

Understanding and Managing Students' Mental Health Issues

Date: October 11, 2023

Presenter: Michael C. Selbst, Ph.D., BCBA-D

Location:

Monmouth Mall, Lower Level

180 Route 35 (Routes 35 & 36)

Eatontown, NJ 07724 For directions to the Mall, access our website at: www.rpdacademy.org

Time:

8:30 am Registration and Coffee

9:00 am - 1:00 pm Seminar presentation (Lunch will not be provided)

Fee:

No charge for Collaborative Members

\$100 per person for Non-Collaborative Districts (non-refundable)

Audience: All Levels

Seminar Description:

Understanding and Managing Students' Mental Health Issues

Today's times present unique challenges for students, including navigating social relationships, peer pressure, school demands, greater independence, exposure to alcohol and drugs, family stressors, contemplating their future career, physical changes, etc. One's emotional well-being is dependent upon their ability to manage through these challenges. However, childhood through adolescence is also the time when many individuals experience the onset of mental health issues, including depression and anxiety. It is important for educators, parents, and students to understand the continuum of symptoms which may signal mental illness compared to typical developmental stressors. This workshop will highlight the differences and will provide concrete strategies to help participants provide support to students proactively and when intervention is necessary. Participants will also engage in small-group discussions and activities to strengthen their skills in empathy and compassionate care.

Outcome Objectives: Participants will gain knowledge and skills in:

- Stating the differences in symptoms among students experiencing typical developmental stressors versus those experiencing mental illness.
- Identifying concrete strategies to provide support to students proactively and when intervention is necessary to manage the onset of mental health issues.
- Describing concrete strategies to educate and support families when a student presents with mental health issues.

P.D.U.: 4.0 hours