

**DISTRICT
204**

MENTAL HEALTH
SYMPOSIUM



PRESENTED BY:



Saturday, October 15, 2022
Metea Valley High School

1801 N Eola Rd. Aurora

SYMPOSIUM SCHEDULE

CONTINENTAL BREAKFAST

8:15 – 9:00 AM

KEYNOTE

9:00 – 9:45 AM

“Protecting Our Children: Understanding and Monitoring Youth Mental Health”

Presented by KidsMatter and the Naperville Police Department in partnership with Linden Oaks and Fox Valley Institute.

The keynote sessions will consist of a panel discussion with local experts explaining the types of stressors local teens are facing today, the warning signs that a child is struggling with depression or suicidal ideations, and practical ways parents can monitor for these signs. The presentation will also include tips for parents regarding phones, internet safety, and social media.

BREAKOUT SESSIONS

SESSION 1

10:00 – 10:45 AM

“Mental Health and Law Enforcement Response” presented by Jamie Horner, Naperville Police Department

“Parenting Matters” presented by Katherine Layden, Strong Families YWCA

“Supporting Your Middle School Child” presented by Deb Kimminau, Indian Prairie School District 204

“Mindful Heart, Mindful Home” presented by Lindey Frank, Coalition of Schools Educating Mindfully

“Regulating Emotions and Managing Crises with Adolescents and Teens” presented by Marty Beirne, Linden Oaks Behavior Health

SESSION 2

11:00 – 11:45 AM

“Mindful Adults. Mindful Kids” presented by Katherine Layden, Strong Families, YWCA

“Stressed Brains Can’t Learn: How Stress Impacts Behavior in School and at Home & What We Can Do About It” presented by Dr. Marloes Verhoeven, Oasis Mental Health

“Road to a Successful Career Path” presented by Amir Thaker, Referral GPS

“Supporting Your Middle School Child” presented by Deb Kimminau, Indian Prairie School District 204

“Managing Strong Feelings with a Growth Mindset” presented by Tracy Schwartz LSC, Indian Prairie School District 204

REGISTER HERE



COMMUNITY RESOURCE FAIR

11:45 AM – 12:30 PM

SPONSORS

Presenting: OrganicLife

Bronze: Naperville Park District
Edward-Elmhurst Health

Friend: Advanced Behavioral Health Services