

Community Awareness Series: Promoting Healthy Behaviors

Our youth are our future's greatest asset. Schools, parents, caregivers, and communities all play a role in providing supportive pathways for our youth as they navigate childhood and adolescence. SCIP (School Community Intervention and Prevention) is partnering with Lincoln Public Schools and Region V Systems to put on valuable presentations about how to support the health and well-being of our community's youth. Please join us on:

February 22, 2022

Understanding the Importance of Mental Well-Being

Irving Middle School (Media Center)

2745 S. 22nd Street

Lincoln, NE 68502

6:30 p.m. – 8:00 p.m.

Presentation:

In October of 2021, the American Academy of Pediatrics, the American Academy of Child and Adolescent Psychiatry, and the Children's Hospital Association declared a national emergency in child and adolescent mental health, citing the serious toll of the COVID-19 pandemic on top of existing challenges. Our community's youth have been impacted as we see an increase in the number of young people who are facing mental health challenges, including higher levels of anxiety and stress. Tammy Sassaman, a Licensed Mental Health Practitioner and a Certified Master Social Worker with 20 years of experience as a clinical supervisor and therapist, will discuss the following:

- How stress affects levels of anxiety and how our brain responds
- The cycle of anxiety and how it impacts behavior
- How stress and anxiety have a physical impact on the body
- The overall impacts of social media on personal well-being
- Strategies of how to cope with anxiety, manage stress, and effective self-care

Please contact Abbe Edgecombe, SCIP Coordinator for Lincoln-Lancaster County, for questions or additional information: (402) 327-6841 or aedgecombe@lmep.com

