Mental Health Matters
Rocky Mountain High School
April 18, 2019
5p-8:30p

Resource Fair: 5:00p-8:30p
Elite Teacher Supply
UC Health/Mountain Crest
SummitStone Health Partners
Free to Be
Youth Action for Health
The SAVA Center
Pathways for Grief and Loss
CSU Center for Family and Couple Therapy
Heart-Centered Counseling
Family Balance Yoga
TEAM Wellness and Prevention
3 Hopeful Hearts
CAYAC
Colorado Center for Assessment and Counseling
CSU Campus Connections Youth Mentoring
National Alliance on Mental Illness
Foundry Mentoring
Alliance for Suicide Prevention of Larimer County
Crossroads Safehouse
Love Intentionally
The Wholeness Center
Neurofeedback Clinic of Northern Colorado
Turning Point Center for Family Development

Keynote Speaker: 5:30p-6:20p
Sarah Younggren, LCSW, Mental Health Colorado
By empowering parents, schools and community members to advocate for better mental health supports in schools and the community, we can improve our state’s response to the mental health needs of Colorado’s children. While evidence supports that schools are important places for building resilience and mental wellness, significant barriers prevent many students from receiving the supports they need. Sarah Younggren, LCSW will take you through how to support mental health and wellness in children and adolescents and how to enhance family, school and community partnerships for effective, coordinated services that foster resilience.
E - Anxiety and Kids: What to Look For and How to Help, Sessions 1 and 2
   Angela Mitchell and Stephanie Coleman, School Counselors
Learn what signs to look for that your child may be suffering from anxiety, resources on when and how to get help, and strategies you can use at home.

E - It's Not All Rewards & Consequences - Managing Behavior at Home, Sessions 1 and 2
   Jeremy Sharp, PhD
Tired of sticker charts and taking away privileges? Come learn about a different approach to managing difficult behaviors that is more collaborative and less punitive.

E - ADHD and Your Child's Brain, Sessions 1 and 2
   Marybeth Rigali-Oiler, Ph.D., Child and Adolescent Psychologist and Nicole Olivas, M.S., Doctoral Student
Learn about the brain science and symptoms of ADHD for elementary school age children, treatments recommended for ADHD, as well as concrete parenting strategies to support children's growth, happiness, and success.

E - Bullying vs. Conflict: How to Know the Difference, Sessions 1 and 2
   Danielle Case, High Plains School Counselor; Jodi Wardlow, High Plains Dean of Students; Quinn Hutchinson, High Plains School Counseling Intern
It can be very difficult to distinguish the difference between a bullying situation and when someone is just being mean or rude. Bullying is a very serious situation, so it's important for all stakeholders to know the signs of bullying and when a situation is not bullying. Through it all, we want to help students, staff, and families know how to support students when any conflict arises.

E - An overview of Parenting with Love and Logic, SESSION 2 ONLY
   Lisa Vencill, School Psychologist Ed.S.
The primary mission at the Love and Logic Institute is to make the world a better place by helping parents raise great kids . . . kids who will grow up to be great citizens. This session will talk about the philosophy of Love and Logic and offer simple tips for parents to take home that night!
S - How Does Social Media Affect Body Image? (And What To Do About It), Sessions 1 and 2, Jenn Hand, Food Coach & Body Image Expert
It's the norm to be on social media 24/7. Our lives are so intertwined with Facebook, Instagram, and Snapchat. But how does social media affect our body image? How can we learn to let go of comparing ourselves and our bodies with the filtered perfection we see on social media? Walk away with tips, tools and strategies to help you (and your kids!) learn how to have a positive relationship with social media and body image.

S - Talking to Youth about Consent, Sexting, and Sexual Violence, Sessions 1 and 2
SART Peer Educators,
Join the Sexual Assault Resource Team (SART) Peer Educators from Poudre High School for an interactive presentation on how to talk to your kids about important topics including: consent, sexting (and sexting laws), and sexual violence prevention.

S - Clearing the Vapor, Sessions 1 and 2
Youth Action for Health,
Youth Action for Health members have prioritized youth substance use and mental health as key areas they’d like to focus on in the coming year. They are especially concerned about the rise in vaping rates among their peers and feel that education for students, parents, and community members is vital in addressing the epidemic locally. Come learn from local youth about vaping and the known risks associated with the devices.

