



2nd Annual MCPS-MCCPTA Mental Health and Wellness Forum

Saturday, Jan 12, 2019, 1-5 pm
at Earle B. Wood Middle School
14615 Bauer Drive, Rockville, MD 20853

1:00-1:40 pm Introduction and Key Note

Jill Ortman-Fouse, Former Montgomery County Board of Education Member

2:00-4:00 pm Breakout Sessions:

- BTheOne Campaign for Peer Support
- Opioids 101
- Teen Depression
- Stress and Anxiety
- Building a Culture of Trust: Lessons from Northwood HS
- Mindfulness class
- The LGBTQ Experience
- Self-soothing and Self-harm Behaviors: Know the difference
- Treating Trauma across Cultural Diversity
- Bullying and Violence Prevention
- Reactive vs. Proactive Parenting in the Digital World

Special Features:

- ⇒ Hidden in Plain Sight: Teen Bedroom Trailer (adults only)
- ⇒ Narcan Training (adults only)
- ⇒ Full 8-hour-long Free Mental Health First Aid Training starts 8:30 am and goes to 5 pm (runs concurrently with the forum in the afternoon). Requires secondary registration.
- ⇒ Resources tables

4:00-5:00 pm Student Talkback

Moderated by **Ananya Tadikonda**, Student Member of the Board of Education

More information and speaker bios at MoCo Mental Health and Wellness Facebook Page
(you don't need to be a Facebook member to read) www.facebook.com/groups/180171875915731/

Online Forum registration form for Jan 12 Mental Health and Wellness Forum available:

<https://goo.gl/forms/wNYelcS2SEJcs1MB3>