




*State of Mind  
Finding a Balance  
in Your Life* 



Issaquah Youth Advisory Board

## **EVENT PROGRAM**

### ***Skyline High School – April 23, 2016***

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

There is no charge for this event. Register by going to [www.healthyyouthinitiative.org](http://www.healthyyouthinitiative.org).