

FREE TRAINING

Launching Young Adults with Mental Health and Attachment Challenges

By: Deena McMahon, MSW, LICSW & Krista Nelson, LICSW, LMFT

Date: Wednesday, November 30, 2016 **Time:** 1:00pm- 4:00pm

Location: Tuscan Center Ballroom inside Midtown Square
3333 W Division St Suite 116, Saint Cloud MN 56301

One of the most tumultuous developmental milestones is the transition from teen to adult, especially when that teen wants independence but is not yet ready to meet those demands. The training will draw from case studies of families with young adults who have experienced significant challenges due to mental health and attachment challenges. Participants will hear from two experienced family therapists who have navigated the impacts of both loss and change by reworking the family's expectations in order to successfully launch a teen child into adulthood.

Participants Will:

- Gain an understanding of the emotional, social, and economical struggles of a young adult with mental health challenges.
- Gain an understanding of why and how attachment insecurities, destructive behaviors, and consuming patterns emerge when adult children return home.
- Learn how to utilize family, individual therapy, community and parent support that helps cultivate resilience.
- Redefine the meaning of "success" and learn how to work with your teen by taking the "untraditional" route to adulthood.

Please join us for this training! This training is intended for those living with mental health issues, providers, family members, and community members.

RSVP to CAMHI@co.benton.mn.us is appreciated as seating is limited.

A Certificate of Attendance will be provided for CEUs

Training is presented by:



Adult Mental Health Initiative
Benton, Sherburne, Stearns, Wright Counties

Please visit us at www.mnmentalhealth.org to sign up for future trainings and announcements.