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A WESTCHESTER VIRTUAL SPEAKER SERIES

WEDNESDAY, JANUARY 22 7-8:30 PM



Laura Kastner Ph.D.

Dr. Kastner is a clinical

professor in both the Department of Psychiatry and Behavioral Sciences and the Department of Psychology at the University of Washington. She is the author of academic articles on such topics as adolescent suicide, sexuality and mental health, as well as five books written for parents about adolescent development and parenting strategies. Dr. Kastner is a frequent speaker at conferences, workshops and forums on adolescent development and family relationships and maintains a clinical practice in which she sees children, couples and families.

Teen Mental Health: Time for a Reset

We are in the midst of a youth mental health crisis with teens increasingly reporting persistent feelings of sadness and hopelessness, along with increased suicide rates. Factors contributing to this crisis include the negative effects of social media, increased academic pressure, childhood trauma, alcohol and substance use, and social isolation.

The good news is, research shows parents and caregivers can make a difference. Whether your teen is experiencing typical challenges, an uptick in stress from significant setbacks, or a serious mental health condition, parents help their child enormously when they provide security, maintain a calm and positive relating approach, and practice effective problem-solving strategies.

This presentation will help you navigate the challenges of managing boundaries and policies regarding sleep, substance use, media, and other health-related routines, without sacrificing a warm and loving relationship and while granting developmentally-appropriate autonomy.



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