S - Teen Culture - What You Need to Know About Today’s Drugs and Alcohol, Sessions 1 and 2, Officer Jarad Sargent and Officer Ehrich Weis
Poudre School District SROs will review all that you need to know and look for in today’s teen culture.

S - Strength to Rise, Sessions 1 and 2
Grace Wankelman
A personal narrative of surviving a suicide attempt, the path of recovery, and a future of mental health advocacy.

S - Better Communication With Your Teen, Sessions 1 and 2
Joshua Emery, MA, LPC
Come learn the what, when, where, why and how when it comes to communicating with your teen. I'll give you take home tools that can be used immediately and you can avoid common parenting mistakes that push our kids away. Come with questions and we can role play for better understanding.

S - Anxiety, Depression, and the Teenage Brain, Sessions 1 and 2
Lisa Pendleton, LMFT
Learn about the biological basis of anxiety and depression as well as helpful coping skills for parents and teens.

**A - Mindful Parenting**, Sessions 1 and 2  
Heidi Thompson, Counselor at Olander School for Project Based Learning  
Learn simple mindfulness techniques for you and for your family to combat "generation stress" and bring your family together.

**A - Stress Less with Resilience, SESSION 2 ONLY**  
Jen Strating, MA, Biofeedback Therapist  
Learn how to increase your resilience to stress and find a more calm and balanced life. You’ll experience relaxation and stress-reduction techniques that you can easily incorporate into your everyday life. Great for both teens and adults.

**A - Social Media: Connection vs Isolation**, Sessions 1 and 2  
Meg Griffin, Ed.S. Licensed School Psychologist; Melanie Potyondy, Ph.D., LP, NCSP  
In the age of social media and infinite information provided by the internet, is it possible to manage this access in a healthy manner? This question and information about privacy and interactions in the digital age will be addressed in this session. The presentation will be a workshop format, including presentation, small group discussion and integration.

**A - Internet safety - Current Trends**, Sessions 1 and 2  
Detective Jason Curtis, Crimes Against Persons Unit, Fort Collins Police Services  
A roundtable discussion of current trends related to internet usage by students, including information related to child exploitation, child pornography, "sexting", and cyber bullying.

**A - Helping Parents Raise Digital Natives, SESSION 1 ONLY**  
Lisa Vencill, School Psychologist Ed.S.  
Our children today grow up with the Internet, social media, devices and apps as second nature - they are Digital Natives. As parents we often struggle to keep current or get ahead of the digital curve. It can be intimidating and overwhelming without guidance. This session will address the ways media and screen time impact the social and emotional wellness of children, and help parents address and support their digital native children.

**A - Child Abuse & Molestation - What You Need to Know**, Sessions 1 and 2  
Robert Fallbeck, Executive Director of Voices Carry Child Advocacy Center  
It's difficult to talk about child physical and sexual abuse, but it's crucial that we do. In the U.S., 1 in 10 children will be sexually abused before they turn 18. We will separate fact from fiction to help you keep your children safe and healthy.

**A - Forgotten Mourners: How to Support Grieving Youth**, Sessions 1 and 2
Danielle Rifkin, LPC, ATR-BC; Dyana Reisen, LPC; Tammy Brannen-Smith, LCSW

This presentation is on how families can help support grieving youth. We will explore what is grief, developmental considerations and how to be supportive and helpful through grief process.

**A - Mental Health Tips and Nutrition Regarding Mental Health, SESSION 1 ONLY**

Dr. Mary Rondeau, ND, RH(AHG) and Dr. Brooke Schneider D.O.

Drs. Schneider and Rondeau will provide some practical and easy to implement tips to improve mental health for your child and your entire family. Come learn about nutrition, sleep, relationships and nutrients as they relate to mental health.

**A - Positive Parenting, Sessions 1 and 2**

Doreen Horan, MS, LPC, FAMI

Raising our children and teens to be the best they can be requires us to be the best parent we can be. Being Present. Positive Parenting. Family Respect. Family Collaboration. Fighting Fair.

**Sesion en Espanol/SPANISH ONLY SESSION:**

El Dr. Jonathan Muther, Vicepresidente de Servicios Médicos - Salud del Comportamiento en Salud Family Clinics, y Luz Bermúdez, LCSW, brindarán información importante y valiosos consejos de defensa a las familias que hablan español.

Dr. Jonathan Muther, Vice President of Medical Services - Behavioral Health at Salud Family Clinics, and Luz Bermudez, LCSW, will each be giving important information and valuable advocacy tips to Spanish-speaking families.