

Get Educated: Youth Mental Health and Wellness

Sponsored by:



Englewood Schools
Belong and Thrive



When: **Wednesday, April 26, 2017 5:30-9pm**
Where: **Colorado's Finest High School of Choice**
300 W. Chenango Ave.
Englewood CO 80110

FREE registration at:
www.healingouryouth.org/calendar/

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
- 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 Heidi Sauder, PhD-Executive Director and psychologist at Sauder Psychology, Inc in Centennial where she primarily sees adolescent females, parent-teen dyads, and couples.



Youth Substance Use by Jeff Galinkin, MD – Board certified pediatric anesthesiologist and Professor of Anesthesia and Pediatrics, University of Colorado, Denver and Children's Hospital Colorado.



Identifying Unhealthy Adolescent Behavior by Sharon Hastings, EdD, LPC, LSC, NCC, ACS-Clinical Director and Supervisor of Clinical Counseling at the University of Phoenix, Lone Tree.



A Youth's Personal Story by Edward Mastronardi: a local youth shares his 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.