Youth Services Council to present discussion on current trends in mental health

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HUNTSVILLE, Ala. (WHNT) – On Friday, September 12, The Youth Services Council will present a discussion on current trends in mental health.

This is the group's 6th Annual Breakfast Conference, and the event will be held at Alabama Rehabilitation Services at 3000 Johnson Road SW, Huntsville, AL 35805.

The event is open to any social worker, educator, counselor, civic or community leader or anyone interested in impacting the lives of our children and youth.

Registration is from 8:00 to 8:30 a.m. and the conference is from 8:30 a.m. to 12 p.m. Please register by September 10 if possible because space is limited. However, you can also register at the door.

CEU's are available for Social Workers and Licensed Professional Counselors.

Guest speakers/facilitators include:

• Jessica Kalathas, BSW – Crisis Services of North Alabama- Implementing strategies to address Depression and Suicide in Youth

• Stan Long, LCSW – Therapist at Empower Behavioral Health LLC- Mental Health in the Trenches now and in the future…

• Tammy Meyer M.A.- State District Field Supervisor for Children's Rehabilitation Services, Huntsville and Florence area – Impacts of Prenatal Exposures to Alcohol and Poly-Substance on Child Development

• Cathy Miller, United Way – will share some a short segment on some of the mental health needs they found in their recent community assessment

• Karockas Watkins, PhD from Ability Plus – Emcee for the Day

A small breakfast buffet will be provided.

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