



IN PARTNERSHIP WITH THE MANSFIELD BOARD OF HEALTH,
MANSFIELD PUBLIC SCHOOLS PRESENTS:

HEALTHY DECISION MAKING:

Understanding the Risks of Substance Use and How to Talk to Your Teen

	<p>Wednesday February 15, 2023 6:30pm-8:00pm Mansfield High School Auditorium 250 East Street Mansfield, MA 02048</p>	 <p>Town of Mansfield Public Health Prevent. Promote. Protect.</p>
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This presentation will focus on:

- Health Risks of Vaping, Marijuana and Alcohol
- Impact of Marketing on Youth
- Peer Pressure vs. Peer Influence
- Healthy Decision Making: Starting the Conversation
- Addictions/Habits
- Withdrawal/Quitting

Guest Speaker: Rebecca Fidler, LMHC has been facilitating groups with both youth and adults since 2001. During her career Becky has been a behavior specialist, the Coordinator for an intensive outpatient recovery program for teens, the Director of after-school programming for teens who were struggling to manage mental health symptoms in their school and home life, the Director of a residential group home for ages 13-19 years old, as well as facilitator for a wide range of group topics during her years of working in a community mental health. Becky has been working with school districts to provide group education since 2017 and her work was recognized by the Norfolk County Sheriff's Office in Massachusetts in 2018.