

Agenda

Opening Remarks (9-9:30am)

RCHSD, Dr. Anne Bird (9:00-9:15am)

- Welcome to Rady Children's (include high level MH/BH statistics, RCHSD Depression Screening Program & other strategies to address problem); Introduce PTA Rep and Family Advisory Council

Ninth District PTA Derick Boerner (9:15-9:30am)

- Welcome; Goals & Objectives for Day; Ground rules,
- Talk about PTA's mission to serve all children and how PTA works with schools and parents on suicide awareness and prevention
- Review what attendees from last symposium have implemented in the past year
- Have participants write down what they want to get out of the day

Presentation: Medications and Other Typical Therapies for Children and Youth Dr. Joshua Gibney and Dr. Anne Bird (9:30-10:15am)

- Review and discuss well-known psychotropic medications used to treat children and youth
- Address emerging alternative therapies available nationally and locally

Break (10:15-10:30)

Presentation, Monica Felix, LCSW (RCHSD) (10:30-11:30)

Understanding Anxiety and Depression: What's the Difference

- Review relevant statistics related to San Diego County
- Discuss typical signs and symptoms of each diagnosis; recognize changes in children's behavior
- Address risk and protective factors related to each diagnosis
- Discuss how and when to seek help for your child, as well as who to go to

Presentation, Monica Felix, LCSW RCHSD. (11:30pm-12:15pm)

Mental Health Professionals 101: Understanding Your Supports and Their Specialties

- Differentiate between each relevant credentialed/licensed mental health professional
- Discuss when, where and how each license may have an impact on children's treatment.
- Discuss how to access different professionals

Closing Remarks and Evaluation, Helen Crenshaw (12:15-12:30)

OPTIONAL SKILLS WORKSHOP

Presentation & Skills Workshop, Brett Hall QPR trainer. (1:00pm-2:30pm)

Youth Suicide Prevention 101 and QPR Skills Clinic *Certificate will be provided upon completion of training

- Primary risk factors associated with youth suicide (cultural issues, LGBTQ, other stigmatized groups)
- Safe messaging and terminology overview
- QPR skills for participants/ audience will learn QPR steps/strategies & Practice QPR in pairs/groups
- Reinforce the importance of coming today and reaching out to youth/we all have a role

