

# Young Minds MATTER

Presented by

**RYDER'S FUND**  
ONE BY ONE



A community lecture series focusing on teens and emerging adults' mental health, and how parents, educators, peers and community members can provide support and guidance in midst of a changing and complicated modern world.



The rates of depression, anxiety, suicidal ideation and/or completion, stress and substance abuse are skyrocketing among this generation's youth and young adults, in part due to the combination of contemporary challenges such as heightened exposure to social media, cyber-bullying and school violence, with more traditional stressors such as school, family life, sports and friends. ***This concerning trend is spreading across Colorado, and the nation, leaving parents and family members, peers, educators, coaches and community members feeling helpless and confused.***

**YMCA of Boulder Valley** has provided generous support in order to present a free, 4-part community lecture series titled, "**Young Minds MATTER.**" In partnership with **Mental Health Partners, Hope Coalition** and **Parent Engagement Network**, this series will feature insight from today's teens, provide valuable information and resources for parents and educators about mental health challenges and include expert-led discussions to empower supportive members in teens and emerging adults' lives. See detailed information on back for each topic. All sessions are open-to-the-public and pre-registration is required. Space is limited!

Please pre-register for each lecture by contacting Casey Riley at [criley@mhpcolorado.org](mailto:criley@mhpcolorado.org) or visit our [www.mhpcolorado.org](http://www.mhpcolorado.org) for more information.



# Young Minds MATTER Lecture Series

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## Wednesday, October 17 | 6:30 – 8:00pm: Navigating Teen Depression

Hosted at: [YMCA of Boulder Valley | 2800 Dagny Way, Lafayette CO](#)

Presented by the HOPE Coalition of Boulder County and Colie's Closet, teen leaders from Boulder Valley School District high schools will lead a discussion about depression and suicide. This is a chance for young people and adults to have an honest, open conversation about the warning signs of suicide and for families to receive valuable resources on the topic. Discussion will be encouraged, so please come with questions.

## Thursday, November 1 | 6:30 – 8:00pm:

### How Concussions in Youth Sports Can Lead to Mental Health Challenges

Hosted at: [YMCA of Boulder Valley | 2800 Dagny Way, Lafayette CO](#)

Dawn Comstock, PhD, professor of epidemiology at the Colorado School of Public Health, will present information on how traumatic brain injuries is linked to depression and anxiety among young people. Dr. Comstock's expertise in the use of injury surveillance data has driven efforts to reduce the number and/or severity of brain injuries among young athletes. In 2014, she was invited by the White House to speak at the Healthy Kids and Safe Sports Concussion Summit to address the growing public health concern of concussions in adolescent sports. She currently serves on the Board of Scientific Counselors for the CDC's National Center for Injury Prevention and Control and as an ex-officio member of the National Federation of State High School Association's Sports Medicine Advisory Committee.

## Wednesday, January 9, 2019 | 6:30 – 8:00pm: The Connection Between Drug Use and Suicide

Hosted at: [Mental Health Partners' Ryan Wellness Center | 1000 Alpine, Boulder, CO](#)

Kristina Hindert, MD, child and adolescent psychiatrist, will lead a discussion about how the use of marijuana, alcohol, prescription drugs and other substances is linked to suicide attempts in teenagers and emerging adults. She will also provide information on how parents, peers and community can help, or find help, when facing these challenges.

## Thursday, January 24 | 6:30-8:00pm: How Stress and Strain Affect Today's Youth

Hosted at: [Mental Health Partners' Ryan Wellness Center | 1000 Alpine, Boulder, CO](#)

Young people face tremendous, and sometimes conflicting, demands of school, sports, families, social lives. Join Chris Bader, PhD, Director, Psychological Health & Performance, University of Colorado Athletic Department for an informative presentation and conversation about the signs and symptoms of stress-overload and how parents can help provide relief, encouragement and guidance.

*Presented as part of Parent Engagement Network's annual Stress and Anxiety Symposium.*

### Need Crisis Support?

#### 24-Hour Walk-In Center and Crisis & Addiction Services

3180 Airport Road, Boulder, CO 80301

1 (844) 493-TALK

Addictions/Detoxification: (303) 441-1281

Moving to End Sexual Assault (MESA)

information and crisis line: (303) 443-7300

### Connect with us:

[www.mhpcolorado.org](http://www.mhpcolorado.org)

*Now featuring a convenient and secure online registration form*



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### About Mental Health Partners:

In alignment with our mission – *Healing is our purpose. Help is our promise. Health is our passion.* – Mental Health Partners (MHP) provides immediate access to expert mental health and addiction recovery care so people can enjoy healthy and fulfilling lives.

Mental Health Partners (MHP) complies with applicable federal and state civil rights laws. MHP will not discriminate against, or deny services to, any individual due to their race, color, national origin, age, disability or sex. In addition, MHP will not discriminate against, or deny services to, any individual due to their ancestry, gender, sexual orientation, gender expression or identity, religion, creed, political beliefs, marital status, pregnancy, or military status.