



# DAVIS COUNTY HEALTH DEPARTMENT

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## News Release

### **YOUth Matter Summit Scheduled June 12th Free For Youth Grades 7-12 in Davis County**

(Layton, Utah) – Davis County prevention partners are teaming up to sponsor the first ever YOUth Matter: Teen Health Leadership Summit. This free event for youth entering grades 7-12 (fall of 2019) takes place on Wednesday, June 12, at Northridge High School (2430 North Hill Field Road, Layton).

“Your health. Your voice. Your future.” is the YOUth Matter Summit’s tag line. The goal of the event is to engage youth in county health improvement efforts and empower them to make a difference in their circles of influence. Participants will gain tools and skills to improve their personal well-being and to be a positive influence on those they associate with.

To register for the event, visit [www.davisyouthmatter.eventbrite.com](http://www.davisyouthmatter.eventbrite.com). Any youth living in Davis County may participate regardless of school enrollment status.

“We hope students will take advantage of this one day summer opportunity to learn about important health topics and share their perspective,” said Christi Blankman, K-12 Prevention Coordinator for the Davis School District. “Every student can be an advocate for wellness among their family, friends, school, and community.”

The event starts at 9:30 a.m. and runs until 4 p.m. Teens will have the chance to connect with fellow young people from across the county to discuss topics such as mental health, e-cigs, relationships, and more. Lunch and snacks will be provided.

Saturday, June 1, is the last day to sign up. More than 200 youth have already registered and there is room for many more. Ongoing leadership opportunities will be available for students who wish to continue to help shape health improvement activities in Davis County.

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“There are many reasons Davis County youth are some of the healthiest and most high achieving in the nation. However there are areas for improvement,” said Isa Perry, Community Outreach Planner for the Davis County Health Department. “We know that social, emotional, and mental health are top issues of concern among students, parents, and youth serving adults.”

According to Perry, “One out of five adolescents in Davis County needs mental health treatment and suicide is the leading cause of death for youth ages 10 to 17 in Utah. Engaging young people in our health improvement efforts will ensure measures to address adolescent health will be more effective.”

The YOUth Matter Summit is made possible by generous sponsors including: Davis Behavioral Health, Davis County Health Department, Davis HELPS, Davis School District, Intermountain Healthcare – Layton Hospital, and USU Extension.

For more information, contact Cailyn Holcomb at the Davis County Health Department (801-525-5073 or [cholcomb@daviscountyutah.gov](mailto:cholcomb@daviscountyutah.gov)) or visit the event Facebook page at <https://www.facebook.com/events/1880602882049698>.

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