



2010 NAMI Eastside Conference for Parents, Caregivers & Educators of Children with Mental Health Disorders

Co-Sponsors: Evergreen Hospital & Fairfax Hospital

Saturday, MARCH 6, 2010 10:00am-3:00pm Free of Charge

Evergreen Hospital Forum Rooms TAN 100 & 101

KEYNOTE SPEAKER: 10:30 AM - 12 Noon

Dr. Charles Wang, Clinical Director, Child & Adolescent Psychiatry, Fairfax Hospital

Author: Profound States of Despair: A Developmental and Systems Approach to Treating Emptiness.

Dr. Wang's Theory of Developmental and Systems Approach helps patients recognize and cope with behavior disorders through healthy, controlled strategies.

Breakout Session #1: 1:00 – 2:30 PM (followed by resource fair - 2:30-3 PM)

Sue Eastgard, Director Youth Suicide Prevention Program:

Nationally recognized speaker on how to recognize & deal with the signs of youth suicide.

Breakout Session #2: 1:00 – 2:30 PM (followed by resource fair - 2:30-3 PM)

Dr. Holly Petaja, Clinical Psychologist & Dr. Kira Mauseth, Eastside

Psychological Associates & Professor at Seattle University will co-facilitate a discussion of coping strategies for parents & caregivers dealing with children with mental health challenges including, Oppositional Defiant Disorder and anxiety disorders.

AND

Dr. Trez Buckland, UW School of Nursing and UW School of Public Health will speak on the topic of "Coping and Self-Care Strategies for Parents of Adolescents with Co-Existing Mental Illness and Addictions."

No Childcare Provided - Cafeteria on site for lunch 12 Noon–1pm - Snacks & Beverages provided

SPACE LIMITED: Reserve your seat by returning **RSVP** form below:

Return to: NAMI Eastside, Family Resource Center Campus

16315 N.E. 87th Street, Suite B-4, Redmond, WA 98052

or email to: debra.a.jones@comcast.net

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

Check one: PARENT SCHOOL STAFF OTHER (Please describe) _____

TOTAL # ATTENDING: _____ Indicate: Keynote speech Session #1 - OR - #2

