

StarVista* and the San Mateo Union High School District present

Teen Mental Health Panel:
**Navigating the Tides
of Adolescence**



Monday, February 29, 2016

7:00pm - 8:30pm

Hillsdale High School

FREE EVENT

“Navigating the Tides of Adolescence” is a panel discussion on the challenges facing our teens today, including stress, mental health, and wellness. The panel will be moderated by **Rachael Myrow** of KQED. Panelists include **Dr. Steven Adelsheim**, Stanford child psychiatrist and Director of Community Partnerships at the Stanford School of Medicine; Gunn High School parent **Kathleen Blanchard**; and **Julie Lythcott-Haims**, author of the highly acclaimed book, “How to Raise an Adult” and former freshman dean at Stanford University.

The event will be simultaneously translated in Spanish and Mandarin

Discussion topics include:

- Components that contribute to a teen’s autonomy and decision making
- Social stigma, suicide prevention, and academic stress
- Strategies to promote a balanced, attainable lifestyle
- Discussion of current research and implications for practice
- Local resources for education, prevention, intervention and crisis response.

Register Today: StarVistaNTT.eventbrite.com

Seating is limited. Registered attendees will be given preferred seating. Registration will close when the capacity is reached.

*StarVista is a 501(c)(3) nonprofit organization whose mission is to deliver high-impact services through counseling, skill development, and crisis prevention to children, youth, adults and families.



Special thanks to:
Armstrong Law Firm
Community Service League