



Caregiver Community Sessions



Date	Host	Location	Topic	Description
Aug. 8, 2017 6-7 PM	Mercy			
Sept. 12, 2017 6-7 PM	Unity Point	Education & Research Center (ERC): Room 4	Connections Matter- Brain Development	Presenters will discuss brain development, trauma, relationship building, and strategies to maximize outcomes for youth.
Oct. 10, 2017 6-7 PM	Broadlawns		Medication Management	This session will discuss some of the basic information regarding typical mental health medications used for children, side effects, and strategies to strong family-practitioner relationships.
Nov. 14, 2017 6-7 PM	Mercy		Crisis Prevention- De-escalation strategies	Caregivers will learn some preventative structures and strategies to help prevent crisis. They will also learn key strategies to de-escalate a crisis situation.
Dec. 12, 2017 6-7 PM	Unity Point	Education & Research Center (ERC): Room 4	Caregiver Wellness	In order to take care of children, caregivers have to also be taking care of themselves. Join this session to learn tips, tricks, and options to taking care of yourself.
Jan. 9, 2018 6-7 PM	Broadlawns		Substance Abuse	This session will provide participants with information about substance abuse, mental health, resources, and strategies for taking care of an adolescent struggling with addiction.
Feb. 13, 2018 6-7 PM	Mercy		Self-injury	Participants will learn more about the causes and treatments of self-injury. Caregivers will be given strategies and resources to help adolescents with self-injurious behaviors.
Mar. 13, 2018 6-7 PM	Unity Point	Education & Research Center (ERC): Room 4	Suicide Prevention- Jeff Kerber	This session will focus on suicide risk, warning signs, appropriate responses, and resources. It will also discuss prevention strategies for loved ones supporting struggling youth.
Apr. 10, 2018 6-7 PM	Broadlawns		LGBTQ and mental health	Participants will learn more about youth identifying LGBTQ, mental health risk, ways to support, and resources.
May. 8, 2018 6-7 PM	Mercy		Structuring environment behavior mgmt/prevention, etc.	Attendees will learn more about behavior and mental health. They will focus on strategies to prevent and respond to undesired behaviors.
Jun. 12, 2018 6-7 PM	Unity Point	Education & Research Center (ERC): Room 4	What to expect in hospitalizations, how insurances influence stay, PMIC- Kevin Carroll	This program will focus on what to expect with a youth behavioral health hospitalization process, the role of insurance, and how caregivers can support themselves and their youth.
Jul. 10, 2018 6-7 PM	Broadlawns		Cyberbullying	This presentation will focus on cyberbullying statistics, risk, strategies for parents, things to be aware of and watch out for, and ways to keep children safe.
Aug. 8, 2018 6-7 PM	Mercy		Parent Rights and schools	This will discuss parent rights, IEP's/504 plans, building a relationship with schools, and creating a plan of success for your child.