



# 3rd Annual MCPS-MCCPTA Mental Health and Wellness Forum

Saturday, January 11, 2020, 1:00-5:00 pm

Earle B. Wood Middle School, 14615 Bauer Drive, Rockville, MD 20853

Register online: <https://bit.ly/2P0P3iw>

## 1:00-1:40 pm Introduction and Key Note

Dr. Raymond L. Crowel, Director, Health and Human Services, Montgomery County

## 2:00-4:00 pm Breakout Sessions (sessions repeat hourly)

- Teen Depression and Suicide Ideation
- Stress and Anxiety
- Trauma: The Home-School Connection
- The Inside Scoop on Vaping
- The LGBTQ Experience in MCPS
- Hands-On Mindfulness Session
- Youth Panel on Cross-Cultural Mental Health Challenges
- I Need Help Now: Accessing Care and Responding
- The Landing: MCPS Recovery School

## 4:00-5:00pm Student Talkback

### Special Events

- Free **Mental Health First Aid Training** (8:00am-4:00pm, free, advance registration required)
- **Principals-ONLY** Workshop "How to Make School Trauma-Informed"
- **Mock Teen Bedroom** Trailer: "What's hiding in your house?" (for adults)
- **Resource fair** tables staffed by mental health and wellness providers

**Refreshments:** Wood Middle School PTA is running a baked goods and coffee sale at the event. Please **bring your own water bottle to refill** at the school's many water fountains to help reduce plastic waste.

**More information and speaker bios coming soon** to MoCo Mental Health and Wellness Facebook Page: <https://www.facebook.com/groups/180171875915731/>

Youth Mental Health and Wellness is a critical issue in Montgomery County and the nation. This forum allows families, students, and staff to learn more about the challenges we face and find resources within MCPS and in the wider community.