

# Get Educated: Youth Mental Health and Wellness



**Sponsored by:**



**When: Tuesday, January 14, 2020**

**5:30 pm-9:00 pm**

**Where: Cresthill Middle School**

9195 Cresthill Lane, Highlands Ranch, CO 80130

**Free registration at:**

[www.healingouryouth.org/calendar/](http://www.healingouryouth.org/calendar/)

**SCHEDULE:**

**5:30 pm:** Visit our resource fair & talk one-on-one with professionals from the field of mental health

**6:30 pm:** Listen to the Healing Our Youth presentation (see presenters/topics below)

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

**9:00:** Close

**Hosted by:**



- **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 contact hours for continuing education** offered
- **Light refreshments** included

Healing Our Youth: Get Educated! curriculum written 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.

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



**A Parent's Personal Story** by Anne Sieker, MA-former high school language arts teacher in Aurora and Douglas County, parent, and volunteer in the Littleton Public Schools and in the field of mental health.



**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 Colt Smith, MA, LAC-Licensed Addiction Counselor working in private practice focusing on teens who are just beginning a relationship with substances.



**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's Personal Story** by Allie Clark: a local youth shares her journey with a mental disorder and inspires hope.



**Hosted** by Donna Parisi- Past Board Member of NAMI Arapahoe/Douglas Counties from 2010-2016. Her duties included Vice President, Program Coordinator and CIT Liaison. She is still actively involved with NAMI Arapahoe/Douglas Counties.