

## Linden Oaks Webinar Series: Mental Health Education for Parents of Teens

3rd Wednesday of every month  
from 6:30 pm – 7:30 pm



**1/18/23 – Ari Bernstein, LCSW**

**The Right Moment: Understanding Substance Use Behaviors, Reasons Behind It and How to Set Limits**  
Objectives

- Understand the reason behind your teen's substance use.
- Learn how to approach limit setting with your teen.
- Recognize how to choose the right moment to set limits.

**2/15/23 – Jessica Butts, LCSW**

**Constantly Connected in a Disconnected World: Social Media Impact on Your Teen's Mental Health**  
Objectives

- Learn how social media can impact depressive symptoms.
- Recognize 2-3 signs of social media's negative impact your teen's mental health.
- Identify 2-3 strategies for decreasing your teen's dependence on social media.

**3/15/23 – Andrea Fisher, LCPC and Kayla Heiler, LSW**  
**Ball of Emotions: How to Regulate Emotions in an Emotional World**  
Objectives

- Understand what teens need to do daily to stay emotionally regulated.
- Recognize how basic needs affect how we regulate our emotions throughout the day.
- Identify how to respond to your teen when experiencing intense emotions.

**4/19/23 – Tammy Tunic, LCPC, CADC**

**Through the Smoke: Understanding Teen Vulnerabilities to Vaping and Parent Resources**  
Objectives

- Understand why teens are vulnerable to addiction.
- Identify the signs of substance use.
- Learn skills to talk with your teen and find resources.

**5/17/23 – Heather Treat, PsyD**

**Decisions, Decisions...How to Help Your Teen Make Effective Decisions to Successfully Manage Behaviors**  
Objectives

- Learn the difference between punishment and reinforcement when correcting your teen's behavior.
- Identify ways to make your teen more accountable for their behavior.
- Recognize 3 strategies to ease your teen's anxiety.

**6/21/23 – Rasa Ruzgys, LPC, CADC**

**We're in This Together: Understanding Co-dependency and the Family's Role in Addiction Recovery**  
Objectives

- Identify the different roles in families.
- Define co-dependency.
- Understand how to find addiction and recovery resources.

**7/19/23 – Sam Epley, RN**

**Hard to Swallow: Medication Safety and the Importance of Adhering**  
Objectives

- Identify 3 medication safety practices.
- Recognize common reasons people do not adhere to medications and strategies to promote medication adherence.
- Find community resources for medication safety.

**8/16/23 – Laura Koehler, PsyD and Kristen Oldin, LSW**  
**Goodbye Summer, Hello Anxiety! Helpful Strategies to Transition Your Teen Back to School**  
Objectives

- Learn strategies to prepare your teen for going back to school.
- Identify 5 skills to help your teen manage school anxiety.
- Recognize when anxiety about school becomes a problem.

To register for a virtual parents series education presentation, visit  
[www.eehealth.org/services/behavioral-health/news-and-events/](http://www.eehealth.org/services/behavioral-health/news-and-events/)

