

FOR IMMEDIATE RELEASE

League of Women Voters (LWV) Offers Forum on Mental Health and Sudbury Youth

Social media, pandemic effects, school pressures. These and other issues affecting the mental health of teens and children—and how to cope with them—are addressed as part of a series, “Are the Kids Okay?” sponsored by the League of Women Voters of Sudbury.

This forum, “Spotlight on: Youth Mental Health,” is part of a continuing effort to highlight children’s issues and resources. The forum will air Thursday, Feb. 9, at 8 p.m. on SudburyTV cable channel 8 (Comcast) and channel 31 (Verizon) and be available on the video-on-demand service on SudburyTV’s website, www.sudburytv.org. No cable subscription is needed for the on-demand service accessed through any computer.

Five panelists approached the youth mental health issue from different vantage points.

Dr. Jamie Micco, co-director of the Concord Center and a licensed clinical psychologist, outlined some causes of the current mental health crisis for youth, including the impact of social media and the pandemic.

Sarah Greeley, wellness teacher at Lincoln-Sudbury Regional High School, and Maia Proujansky-Bell, a parent representative of Sudbury Special Education Parent Advisory Council (SEPAC), discussed the role of the schools in identifying mental health problems and supporting students.

Sudbury Police Chief Scott Nix and Taylor Hayden, a clinician with Advocates who works with the Sudbury police, explained their joint response program for mental health calls, including how many of the calls in Sudbury involve teens and children.

The panelists also discussed how parents can identify problems and how to talk to children about stress and difficult topics. They outlined how and where to find help, what resources are available, and how to navigate the system.

The forum was moderated by Julie Dereshinsky of the League and was developed by the League’s education and healthcare committees.