



#Stigma180 Speaking Series

Registration not required, but requested.

For more information and to register visit: <http://eccs.mn/stigma180>

Self-Care for the Caregiver

Self-care, what is it and why is it important? Join CTA Certified Life Coach Kara Phillips, as she teaches about self-care. Attendees will have an opportunity to learn and practice techniques in order to walk away armed with techniques that can be utilized to help find peace and joy in everyday life.

Chanhassen High Lecture Forum, S100 Free Thursday, January 23 6:00-7:30pm

Helping Teens with the Dance of Mental Wellness and How Healthy Sleep Can Be A Valuable Partner

This presentation will address the fundamental biological principles of sleep and literally what makes us tick. Adolescence presents unique challenges for sleep wellness. Taking a whole-person/environmental perspective, we will look at the acute and chronic effects of sleep deprivation on thinking, focus, concentration, alertness and attendance, as well as the impacts of sleep debt on emotional stability. The audience will be informed about sleep challenges common to neurodevelopmental impairments such as Autism and ADHD, including issues triggered by Mood/Anxiety/Trauma/Substance Use Disorders. Mental health and sleep quality are viewed as a two-way street creating possibilities for modifying high risk self-harm behaviors, academic engagement and choices related to recreational substances. The most common body clock misalignment observed in teens, the ever-present e-device technology culture and what that means for charting the highs and lows of adjustment among learners during the school day will be addressed. The rationale behind general sleep hygiene principles will be discussed. Online web resources and information on community behavioral sleep and general mental health resources will be identified. Presented by Dr. Michael V. DeSanctis, PhD, LP, ABPP, DBSM. Licensed Psychologist, Diplomate of the Board of Behavioral Sleep Medicine and Diplomate of the American Board of Professional Psychology in Counseling; National Register of Health Service Psychologists; Owner of Positive Sleep Journeys, PLLC.

Chanhassen High Lecture Forum, S100 Free Tuesday, March 10 6:00-8:00pm

#Stigma180 presentations are FREE

Parents, students, staff and all community members are invited to attend.

Educator CEUs are available. For more information contact: Madalyn Larsen at larsenma@district112.org or visit: <http://eccs.mn/stigma180>



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Suicide and Self-Harm Prevention and Support

Some teens struggle with suicidal or self-harm urges. As a parent, caregiver or educator you want to help but it can be scary, overwhelming and sometimes hard to understand. Practitioner, Lauren Thorson, MA, LPCC, from Mental Health Systems (MHS) will speak on ways to respond and share interventions that support teens experiencing these behaviors and urges. MHS has four clinics in the metro area specializing in Dialectical Behavioral Therapy, chemical health services and behavioral health interventions.

Waconia High School, C107

Free

Tuesday, April 7

6:00-7:30pm

Parent Tool Kit: Navigating Tough Conversations

Together we will learn how to navigate tough conversations related to mental health with our children and teens. We will engage in thought-provoking activities to build confidence when talking about mental health, including learning the skills needed to open the door to tough conversations by learning to answer real questions from children and teens. Leave with the resources and skills needed to be a supportive parent or adult in a young person's life. Led by educators from myHealth for Teens and Young Adults. MyHealth is a non-profit clinic serving teens and young adults ages 12-26 in need of a safe place to receive medical and mental health care.

Central High School Auditorium

Free

Thursday, April 16

6:00-7:00pm



IndieFlix

55 MINS - APPROPRIATE FOR AGES 10 AND UP

Movie Screening of Angst and Panel Discussion

Angst is a 56-minute film and virtual reality experience that explores anxiety, its causes, effects and what we can do about it.

The filmmakers' goal is to have a global conversation and raise awareness around anxiety. Angst features candid interviews with kids and young adults who suffer, or have suffered, from anxiety and what they've learned about it. The film includes discussions with mental health experts about the causes of anxiety and its sociological effects, as well as help, resources and tools. Following the film showing, Youth Services

Bureau will lead a panel discussion with local experts. Thanks to Community Education for sponsoring the event and Youth Service Bureau for the coordination and supporting in hosting the event.

Chaska High Auditorium, Room 163

Free

Tuesday, April 28

6:30-8:00pm

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