

NRCI 20th Annual Community Conference

*"It's Tough Enough";
Adolescent Mental Health
in our Changing World*



 Sunday June 12th, 2022

 09.00 am - 04:00 pm

 Evanston Township High School
1600 Dodge Ave
Evanston, IL 60201

Conference Schedule

09:00 am-10:00 am
Doors open/Check-In

10:00 am -12:30 pm
Presentation Panel

12:30 pm - 01:15 pm
Lunch (provided)

01:15 pm - 03:30 pm
Teen Breakout
Session

It's Real: Teens & Mental Health

Part 1: It's Real

- What is mental health? How is it similar to, or different from, physical health?
- How to notice signs of someone needing help
- Tips and strategies for having a caring conversation with someone you might be worried about
- Methods of self-care for mind, body, soul, and surroundings
- Examples of trustworthy resources
- How reaching out to trusted adults can help teens manage their mental health

The presentation includes brief video narratives featuring well-known GenZ influencers sharing their own experiences with mental health, and what they found helpful at the time.

Part 2: "What I Wish You Knew"

This will be a highly interactive discussion that gives you the opportunity to let adults know what you wish they knew about mental health and school, home life and friends, things you wish they would say and do (or not) and how they can best help you and other teens.

Teens ONLY Breakout Session (ages 14-18)

1:15-3:30 pm
(free admission)



www.whatiwishyouknewconversations.com

**Parent/Guardian permission is required for participants
ages 14-17. Information provided upon registration.*



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