



LOCAL EVENT PUTS SPOTLIGHT ON RISING MENTAL & BEHAVIORAL HEALTH CHALLENGES FOR YOUTH OF SAN ANTONIO

As a mom, I am often led to believe that if I provide a loving home, a caring environment, and the financial resources to afford the best education, my child will thrive and overcome any adversity. I soon realized that sometimes even the best-resourced children face the same complex inner-battles as the disenfranchised ones. Why is that? Caregivers without the proper support to approach their child may ignore, hide, or simply be blind to the red flags that indicate their child is in trouble, until it's too late. Luckily, there are tools we can teach, they don't cost a dime, and caregivers can be empowered to address the hard stuff with grace. By facing those challenging conversations on solid ground, by having those honest conversations with our families, we can dismantle the shame and confusion our children often face, and help them grow from the inside.

~Evita Morin, CEO of Rise Recovery

According to the [CDC's latest report](#), people are dying earlier. This isn't the impact of our elders, but rather of more young people succumbing to suicide and overdose. What can parents do to address this alarming trend and how will they know if their child is at risk?

As parents, and former children of parents who didn't always get the handbook on perfect parenting, when we read these alarming statistics we knew right away we needed to have some serious conversations. But when is the time ever "right" to talk to them about bullying, body image, drugs and alcohol, anxiety, depression --- and where do we begin without scaring them?

Time and time again, these are the exact thoughts and anxieties that we hear from parents. Lots of questions, no answers, and minimal resources. This is why we knew this event needed to happen.

On Wednesday, Feb. 27 from 6-8:30pm, eleven respected mental and behavioral health organizations will come together to present "Well, MY Kid is Resilient, Right?" | Conversations and Mental Health Resources for Today's Parent at the Campus of the San Antonio Jewish Community.

The free event, co-hosted by Jewish Family Service and Rise Recovery, will connect parents of tweens and teens and begin the conversations that can be difficult to start. By introducing the dialogue and offering resources to help, we hope to better resource our parents to address the challenges young people face.

A moderated panel discussion will kick off the evening featuring leaders in the mental health community. Leading the discussion will be [Dr. Melissa Stennett Deuter](#) – founder of Sigma Mental Health Urgent Care and a board certified psychiatrist here in San Antonio. Joining our panel will be [Talli Dolge](#), M.S. – CEO of Jewish Family Service, [Evita Morin](#) – CEO of Rise Recovery, [Michelli Ramon](#), LCSW, and [Dr. Sarah Gellman](#) – Children's Hospital of San Antonio. Each panelist will

unveil her unique exposure to childhood adversity, and discuss how “conversations” and destigmatizing these issues played a critical role in their journey to the women and leaders they are today.

Following the panel discussion, participants can learn how to approach specific challenging topics in breakout sessions led by a variety of partner organizations. Caregivers will have an opportunity to dive deep into three different topics in 20 minutes sessions. This is the time to take extensive notes, ask questions, and gather a toolbox of resources to aide in your own conversations at home.

Here is a list of the evening’s breakout session topics and the agencies that will be presenting them:

1. *Anxiety* – [Jewish Family Service](#)
2. *The Hard Stuff [Substance Use]* – [Rise Recovery](#)
3. *Bullying* – [Alamo Heights ISD](#)
4. *Grief and loss* – [Children’s Bereavement Center of South Texas](#)
5. *Be SMART, Gun Safety* – [Children’s Hospital of San Antonio](#)
6. *Warning Signs of Mental Illness in children & adolescents* – [Clarity Child Guidance Center](#)
7. *Eating Disorder Awareness in children & adolescents* – [Eating Recovery Center](#)
8. *How parents can ensure that their children have the necessary assets to be resilient in life* – [Family Service Association](#)
9. *Teen suicide* – [NAMI San Antonio \(National Alliance for Mental Illness\)](#)
10. *Navigating the public school system & advocating for your child* – [Northside ISD](#)
11. *Resiliency: What Every Parent Needs to Know. The End.* – [Michelli Ramon, LCSW](#)

Stay after the breakout sessions to continue collecting resources, meet presenters, and connect with other parents while enjoying light appetizers catered by Tim the Girl Catering.

We would like to thank a few organizations for their help in organizing the evening: The Harry & Jeanette Weinberg Campus of the San Antonio Jewish Community, Tim the Girl Catering, Dr. Melissa Stennett Deuter, and Alamo City Mom’s Blog.

Follow the [Facebook event](#) for more upcoming details by marking yourself as ‘Interested’.

When: Wednesday February 27, 6-8:30pm

Where: The Harry and Jeanette Weinberg Campus of the San Antonio Jewish Community (12500 NW Military Hwy., SATX 78231). The event is free and open to the public but RSVPs are required by visiting www.jfs-sa.org/partnerevents. Space is incredibly limited, so reserve your spot today.