

Children's

Mental Health Matters

\$10 incentive (per session) for families that join!

JOIN HERE: <https://zoom.us/j/93203375161>

Meeting ID: 932 0337 5161 | Phone: 312-626-6799

Join us for:

A Virtual Celebration & Awareness Event

Friday | May 7 | 11 AM - 4 PM

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- 11:00 AM** **Keynote Session** with Dr. Vetta Sanders Thompson
Coping: Family, Friends and Support for Crises
 - 12:00 PM** Break
 - 12:15 PM** **VCR Kids Got Talent** (we invite you to enjoy your lunch as you watch)
 - 12:45 PM** Break
 - 1:00 PM** **Session 1:** SOC/VCR Family Support Partner (FSP) Program Overview
"The Trauma Informed Parent"
 - 1:45 PM** Break/Resource Spotlight with BHR
 - 2:00 PM** **Session 2:** Family-Focused Lens to Support Children's Mental Health
& Well-Being
 - 2:45 PM** Break/Resource Spotlight with United4Children
 - 3:00 PM** **Closing Session** with Koran Bolden
Rock, Paper, Scissors



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Children's Mental Health Day

A Virtual Celebration & Awareness Event

SESSION DESCRIPTIONS

Keynote Session: Dr. Vetta Sanders-Thompson | Coping: Family, Friends and Support for Crises

Mental health is more than the absence of disease or a diagnosis. This talk describes the factors that we know contribute to mental health and wellness and how we can build them into our lives to remain strong. However, we all experience adverse events that make us more vulnerable. This talk addresses the reasons stigma remains around seeking support when faced with stress and mental health concerns. It ends with community strategies to overcome stigma and act to support well-being.

Session 1: SOC/VCR Family Support Partner (FSP) Program Overview "The Trauma Informed Parent"

Learn more about our Family Support Partner (FSP) Program. Our Family Support Partners (FSPs) provide peer support to families as they connect to and navigate mental health services. The FSPs have lived experience as a parent or family member of a child with a serious emotional disorder, as well as a deep connection to the communities in the St. Louis Promise Zone. FSPs are certified by the Missouri Dept. of Mental Health and employed by Vision for Children at Risk (VCR). Families can reach out to connect with services through BHR, or they can be referred through St. Louis City and County Courts, BJC, and Hopewell.

Session 2: Using a Family-Focused Lens to Support Children's Mental Health and Well-Being

Presenters will discuss the importance of using a family-focused lens to help understand how we can support children's well-being and address mental and behavioral health concerns within families. Information will be shared about the relationship between child and adult mental health as well as a description of efforts that are currently underway to enhance the behavioral health care system by promoting greater adoption of Family Focused practices.

Closing Session: Koran Bolden | Rock, Paper, Scissors

Have you ever wanted to feel like you can take on the world, but dealing with the day to day pain and trauma from yesterday won't allow you to move forward? In this online presentation Koran Bolden, National youth speaker and entrepreneur, will give the step by step turns that he took to overcome childhood trauma after losing his older brother to gun violence. His strategies have helped empower over 500,000 youth, millennials and parents to rediscover what it means to live a life full of purpose and self empowerment. In this presentation, viewers can expect to learn the following:

- How to turn your trauma into triumph.
- The secret strategies parents can use to help their children deal with stress, depression and anxiety.
- What it means to suffer in silence and how to become more bold when it comes to taking a stand against the stigmas associated with mental health issues.
- How to live out your ideas and dreams without overthinking and procrastinating.
- How to find your purpose in life by using the Rock, Paper, Scissors technique.



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