

Spotlight on Mental Health

**UNDERSTANDING ANXIETY
IN OUR YOUTH
Fall 2016**



**CRANBERRY
AREA
DIVERSITY
NETWORK**

As adults, we know that anxiety and stress can have a negative impact. Children and teens also experience anxiety, and for some, it becomes overwhelming. In fact, the average age of onset for anxiety disorder is 11, with a significant delay recognizing symptoms and treatment. Early intervention is essential to maintaining mental health wellness and avoiding the possible devastating effects of untreated anxiety disorder.

This event is for parents and for those who work with children and teens to better understand anxiety, recognize symptoms, identify warning signs, and learn when treatment may be needed. Attendees will have access to professional resource tables throughout the evening.

NAMI Recovery Presentation: In Our Own Voice:

In Our Own Voice is a unique public education program in which two young adults: Alyssa Cypher and Nicole Campbell will share their compelling, personal stories of living with a mental health diagnosis and how they made their own unique path towards wellness. Audience members will also have the rare opportunity to engage in a dialogue with presenters. NAMI's In Our Own Voice presentation offers hope and insight into the recovery that is possible for those who are living with a mental illness.

Child Psychologist and Q&A Panel Discussion:

Charma D. Dudley, PhD, FPPR, Associate Director of Behavioral Health Services, Value Behavioral Health of Pennsylvania, Board of Directors NAMI National, President of NAMI Southwestern PA Board of Directors.

Dr. Dudley is a mental health professional with years of experience in the field. She specializes in the treatment of children and adolescents with affective disorder illnesses (depression, anxiety) and behavioral problems. Dr. Dudley is also the author of Treating Depressed Children.

Also participating on the panel will be Dr. Mallory Eyles, Psy.D., Seneca Valley School District Psychologist, Linda Starosta, RN, CSN, MSN, SVMS Nurse and Megan Lizewski, SVMS Teacher/Track & Field Coach, as well as parents, Mike and Tammy Corb, discussing their personal experiences.

QUESTIONS & MORE INFO: diversity@cranberrytownship.org

**Tuesday, October 11, 2016
Cranberry Township Municipal Center
2525 Rochester Road**

Times and Online Registration Links

Exhibit hall: 4:30 – 8:45 pm

Session 1:

In Our Own Voice [Register](#)

5:00 - 5:45pm

Library Franklin Station Room

Child Psychologist & Panel Discussion [Register](#)

6:00 – 7:15 pm

Council Chambers

Session 2:

In Our Own Voice [Register](#)

6:30 – 7:15 pm

Library Franklin Station Room

Child Psychologist & Panel Discussion [Register](#)

7:30 – 8:45 pm

Council Chambers

