

Pre-Register for our SPTS Be S-Well Summits!



What is a S-Well Summit?

The SPTS S-Well Summit is a day-long event hosted by the Society for the Prevention of Teen Suicide and offered to public and private high schools at no cost. The summit was designed to provide students, staff, and administrators with the resources needed to support overall wellness, including the prevention of teen suicide and other upstream prevention measures. By engaging participants with a variety of activities, students will be able to develop positive coping strategies, increase their knowledge as it relates to overall wellness, and learn practical techniques that can be easily implemented in their individual learning environments.

The goal of the summit is to instill methods and practices for overall wellness and mental health, and to enrich students' lives by improving their ability to effectively problem solve, set goals, and increase their leadership skills. The summit will seek to motivate participants to return to their schools as positive role models and become partners in creating safe and fun places to learn. All participants will receive a "Wellness Tool Kit" to share with their school and will leave enthusiastic about making a difference in their community.

We currently hold summits for the following counties:

**Monmouth
Ocean
Middlesex
Morris
Nassau (NY)**

Check-In/Breakfast: 7:30 am
Summit Begins: 8:15 am
Summit Concludes: 1:30 pm

Both breakfast and lunch will be provided.

Who is invited to attend?

All public and private high schools will be invited to select up to eight (8) students to attend. Additionally, schools will select two "Trusted Adults" or staff to attend. Admission is free. Each school will be responsible for transportation for its representatives and students. If your school is in need of grant funding to help cover the cost of transportation, please visit fieldtripnj.org.

Pre-Register Your School now!



For more information visit www.sptsusa.org. For any questions, please contact Natalie Hayes-Scott at Natalie@sptsusa.org.