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Press Release...

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Youth Empowerment Summit “Be the Change!” Inspires Lake County Students

MUNDELEIN– The Lake County After School Coalition (LCASC) held their 2nd Annual Youth Empowerment Summit entitled “**Be the Change!**” November 6th at Hewitt Associates in Lincolnshire. This year’s theme was “How to Deal with Stress.” School groups throughout Lake County sent over 100 seventh and eighth grade students from over 19 schools to this exciting event.

Annie Fox, an internationally known adolescent stress management expert and author of such books as Too Stressed to Think was the keynote speaker. She has made it her life’s work to help teens make positive and healthy choices to reach their potential. Ms. Fox outlined different coping skills for the students to utilize in a variety of stressful situations. She then encouraged them to take these same skills back to their schools to help other students decrease stress in their own lives as well as to create a calm school environment.

Breakout sessions were held throughout the day and led by “**Be the Change!**” staff along with 14 high school student facilitators.

“One of the most significant things about today is that for the first time in the Coalition’s history, the corporate world has recognized the importance of our mission, opened their doors to us, and embraced the cause. This will truly have an impact on the youth as they get this small glimpse into corporate life,” said Lake County After School Coalition co-Chairman and Mundelein Police Chief Raymond Rose. “Also important to note is that the youth leaders and participants chose the Summit theme themselves...that’s empowering.”

This event was sponsored by LCASC, Lake County Regional Office of Education, College of Lake County, Character Matters, Hewitt Associates, and others.

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