



ASAP-NJ OCEAN COUNTY PRESENTS:
HELP! MY TEEN IS STUCK IN
BED! A PARENT'S GUIDE TO
TEEN WELLNESS
SAVE THE DATE

WED, FEB 17, 2021

7-8PM

- What is a SAC?
- The 3 pillars of Emotional Wellness:
Sleep, Nutrition, Exercise
- Meet some of our local resources:
 - High Focus Centers - Jonathan Mazza
 - Ocean Mental Health - Meghan Corrighan
 - Integrated Care Concepts - Larry Thompson
 - HBH Counseling - Meghan McAleer and Bethany McCarthy
 - Preferred Behavioral Health - Valerie Ortense
- Q & A

What is a SAC?

*Presented by
Tracie Kearney,
JMHS SAC*

**3 Pillars of
Emotional Wellness:**

Sleep

*Presented by Thomas
Chemris,
New Egypt HS SAC*

Nutrition

*Presented by Lauren
Sacs, CMMS SAC*

Exercise

*Presented by Lori Roland,
BHS SAC*