

# Book a Workshop with Randi Silverman

CEO, The Youth Mental Health Project



As the mother of a child who was diagnosed with anxiety, depression and bipolar disorder at a very young age, Randi has experienced firsthand what it is like to raise a child with a mental health disorder.

Randi co-wrote and produced a feature film that honestly tells a story of the struggle families face when their child suffers from mental illness. Released in 2016, NO LETTING GO is an award winning film.

Randi's personal goal in sharing her story on the big screen is to create community conversations around the vitally important issues of youth mental health. With the mission of universal mental health literacy in mind, she co-founded the nonprofit The Youth Mental Health Project to spark change.

Randi is a frequent public speaker and presenter on the topic of youth mental health, and plans to continue to share her story and many other's stories until society treats mental health with the same respect as physical health.

## GENERAL AUDIENCES:

Having a mental health condition can seriously impair a child's ability to learn, manage behavior and handle social interactions appropriately. It is vital that neighbors, communities, schools and friends work together to understand and address emerging mental health conditions. Change does not come from silence. In coming together, families can benefit from prevention, early intervention and a vital body of growing research which fosters solutions if a mental illness is diagnosed.

In this workshop, Randi will provide attendees with the inspiration, information and resources they need to create an atmosphere of open dialogue and collaboration regarding children's mental health.

**Mental health problems are more common than heart disease, lung disease, and cancer combined.**

**1 in 5 youth suffers from a diagnosable mental health disorder.\***

The topic of mental health can be uncomfortable, particularly as it relates to children, adolescents and young adults. Often shame, blame and silence stop parents from seeking help for their children. Understanding that mental health, like physical health, lies on a continuum can encourage parents to seek solutions with hope.

The first learning objective of this workshop is to ease discomfort by providing basic knowledge and understanding of children's mental health.

The second objective is to provide structured guidance to The Youth Mental Health Project's mental health continuum developed in partnership with Silver Hill Hospital. Further, Randi uses her experience to discuss anxiety and depression as well as early signs of mood disorders, bipolar and more. She encourages collaborative relationships that will benefit families, schools, students and the community.

\*National Alliance of Mental Illness (NAMI)

*Workshops can range from 45 minutes to 1.5 hours. Costs may vary depending on the amount of additional research and information needed for the particular audience. All presentations can be created in partnership with the organization hosting.*

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