




*State of Mind
Finding a Balance
in Your Life* 



Issaquah Youth Advisory Board

EVENT PROGRAM

Liberty High School – April 2, 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">• Eric Wirkman, TeenLink “Helping Friends Who Are Struggling”• Libby Hirshberg, occupational therapist, Swedish Medical Center, “Taking Care of Your Stressed-Out Self”• Rebecca Eyre, Primary Therapist, Eating Recovery Center of Washington, “Body Image and Eating Disorders”
2:05 – 3:00	Second Breakout Sessions (choose one) <ul style="list-style-type: none">• Jerry Blackburn, Program Manager for Substance Abuse Counseling, Friends of Youth, “The Impact of Drugs on the Developing Brain”• Jocelyn Skillman, mental health practitioner, Valley/Cities, “Tech Torment? The Impact of Technology on Mental Health”• Eric Wirkman, TeenLink, “Preventing Youth Suicide”
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• Kendall Campbell, U of British Columbia student and filmmaker, “A Crash Course in Depression and Anxiety”• Phoebe Terhaar, CDP, Prevention Coordinator, Snoqualmie Valley School District with members of the Mount Si High School Natural Helpers Club, “Peer Mentoring: Students Helping Students”
4:05 - 4:10 p.m.	Adjourn

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