

Dr. Chris Jenson returns to HPISD to share mental health strategies for three key groups – parents, teachers and students

Public speaker, emergency medicine physician, CDC science ambassador fellow, and nationally recognized educator Dr. Chris Jenson will offer three powerful sessions about mental wellness next week for Highland Park ISD teachers, parents and high school students. Thanks to the generous sponsorship provided by the HPISD Parent Education Committee, the HPHS Dads Club and HPHS PTA, the sessions are free.

Session topics will be tailored to address specific needs commonly found in each of the targeted audiences. The parent session is open to all HPISD parents and the teacher session is open to all teachers elementary through high school. Tickets are not required. Seating is limited to the capacity of the HPHS Auditorium.

Session topics are below. Click [here](#) to read the complete session descriptions.

- **Parent Session** – “Supporting Youth Mental Health at Home” is open to all HPISD families at 6:30 p.m. Tuesday, Oct. 11 in the HPHS Auditorium
- **Teacher Session** – “Combatting Exhaustion and Career Burnout in Educators” at 3:45 p.m. Tuesday, Oct. 11 in the HPHS Auditorium
- **Student Session** – “Stop Watching. Start Doing. Addressing the Youth Mental Health Crisis” will be presented throughout the day Wednesday, Oct. 12

Link to the read more: <https://www.hpisd.org/apps/news/article/1669038>