

# UNDERSTANDING YOUTH MENTAL HEALTH

## Workshop with Featurette

### IDEAL AUDIENCE: TEACHERS AND ALL SCHOOL PROFESSIONALS

A Youth Mental Health Project speaker will use the award-winning film NO LETTING GO in featurette form (15 minutes) to inform and increase understanding about youth mental health. Using a combination of film, personal storytelling, and interactive instruction, this workshop is a powerful way to show how mental health affects schools, families, and communities.

Highlighting the key issues that arise when one family has a child who struggles, this workshop enlightens audiences to move beyond shame, blame, and misunderstanding and creates conversations that leave audiences feeling hopeful and capable.



### WE ALL HAVE MENTAL HEALTH - THE SAME WAY WE ALL HAVE PHYSICAL HEALTH.

Mental health encompasses far more than the short list of disorders which affect one's mood, behavior, or thinking. Mental health includes our emotional, psychological, and social well-being, and it is important to care for it at every stage of life.

Just like physical health, mental health lies on a continuum and can shift, change, and evolve.

Our educational workshops provide information, resources, and guidance for a better understanding of youth mental health development. By hosting a workshop, you will help to create an atmosphere of open dialogue and acceptance, leading to an increase in early intervention and prevention.



## Our co-founders

### Randi Silverman

One of the nation's leading voices on the topic of youth mental health. A believer in the power of storytelling, Randi used her real-life experiences to co-write and produce the multi award-winning film, "No Letting Go."



### Wendy Ward

A community leader, champion, and advocate for youth social, emotional, and behavioral wellness. As a former advertising executive, Wendy pairs her deep communications expertise with her family's personal experiences with mental health to encourage understanding among caregivers, teachers, and school administrators.

**"We believe no family should ever suffer with a mental health condition in isolation."**

Workshops for 90 minutes will include a Youth Mental Health Project speaker, one-time viewing of NO LETTING GO featurette and 30 Understanding Youth Mental Health booklets.

All presentations can be customized and created in partnership with the organization hosting.

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