

# UNDERSTANDING YOUTH MENTAL HEALTH

## Conference workshops and breakout sessions

### IDEAL FOR CONFERENCES AND BROAD AUDIENCES

The topic of mental health can be uncomfortable, particularly as it relates to children, adolescents, and young adults. Often, service providers are concerned that broaching the subject could make matters worse. The main learning objective of this workshop is to ease the discomfort by providing attendees with basic knowledge and understanding of children's mental health and clarify the distinctions between mental health, mental health disorders, and mental illness. Participants will leave with the empathetic communications skills needed to effectively partner on behalf of children's overall health. Healthy dialogue and use of a common language encourages collaborative and trusting interactions.

### 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 60 minutes will include a Youth Mental Health Project speaker and time for Q&A. Informative materials for audience provided.

Costs may vary depending on the amount of additional research and information needed for a particular audience.

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

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