

Get Educated: Youth Mental Health and Wellness

Sponsored by:



When: **Tuesday, September 18, 2018 5:30-8:30 pm**

Where: Sand Creek High School

7005 Carefree Cir N
Colorado Springs, CO 80922



Free registration at:

www.healingouryouth.org/calendar/

- **Listen** to a parent's perspective on raising a child with a mental disorder
- **Learn** important facts/statistics about mental disorders and the basic biology of mental disorders
- **Learn** about the adolescent brain and teen substance use
- **Learn** to identify unhealthy adolescent behavior
- **Learn** what treatments are available for mental disorders and the steps to take to access treatment
- **Connect** with experts and resources in mental health
- **Talk** one-on-one with mental health professionals
- **2 CE credits** offered
- **Light refreshments** included

SCHEDULE:

- 5:30:** Visit our resource fair & talk one-on-one with professionals from the field of mental health
- 6:30:** Listen to the Healing Our Youth presentation (see presenters/topics below)
- 8:00:** Visit our resource fair & talk one-on-one with our panel speakers and professionals from the field of mental health
- 8:30:** Close

AN INSPIRING PRESENTATION, PLUS A MENTAL HEALTH RESOURCE FAIR



A Parent's Personal Story by Gina Moore, JD – Past Community Outreach Coordinator and Past President of the National Alliance on Mental Illness Arapahoe/Douglas Counties.



Mental Disorders: Facts, Statistics & Biology by Amy Gensler, MD – Board certified pediatrician with Parker Pediatrics & Adolescents; Associate Clinical Professor at the University of Colorado, Dept. of Pediatrics, Children's Hospital Colorado.



Youth Substance Use by Halcy Driskell, LPC, CAC III-Director of Outpatient Services at Peak View Behavioral Health.



Identifying Unhealthy Adolescent Behavior by Amanda Woodard, MA, NCC, LPC – Executive Director and Counselor with Original Path Counseling & Fitness in Centennial where she specializes in adolescents struggling with depression, anxiety, and suicidal ideation.



A Youth/Young Adult's Personal Story by Julie Slivka: a local young adult shares her journey with a mental disorder and inspires hope.



Moderated by Jean Miller, PhD, LPC-Administrator and faculty member in the College of Social Sciences at the University of Phoenix, Lone Tree.