



#Stigma180 Speaking Series

Stigma and Mental Health

This session will provide an overview of the history of mental health care, signs and symptoms of mental illness, recovery, and how to find support and services as individuals overcome the stigma of mental health. Mental Health Minnesota is a non-profit agency working to provide advocacy and education regarding mental health.

Chanhassen High Lecture Forum, S100 Free Thursday, January 10, 2019 6:00-7:30pm

Registration for this free workshop is not required, but requested.
To register, visit: district112.ce.eleyo.com and search for the course

Anxiety and Depression

Many adolescents experience some form of anxiety and depression. Come learn about common triggers that cause anxiety and depression during adolescence, as well as how to assist an adolescent experiencing these needs. This presentation will identify warning signs that parents and educators can watch for and then give practical tools for how to respond effectively. Presented by Gillian Koch, M.Ed, Lorenz Clinic.

Waconia High School, Room C207 Free Tuesday, January 22, 2019 6:00-7:00pm

Registration for this free workshop is not required, but requested.
To register email Madalyn Larsen at larsenma@district112.org

Supporting Teens with Suicidal and Self-Harm Behaviors and Urges

Some teens struggle with suicidal or self-harm urges. As a parent, caregiver, or educator, you want to help but it can be scary, overwhelming and sometimes hard to understand. Heather Anton, MA, LPCC, will speak on ways to respond and share interventions that support teens experiencing these behaviors and urges. Heather Anton, is a practitioner at Mental Health Systems (MHS). MHS has four clinics in the metro area specializing in Dialectical Behavioral Therapy, chemical health services and behavioral health interventions.

Chaska High School Blue Forum, B100 Free Tuesday, February 5, 2019 6:00-7:30pm

Registration for this free workshop is not required, but requested.
To register, visit: district112.ce.eleyo.com and search for the course

#Stigma180 presentations are FREE

Parents, students, staff and all community members are invited to attend.

Educator CEUs are available. For more information contact: Madalyn Larsen at larsenma@district112.org or visit: <http://eccs.mn/stigma180>



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Teen Savvy and Safe

Staff from Sexual Violence Center will provide tips to keep teens safe on the Internet, while watching for worrisome safety behavior and mental health needs in connection with online use. The Sexual Violence Center (SVC) is a non-profit agency focused on ending sexual violence and abuse by challenging the system and individuals, providing education and supporting survivors of violence or abuse.

Chanhasen High Lecture Forum, S100 Free Wednesday, March 13, 2019 6:30-8:00pm

Registration for this free workshop is not required, but requested.
To register, visit: district112.ce.eleyo.com and search for the course

Parent Tool Kit: Teen Stressors and Positive Mental Health

Staff from MyHealth, will speak to statistics around teens' mental health, depression, anxiety, suicidal ideation and how to best support them and cultivate resiliency and positive mental health. Staff will also share what teens share with them about what stresses them out and what they need from their parents and supportive adults. MyHealth is a non-profit clinic serving teens and young adults ages 12-26 in need of a safe place to receive medical and mental health care.

Chaska High School Blue Forum, B100 Free Tuesday, April 9, 2018 6:00-7:30pm

Registration for this free workshop is not required, but requested.
To register, visit: district112.ce.eleyo.com and search for the course

HELP! I'm Concerned about their Mental Health

Have you ever been faced with the challenge of not knowing what to do? This session will provide you with the information needed to help your child or student through a mental health need. Staff from Nystrom and Associates will provide information on common mental health warning signs, how to respond to these identified needs, and provide information as to how to get help.

Waconia High School, Room C207 Free Tuesday, April 16th 6:00-7:30pm

Registration for this free workshop is not required, but requested.
To register email Madalyn Larsen at larsenma@district112.org

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