

TxP2P 14th Annual Conference
June 22-23rd, 2018
Mental Health and Behavior Sessions

Session 2: 1:30 – 3:00 p.m., Friday, 22nd, 2018

| Session | Description | Speakers |
|---------------------------|---|------------------|
| 2070 Mental Health | <p>Mental Health 101: From Recognition to Intervention</p> <p>Are you recognizing that your child is not reaching typical developmental milestones? Perhaps your child is unusually fussy or temperamental and doesn't respond to standard behavioral strategies or discipline. Is your teen sad and withdrawn or displaying recent changes in school performance, sleep or eating habits? Come learn the social/emotional warning signs for various developmental stages and how to seek proper assessment and services for your child/youth.</p> | Christianna Hale |

Session 3: 3:30 – 5:00 p.m., Friday, June 22nd, 2018

| Session | Description | Speakers |
|---------------------------|--|--------------------------------|
| 3070 Mental Health | <p>Taking Care Of Myself: A Workshop for Parents/Caregivers</p> <p>It's all too easy for parent's to put their own needs behind those of their children and even easier for parents of children with disabilities to ignore their own well-being. Of course, we all know "you can't take care of anyone else if you're not healthy," but it's often very hard to act on that knowledge. We will give a brief introduction to the biological and emotional underpinnings of this all-too-common situation and offer strategies, suggestions, and support for engaging in compassionate self-care (without a staff or a million dollars!), and allow time for discussion and questions.</p> | Susan Jackson & Amanda Dishner |

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Session 5: 10:30 a.m. – 12:00 p.m., Saturday, June 23rd, 2018

| Session | Description | Speakers |
|---------------------------|--|------------------------|
| 5070 Mental Health | Dispelling Myths about Mental Health Mental health disorders touch all our lives. Over 20% of all Americans will experience a mental health disorder in any given year, yet it is a topic that is misunderstood. Stigma still discourages people from getting help, despite advances in education and research. By learning the truth about mental health and encouraging others to do the same, you can help lessen the stigma to counter the negative attitudes associated with the disorders. Barbara will discuss the many myths surrounding mental health and look at ways to promote positive attitudes. | Barbara Granger |

Session 7: 3:00 – 4:30 p.m., Saturday, June 23rd, 2018

| Session | Description | Speakers |
|---------------------------|--|-------------------------|
| 7070 Mental Health | Children's Mental Health: Common Diagnoses & Symptoms Come learn more detail about the symptoms of commonly diagnosed child/youth mental health disorders including select Anxiety Disorders, Trauma-and Stressor-Related Disorders, Mood Disorders, and Depressive Disorders. | Christianna Hale |