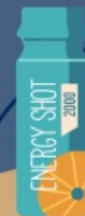


The American Academy of Pediatrics generally advises against children under 12 consuming caffeine altogether. For those aged 12-18, intake should be limited to less than 100 mg per day. Energy drinks often exceed this recommended caffeine limit for children.

Energy drinks do more than make kids hyper. High amounts of caffeine can cause uncomfortable side effects and even harm a child's health.

## Potential concerns:

- Disrupted sleep patterns
- Jumpiness or restlessness
- Increased anxiety
- High blood pressure
- Abnormal heart rhythms
- Mood swings
- Seizures



## Upcoming Events

Click on [Events](#) for More Information or to [Enlarge](#)



## Family Engagement: Communication & Culture

May 7th, 2024  
9:00-11:00AM via Zoom

The focus of this session is to introduce the role that culture and communication practices can play in the relationship between families and their children's educators and to explore the impact that communication styles can bring to developing collaboration between parents/caregivers and educators. We will also look at an educational framework called Culturally Responsive-Sustaining Education that supports effective parent/caregiver involvement with their child's school.

Contact: [bleboeuf@cccnc.org](mailto:bleboeuf@cccnc.org)

To register:  
<https://shorturl.at/DLTZ7>

Or scan



## Special Education IOI: Training of the Parent Member

May 14th, 2024  
4:00-6:00 PM  
Via Zoom

TO REGISTER:  
Visit:  
[rb.gy/5t89ty](https://rb.gy/5t89ty)



OR Email  
[tgossou@cccnc.org](mailto:tgossou@cccnc.org)  
with questions



This training package is intended to assist parents, family members, and Educational Organizations (EOs) in understanding the special education process delineated in education laws and regulations; knowing the roles and responsibilities of the various members of the Committee on Preschool Special Education (CPSE) and Committee on Special Education (CSE), particularly that of the Parent Member; and learning the techniques and strategies that are necessary for becoming an active participant in CPSE and CSE meetings.



Cornell Cooperative Extension  
St. Lawrence County



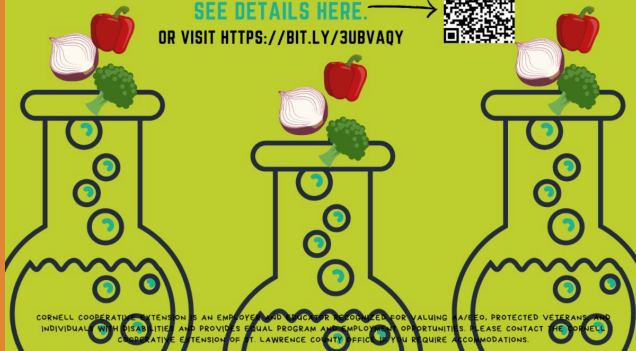
## SUSTENANCE & SCIENCE

JOIN US AT CCE'S LEARNING FARM  
FOR AN EVENING OF KITCHEN  
EXPERIMENTS AND PIZZA MAKING.

ATTENDEES WILL BE PREPARING AND EATING A PIZZA AT THE EVENT &  
MAKING A PIZZA DOUGH TO TAKE HOME THAT EVENING.

TUESDAY, MAY 21ST AT 4PM

REGISTRATION IS REQUIRED.  
SEE DETAILS HERE.  
OR VISIT [HTTPS://BIT.LY/3UBVAQY](https://bit.ly/3UBVAQY)



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SUICIDE PREVENTION RESEARCH

## Research Connection Program

The American Foundation for Suicide Prevention  
New York Chapters  
Research Connection Virtual Lunch & Learn

May 16, 2024 - 12:00-1:00 pm EST

### Innovative Approaches for Improving the Transition from Hospitals to Schools: Supporting Youth During and Following a Suicide-Related Crisis

Dr. Marisa Marraccini is an Associate Professor of School Psychology in the School of Education at the University of North Carolina at Chapel Hill. She specializes in promoting the mental health and well-being of students and preventing suicide and other health-risk behaviors in the context of school settings.

Dr. Marraccini's research considers school (academic and social) context to inform hospital interventions and school supports for youth struggling with suicide-related thoughts and behaviors and aims to support communication between hospitals and schools during and following youth crises. Marraccini led a research study funded by the American Foundation for Suicide Prevention (AFSP) that is developing guidelines for school re-entry following adolescent psychiatric hospitalization.

Registration is required: <https://nyrc51624.attendase.com/>

Questions? Please email Karen Heisig at [kheisig@afsp.org](mailto:kheisig@afsp.org)




[afsp.org/research](https://afsp.org/research)




<p><b>Music and Movement</b> <i>Ages 18m-5</i></p> <p>A preschool movement class for socialization and learning!</p> <p><i>Tuesdays @ 11:00 am</i></p>	<p><b>Story Time</b> <i>Ages 2-5</i></p> <p>Stories, songs, crafts and activities.</p> <p><i>Thursdays @ 11:00 am</i></p>
<p><b>Take Home Crafts</b></p> <p>Crafts are available for pickup at the front desk.</p> <p><i>Monday—Saturday All Month</i></p>	<p><b>Lego Play</b> <i>Ages 6 and up</i></p> <p>Build with Lego blocks and solve our monthly Lego challenge</p> <p><i>May 22 @ 5:00 pm</i></p>
<p><b>Star Wars Day</b> <i>Ages 5 and up</i></p> <p>Make lightsabers and shoot storm troopers at the library.</p> <p><i>May the 4th @ 11:00 am</i></p>	<p><b>Mother's Day Craft</b> <i>Ages 4 and up</i></p> <p>Make your mom (or someone special) a present for mother's day.</p> <p><i>May 8 @ 5:00 pm</i></p>

315-393-4325

Ogdensburg Public Library						
May 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Story Time 11:00 am	2	3 Star Wars Day 11:00 am
4 Closed	5	6 Music and Movement 11:00 am	7 Mother's Day Craft 5:00 pm	8 Story Time 11:00 am	9	10
11 Closed	12	13 Music and Movement 11:00 am	14	15 Story Time 11:00 am	16	17
18 Closed	19	20 Music and Movement 11:00 am	21 Lego Play 5:00 pm	22 Story Time 11:00 am	23	24
25 Closed	26 Closed	27 Music and Movement 11:00 am	28	29 Story Time 11:00 am	30	31



**ST LAWRENCE HEALTH**  
An Affiliate of Rochester Regional Health



## BEHAVIORAL HEALTH FAIR

**May 11th,  
2024 9AM-2 PM**

For more information: contact Heather Rich, [heather.rich@rochesterregional.org](mailto:heather.rich@rochesterregional.org)

Free Yoga in the Gazebo 9am to 9:30

May is Mental Health Awareness Month. Join St. Lawrence Health and community partners for Behavioral Health Fair on Saturday May 11th, 2024 from 9 am - 2 pm.

Ives Park  
In collaboration with the Potsdam Farmers Market  
3 Riverview Drive  
Potsdam, NY 13676

Events and resources will include:

- Case management
- Community support services
- Connection and continuity of care
- Local organizations and agencies
- Narcan training
- Prevention services

Family friendly crafts and activities







Try email marketing for free today!