

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 others stories until society treats mental health with the same respect as physical health.

SCHOOLS

Outcomes and learning objectives:

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 schools work together with parents and other stakeholders to understand and address emerging mental health conditions in order to prevent devastating outcomes for both families and schools.

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

Schools can play a critical role in increasing mental health literacy, promoting help-seeking behavior and early intervention by contributing to open community conversations.

Method of delivery:

The topic of mental health can be uncomfortable, particularly as it relates to children, adolescents and young adults inside a classroom. Lack of funding and training opportunities make it difficult for school principals to know how to address the topic in a way that is supportive and appropriate for students, teachers and parents without alarm.

The first learning objective of this workshop is to ease the discomfort by providing basic knowledge and understanding of children's mental health and reminding attendees that all children have mental health.

The second objective is to provide an effective approach to communicate with parents and caregivers, leading to collaborative relationships that will benefit the school, the students and the community. Randi will use the mental health continuum model developed by The Youth Mental Health Project in Partnership with Silver Hill Hospital to expand understanding that all children have mental health.

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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