

PARENT WORKSHOPS

Anxiety in Youth

This one-hour training on anxiety covers a variety of symptoms, behaviors, and thought patterns such as cognitive distortions that may affect youth experiencing an anxiety disorder. The training then discusses common anxiety-related concerns that affect youth in school and social settings. Parents will then discuss and learn about strategies to implement in different settings to help youth who experience anxiety, and additional strategies they can use to help manage symptoms.

Social Media, AI, and Youth Mental Health

Youth interact with social media and artificial intelligence more than ever, even when they are not intentionally using AI tools. This workshop explores how AI-powered feeds, recommendations, targeted content, and generative tools may affect youth mental health, self-image, beliefs, and online behavior. Parents and caregivers will learn how to recognize warning signs, strengthen youth digital and AI literacy, start productive conversations, and promote healthier technology habits at home.

Substance Use Prevention

This hour-long presentation will discuss various substances, their effects, and how parents can talk to their youth about substances. Topics discussed include

- the rise in fentanyl and the dangers it presents
- vaping and related concerns
- signs of substance use
- how to open up the conversation at home
- resources if additional support is needed

There will be plenty of discussion and question time to delve into areas of interest.

Understanding Youth Mental Health

This training helps adults understand what behavioral health is, prevalence rates, and general signs and symptoms of common mental health disorders, particularly in youth. It discusses stigma reduction within the schools, community, and individual families as well as risks and protective factors.

To schedule a parent workshop, contact our Communications team at communications@touchstonebh.org.

