

2023-2024

Linden Oaks Webinar Series: Mental Health Education for Parents of Teens

3rd Wednesday of every month
from 6:30 pm – 7:30 pm



8/16/23 – Laura Koehler, PsyD and Kristen Oldin, LSW Goodbye Summer, Hello Anxiety! Helpful Strategies to Transition Your Teen Back to School

Objectives

- Learn practical strategies to prepare your teen for going back to school.
- Identify skills to help your teen manage school anxiety.
- Discover how to recognize when anxiety about school becomes a problem.

9/20/2023 – Jerry Lau, BA

A Parent's Guide to Mental Health Services

Objectives

- Define the levels of care in mental health services and how to get access.
- Identify the different mental health professionals that exist within the industry.
- Gain confidence in how to support your teen during treatment and at home.

10/18/23 – Jerome Kaul, PsyD

How Do I Talk to My Teen About Traumatic Events?

Objectives

- Learn how to talk to your teen about traumatic events without making it worse.
- Understand what to expect from my teen after a traumatic event.
- Learn ways to help your teen get better after a traumatic event.

11/15/23 – Sarah Denman, MA, MSA, LCPC

Building a Positive Body Image: It's More Than Just How You Look

Objectives

- Learn factors that can affect your teen's body image.
- Understand the ways negative body image can impact all areas of life.
- Identify ways to identify if your teen needs additional support.

12/20/23 – Sari Salvesen, LCPC

Stress and Anxiety: What's the Difference and How Do I Help My Teen With Both?

Objectives

- Understand how stress and anxiety can be helpful for your teen's development.
- Identify warning signs that stress and anxiety are becoming problematic.
- Learn ways to help your teen navigate stress and anxiety in healthy ways.

1/17/24 – Bob Watson, MAT, GCE1

Helpless with Homework? A Mental Wellness Approach to Getting it Done

Objectives

- Learn skills to develop executive functioning skills in your teen.
- Understand how to find the balance between over- and under-helping by looking at the needs of your teen.
- Develop a sustainable homework routine to help your teen be successful.

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To register for a virtual parents series education presentation, visit
www.eehealth.org/services/behavioral-health/news-and-events/



2/21/24 - Jessica Butts, LCSW

Scrolling Minds: Navigating the Impact of Social Media on Teen Mental Health

Objectives

- Identify ways social media can impact your teen's mental health.
- Describe self-regulation as a developmental skill.
- Identify 2-3 ways parents can help their teen develop self-regulation skills.

3/20/24 - Maurice McClain, LCPC, CADC

Managing Your Teen's Anger While Keeping Your Cool

Objectives

- Identify triggers and causes of anger.
- Understand that anger is more than an emotion.
- Learn skills for your teen and yourself to manage anger.

4/17/24 - Carissa Sabal, MA, LCPC, CADC

Navigating Your Emerging Older Teen/Young Adult Towards Independence

Objectives

- How to recognize when your older teen/young adult is struggling and needs support.
- Identify and learn how to set healthy boundaries with your older teen/young adult.
- Learn how to communicate your support.

5/15/24 - Sari Salvesen, LCPC

School's Out for Summer: Maintaining Stability for Return to School

Objectives

- Learn why routine is important for your teen's mental health.
- Identify key points to focus on over the summer to maintain stability.
- Understand how to prepare your teen for a smooth transition back to school.

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