



EVENT PROGRAM

Skyline High School – April 23, 2016

12 noon	Registration, Event Packet Distribution, Information Tables, social time
12:30 – 1:00 pm	Opening Remarks
1:05 – 2:00	First Breakout Sessions (choose one) <ul style="list-style-type: none"> • Jocelyn Skillman, mental health practitioner, Valley/Cities, “Tech Torment? The Impact of Technology on Mental Health” • Kendall Campbell, U of British Columbia student and filmmaker, “A Crash Course in Depression and Anxiety” • Jerry Blackburn, Program Manager for Substance Abuse Services, Friends of Youth, “The Impact of Drugs on the Developing Brain”
2:05 – 3:00	Second Breakout Sessions (choose one) <ul style="list-style-type: none"> • Phoebe Terhaar, CDP, Prevention Coordinator, Snoqualmie Valley School District, with members of the Mount Si High School Natural Helpers Club, “Mindfulness for Teens – Managing Stress” • “Preventing Youth Suicide” • Alison Cathro, Sexual Assault Nurse Examiner for Adults and Adolescents, “In Their Shoes: Teens and Dating Violence”
3:05 – 4:00	Third Breakout Sessions (choose one) <ul style="list-style-type: none"> • National Alliance on Mental Illness, “In Our Own Voice,” Living with Mental Illness • Serena McDonald, Sound Mental Health I Care Project, “Developing Self-Confidence” • Rebecca Eyre, Primary Therapist, Eating Recovery Center of Washington, “Body Image and Eating Disorders”
4:05 - 4:10 p.m.	Adjourn

There is no charge for this event. Register by going to www.healthyyouthinitiative.org.