



**State of Mind Program
March 11, 2017
Liberty High School**

16655 SE 136th Street (also signed as Patriot Way), Renton

11:30 a.m.	Registration
12 noon	Introductory Remarks
12:25 p.m.	First Breakout Session (choose one)
	<ul style="list-style-type: none"> • "Relational Health – The Importance of Connection," Serena Robles, School-Based Youth and Family Therapist, Friends of Youth • "Compassionate Communication," Jocelyn Skillman, LMHC, MHP, CMHS • "Social Anxiety and School," Karen Fuller, Sound Mental Health
1:10 p.m.	KEYNOTE ADDRESS: "Overcoming Eating Disorders," Natalie Goodwin, PhD., Program Manager, Eating Recovery Center of Washington
1:55 p.m.	Second Breakout Session (choose one)
	<ul style="list-style-type: none"> • "Fundamentals of Mental Health," Jocelyn Skillman, LMHC, MHP, CMHS • "Setting Students Up for Failure," John Sloss, LMHC, CMHS • "Girls Get Real – Challenging Gender Stereotypes," Phoebe Terhaar, Prevention Coordinator, Snoqualmie Valley School District
2:40 p.m.	Third Breakout Session (choose one)
	<ul style="list-style-type: none"> • "Drug Abuse and Identity," Jerry Blackburn, Program Manager, Substance Abuse and Prevention Services, Friends of Youth • "Educating the Next Generation," Melissa Graham, National Alliance on Mental Illness – Eastside Chapter • "Creating Cultural Awareness," Members of Issaquah Schools Foundation Cultural Bridges and Issaquah School District Equity Committee
3:25 p.m.	Fourth Breakout Session (choose one)
	<ul style="list-style-type: none"> • "How Alcohol Advertising Targets Teens," Youth Opposed to Drug Abuse (YODA) panel presentation • "Developing a Healthy Body Image," Karen Fuller, Sound Mental Health • "In Crisis? Text!" Michelle Brode, LASW, Crisis Text Line Counselor
4:10 p.m.	Closing Activity
4:30 p.m.	Adjourn

You are invited to all State of Mind conferences. In addition to this event, another conferences is scheduled at Issaquah High School on April 29. Programs at each location will differ. For more information, or to register, go to www.healthyyouthinitiative.org.

