

A Community Talk with Dr. Ruth Potee: *Understanding Adolescent Brain Development and Risk Taking*

Thursday, February 28th, 2019
Minnechaug Regional High School
621 Main Street Wilbraham, MA
6:30 p.m. - 8:30 p.m.

6:30 p.m. **Community Resource Expo & Rx Drop-off Bin**

- ❖ Browse and take home community resources. Talk to people who are working to promote healthy youth development, and the prevention, reduction, treatment, and/or recovery of youth substance use in the Hampden and Wilbraham communities.
- ❖ Clear out your cabinets of unused meds (pills only – no liquids) and bring to the program for safe disposal by Wilbraham and Hampden Police Departments.

7:00 p.m. **Keynote Address by Dr. Potee, followed by Q & A**



- ❖ Participants will learn about the function of the teen/tween brain, the vulnerabilities of youth and addiction, prevention strategies, the connection of athletes and sports injuries to potential misuse, and other home, family, and community considerations about access to these harmful substances.
- ❖ Learn why some people struggle with addiction, while others seem immune, and identify what factors affect addiction, and what can be done to reduce the chance of addiction in our children, as they mature.
- ❖ At the end of the talk, Dr. Potee will conduct a Q & A with the audience.

Dr. Ruth Potee is a board certified Family Physician and Addiction Medicine physician at Valley Medical Group in Greenfield, MA, who engages communities in discussions about preventing youth substance abuse through her wide ranging series of talks. This is a MUST SEE EVENT to learn about this important topic!

This program is intended for Adults raising or interacting with youth:

Parents/guardians, grandparents, teens, teachers, social service providers, coaches, youth leaders, clergy, and any community members who care about our youth and the health of our community.

Youth (grade 7 – 12) are encouraged to attend with an adult.

For planning purposes, please RSVP to Ruth DiCristoforo, Hampden-Wilbraham Partners for Youth Coalition coordinator, by email to RDicristoforo@hwsd.org or call (413) 566 – 5050 (Ext. 17).



Hampden-Wilbraham Partners for Youth

United for Safe, Healthy and Drug-free Communities

This event is brought to you by the H-W Partners for Youth, in collaboration with the Hampden Wilbraham Regional School District. For more information about the Coalition visit: WWW.HWP4Y.ORG or FB@ HWP4Y.