

# HOW STRESS IS CHANGING THE TEENAGE BRAIN

November 18<sup>th</sup> Spanish Fork High 7pm

## A COMMUNITY MAKING A DIFFERENCE

*Strengthen Families and Kids*



Christy Kane Ph.D., CMHC

In this presentation Kane talks about the difficulties teens face in today's complex social media world as they sort through the journey of progress versus perfection

## PROGRESS VERSUS PERFECTION

Attendees learn key solutions to help teens navigate life in progress



- Anxiety is the number one issues facing teens
- Depression rates are higher now than ever before
- Teenage suicide is the 2nd leading cause of death
- This is the 20% face of mental health

🕒 Time mental health moves to the 80% part of our lives in the area of stabilization as we help kids create balance in their live as they move from perfection to progress.