

# Get Educated: Caring for Your Child's Mental Health and Wellness

Sponsored by:



**Tuesday, March 1, 2016 6pm to 9pm**

Arapahoe Community College

5900 S. Santa Fe Dr., Littleton, CO 80160

**Register at: [www.healingouryouth.org](http://www.healingouryouth.org)**

## SCHEDULE:

- 6:00:** 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)
- 8:30:** Visit our resource fair & talk one-on-one with our panel speakers and professionals from the field of mental health
- 9:00:** Close

- **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
- **2.0 CEUs** offered
- **Light refreshments** included

## AN INSPIRING PRESENTATION, PLUS A MENTAL HEALTH RESOURCE FAIR



**A Parent's Personal Story** by Gina Moore, JD – 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 Dennis Ballinger, MA, LMFT, CAC III – Clinical Manager at Arapahoe Douglas Mental Health Network



**Identifying Unhealthy Adolescent Behavior** by Jocelyn Hilling, MA, NCC, LPC – Executive Director and Counselor with At Peace Therapy Centers, LLC

TBD

**Youth Speaker:** a local high school student shares his/her journey with a mental disorder and inspires hope.



**Moderated by** Jean Miller, MA, LPC, NCC, ACS- Counselor and faculty member at the University of Phoenix