



**State of Mind Program
February 4, 2017, Mary Queen of Peace Church, Sammamish**

11:30 a.m.	Registration
12 noon	Introductory Remarks
12:25 p.m.	First Breakout Session (choose one)
	<ul style="list-style-type: none"> • "Drug Abuse and Identity," Jerry Blackburn, Program Manager, Substance Abuse and Prevention Services, Friends of Youth • "In Crisis? Text!" Michelle Brode, LASW, National Crisis Text Line Counselor • "E-cigarettes: Finding the Truth Among the Vapors," Andrea Frost, Y.E.S.
1:10 p.m.	KEYNOTE ADDRESS: "Cyberbullying: What Parents and Teens Need to Know," Michelle Bennett, Chief of Police, City of Sammamish
1:55 p.m.	Second Breakout Session (choose one)
	<ul style="list-style-type: none"> • "Non-violent Communications," Jocelyn Skillman, LMHC, MHP, CMHS • "Setting Students Up for Failure," John Sloss, LMHC, CMHS • "Mindfulness 101," Phoebe Terhaar, Prevention Coordinator, Snoqualmie Valley School District
2:40 p.m.	Third Breakout Session (choose one)
	<ul style="list-style-type: none"> • "Reducing the Stigma of Youth Mental Illness," B.E.S.T. student representatives panel discussion • "Art As Therapy," Katie Jo Glaves, Sound Mental Health • "Compassionate Communications," Jocelyn Skillman, LMHC, MHP, CMHS
3:25 p.m.	Fourth Breakout Session (choose one)
	<ul style="list-style-type: none"> • "Creating Cultural Awareness," Members of the Issaquah School District Equity Committee • "Educating the Next Generation," Melissa Graham, National Alliance on Mental Illness – Eastside Chapter • "Youth Suicide Prevention," Sarah Dochow, Executive Director, Crosspath Counseling
4:10 p.m.	Closing Activity
4:30 p.m.	Adjourn

