



## Youth & Community Alliance of Smithtown

### Brainstorm Meeting Summary

October 2016

#### Priority Areas of Concern

- Substance Abuse: Underage drinking, Binge drinking, Synthetics, Opiates, Vaping, Gambling
- Mental Health: Suicide, LGBT, Low self esteem, Lack of coping skills, Poor self image, Poor resiliency building, Social/Emotional Learning
- Obesity: Lack of physical activity, Poor nutrition, Social detriments of health, Lack of recreation space
- Child Welfare: Child abuse, Neglect, Poor parenting, Poor family support
- Immigrant Youth: Isolation, Lack of resources, Language barriers
- Youth with Disabilities: Lack of social Inclusion, Lack of citizenship opportunities, Poor transportation systems
- Bullying/Violence: Cyber bullying, Lack of Social Media Safety
- Unhealthy Relationships: Sexting, Unsafe dating, Lack of social relationships

#### Top 3 Priorities

#1: Substance Abuse- Underage Drinking

#2: Bullying/Violence- Lack of Social Media Safety

#3: Healthy Relationships- Poor peer/family communication

#### Sub-Committees

Three sub-committees will be formed based on the top three priorities.

#### Discussion Points

Poor family dynamics and instability; There is a poor line of communication between parents and children; Young people are having difficulty accepting teacher disapproval (lack resiliency skills); There is a lack of accountability on students' part; Young people have poor relationships with their parents and there is a lack of communication and concern from them; Students also lack proper sleep; Parents want to be there child's friend (boundary issues).

There needs to more information on coping and problem solving skills, safe places for young people to hang out so they don't feel pressured to drink (change social norms); There needs to be more accessible programs for people of all ages (events/workshops); Young people should have more engagement in several activities and to feel as part of a team so they don't feel alone.