



*State of Mind
Finding a Balance
in Your Life* 



Issaquah Youth Advisory Board

EVENT PROGRAM

Issaquah High School – March 19, 2016

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| 12 noon | Registration, Packet Distribution, Information Tables, social time |
| 12:30 – 1:00 pm | Opening Remarks |
| 1:05 – 2:00 | First Breakout Sessions (choose one) <ul style="list-style-type: none">• Kendall Campbell, University of British Columbia student and filmmaker; “A Crash Course in Depression and Anxiety”• Libby Hirshberg, occupational therapist, Swedish Medical Center, “Taking Care of Your Stressed-Out Self”• Karen Fuller, Mental Health Practitioner, Sound Mental Health, “Body Image and Eating Disorders” |
| 2:05 – 3:00 | Keynote Session (everyone attend) <ul style="list-style-type: none">• Lauren Davis, Director of School and Campus Programs, Forefront: Innovations in Suicide Prevention, UW School of Social Work, “Preventing Youth Suicide” |
| 3:05 – 4:00 | Second Breakout Sessions (choose one) <ul style="list-style-type: none">• Katherine Jo Glaves, Art Therapist, Sound Mental Health, “Art As Self-Care”• National Alliance on Mental Illness, “In Our Own Voice,” Living with Mental Illness• Jerry Blackburn, Program Manager of Substance Abuse Services, Friends of Youth, “Drugs and the Developing Brain” |
| 4:05 - 4:10 p.m. | Adjourn |

There is no charge for this event. Register by going to www.healthyyouthinitiative.org.