

UNDERSTANDING YOUTH MENTAL HEALTH

- It's about functioning

IDEAL FOR TEACHERS, ADMINISTRATORS, AND PARENTS.

Sessions can be run simultaneously or back to back.

Learning about mental health is essential to raising healthy kids. This workshop provides resources and tools to use in support of students and children. Because early warning signs of emerging mental health conditions may only be apparent in one aspect of a child's life, parents and teachers may have different perspectives on the same child. Providing both with empathetic communication can help them effectively partner on behalf of children. Creating a common language and encouraging an open and healthy dialogue between teachers and parents that is collaborative and trusting is essential to change.

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.



About Randi

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."

"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 and Q&A with 100 Understanding Youth Mental Health booklets for the audience.

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