



#Stigma180 Speakers Series

Carver County Drug Use Awareness

The Carver County Sheriff's Office (using an FBI pilot program) will deliver information regarding substance use and abuse. Specific discussion points will include: National and local drug trends including current slang terms, signs of drug use and abuse, local drug issues, and information regarding how to keep our community safe. Questions and comments from the audience are encouraged. Led by Carver County Sheriff's Office

Chaska High School, Blue Forum Free Wednesday, January 10, 2018 6-8pm

Creating Caring Communities In Minnesota: Five Things You Can Do

Learn about mental illnesses, the impact of negative attitudes and five things each of us can do to make Minnesota a better place for people who experience a mental illness. This one-hour workshop is for anyone interested in learning about mental illnesses and helping to change attitudes towards mental illnesses. Led by the National Alliance on Mental Illness of Minnesota

Chanhasen Lecture Form, S100 Free Wednesday, January 24, 2018 5-6pm

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. Dr. Lane Pederson will speak on ways to respond and interventions that support teens experiencing these behaviors and urges. Dr. Pederson is a real world practitioner and the co-owner of Mental Health Systems, with four clinics in the metro area. He is also a published author and has provided training and consultation to over 8000 professionals in the United States, Australia, Canada, and Mexico. Led by Mental Health Systems.

Chaska High School, Blue Forum Free Tuesday, January 30, 2018 6-7:30pm

Change to Chill Resiliency Training

Change to Chill is a free online tool to help youth learn how to identify their stressors and how to manage them. Staff from Allina Health will provide an overview of the Change to Chill online resilience based tools: mindfulness, meditation, gratitude, guided imagery and relaxation. This program can be applied to any person in any setting, but will be focused on the target age group 13-18. Allina staff will guide you through these online tools and lessons to help you find ways to implement them into your setting for these youth.

Chanhasen Lecture Form, S100 Free Wednesday, February 7, 2018 4-5:30pm

Managing Stress, Anxiety, and Depression - Tips for Parents and Educators

Stress among school aged children and adolescents is evident by the rising incidence of mental health concerns seen amongst this group. Minnetonka Counseling LLC, with over 10 years of experience working with children and adolescents with a range of mental health concerns, will discuss common mental health diagnoses seen within a school setting, along with practical tools that can be used in the classroom and at home to address these concerns. Led by Minnetonka Counseling LLC

Chanhasen Lecture Form, S100 Free Wednesday, February 21, 2018 6-7:30pm

#Stigma180 presentations are FREE

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

Educator CEUs are available. For more information, contact Family School Coordinators:

Madalyn Larsen at larsenma@district112.org or Eric Dean at DeanE@district112.org.





Registration is not required, but requested.
To register, visit: ce4all.com

[A Fresh Look at Attention, Learning, and Memory](#)

In this presentation Dr. Chris Bedford will talk about how people learn and remember things using the information processing model. With this model, we can identify and understand the difficulties that people experience with everything from mental health to academic problems, including learning disorders and ADHD. Most importantly, Dr. Bedford will talk about how to select appropriate interventions based on specific difficulties identified by the model. Led by Brightsight.

Chaska High School, Blue Forum Free Wednesday, February 28, 2018 4:30-6:30pm

[Healthy Habits, Create Healthy Heads](#)

Most people want to create at least one good habit, or give up a bad habit. Learn strategies that teachers and parents can readily implement within the classroom or at home to help children and adolescents create healthy habits that promote their social and emotional wellbeing. Led by local therapist, Renee Carlson, MS, LPCC, RPT. Renee, owner of Grander Living LLC, has over a decade of experience in the mental health field working with local children, adolescents, adults and families. Led by Grander Living.

Chanhassen Lecture Form, S100 Free Wednesday, March 14, 2018 6-7:30pm

[Leaving the Nest: Preparing Yourself and Your Child for Leaving Home](#)

Preparing for your child to spread their wings and head off to college or move out of the house can be a time of mixed emotions—excitement, anxiety, hope and fear, all rolled into one. Join educators from myHealth to talk about issues pertinent to newly independent young people, such as sexuality, stress, sleep, safety, and drugs and alcohol. You can't go to college with them, but you can ensure they are prepared when they leave. Intended for parents with children in grades 8 and up. Presented by myHealth.

Chaska High School, Blue Forum Free Wednesday, April 4th, 2018 6-8pm

[Exceptional Parenting; Supporting Your Exceptional Kids](#)

Parenting children and teens impacted by giftedness, special needs, and/or mental health issues requires parents to be intentional in supporting their unique kids and the challenges they face. Walk away from this presentation with tools to help your children educationally, socially, and emotionally. Presented by Michael Borowiak, MSW, LICSW and Emilee Rodriquez, LAMFT of Traverse Counseling and Consulting.

Chaska High School, Blue Forum Free Wednesday, April 11th, 2018 6-8pm

[Navigating the Virtual Playground: Healthy Choices and Worrisome Pitfalls for Today's Youth](#)

Cyberbullying + Texting + Screen Time + Toxic images = Yikes!

As technology grows and adapts, children are growing and adapting right along with it. The online highway can have some steep learning curves, for students and for parents. Youth can find themselves in over their head as technology choices move faster than their developmental abilities. Technology isn't a bad thing, but young people need help in navigating these tools so that their empathy and sense of self can also grow and develop. This presentation details the risks students are facing and practical, positive ways that adults can respond. Presented by Alison Feigh of the Jacob Wetlerling Resource Center

Chaska High School, Blue Forum Free Wednesday, April 25th, 2018 6-7:30pm

Sponsored by Community Education

For more information, contact:
Madalyn Larsen at larsenma@district112.org or Eric Dean at DeanE@district112.org

