



**State of Mind Program
April 29, 2017
Issaquah High School
700 Second Avenue SE, Issaquah**

11:30 a.m.
11:50 a.m.
12:15 p.m.

Registration

Introductory Remarks

First Breakout Session (choose one)

- "Managing Stress," Libby Hirshberg, MSW
- "Creating Cultural Awareness," Members of Issaquah Schools Foundation Cultural Bridges and Issaquah School District Equity Committee
- "Relational Health – The Importance of Connection," Gena Palm, Director of Youth and Family Services, Friends of Youth

1:00 p.m.

KEYNOTE ADDRESS: "Awareness and Stigma – the Impacts on Youth Mental Health," Megan Chiarelli, MD, Child and Adolescent Psychiatrist, Swedish Medical Center Issaquah

1:55 p.m.

Second Breakout Session (choose one)

- "Social Anxiety and School," Karen Fuller, Sound Mental Health
- "Setting Students Up for Failure," John Sloss, LMHC, CMHS
- "How To Talk to Your Parents about Drugs," Youth Opposed to Drug Abuse (YODA) student panel presentation

2:40 p.m.

Third Breakout Session (choose one)

- "Drug Abuse and Identity," Jerry Blackburn, Program Manager, Substance Abuse and Prevention Services, Friends of Youth
- "Educating the Next Generation," Lyndsay Campbell, National Alliance on Mental Illness – Eastside Chapter
- "Nonviolent Communications," Jocelyn Skillman, LMHC, MHP, CMHS

3:25 p.m.

Fourth Breakout Session (choose one)

- "Tech Torment: Technology and Mental Health," Jocelyn Skillman, LMHC, MHP, CMHS
- "Bouncing Back: How to Develop Resiliency," Sarah Dochow, Executive Director, LMHC, CN, Crosspath Counseling
- "In Crisis? Text!" Michelle Brode, LASW, Crisis Text Line Counselor

4:10 p.m.

Closing Activity

4:30 p.m.

Adjourn

For more information, or to register:

www.healthyouthinitiative.org

