

Navigating Teen Depression

Part of Young Minds MATTER lecture series
Presented by

RYDER'S FUND
ONE BY ONE



Wednesday, October 17 | 6:30 – 8:00pm

Hosted at: **YMCA of Boulder Valley | 2800 Dagny Way, Lafayette CO**

Cost: **FREE | Pre-registration required by emailing criley@mhpcolorado.org**

The first of the 4-part Young Minds MATTER lecture series will feature a discussion with teen leaders from Boulder Valley School District high schools 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 important resources and information. *Presented in partnership with the HOPE Coalition of Boulder County and Colie's Closet.*

About Young Minds MATTER lecture series:

In partnership with Mental Health Partners, Hope Coalition and Parent Engagement Network, the Ryder's Fund from YMCA of Boulder Valley has provided generous support for a 4-part community lecture series that focuses 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.



All sessions are free and open-to-the-public but space is limited!

Pre-registration is required by emailing Casey Riley at criley@mhpcolorado.org.
Visit www.mhpcolorado.org/community/lecture-series for more information.

For information on upcoming topics for this lecture series, please see back of this flier. ➤



Young Minds MATTER Lecture Series

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. Join **Ryder's Fund from YMCA of Boulder Valley, Mental Health Partners, Hope Coalition and Parent Engagement Network** at the upcoming lecture series that will empower supportive members in teens and emerging adults' lives.

Please pre-register for each lecture by contacting Casey Riley at criley@mhpcolorado.org or visit our www.mhpcolorado.org/community/lecture-series for more information.

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.

Are you, or someone you know, in crisis? We can help.

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

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www.mhpcolorado.org

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@MentalHealthCO

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.