

PART THREE OF THE FOUR PART SERIES
TRAUMA AND TRAUMA-INFORMED CARE: HELP & HOPE

Mental Health and Trauma in Children and Youth

Thursday, June 13, 2024

Program Guide

FAITH COMMUNITY
NURSE NETWORK
of the Greater Twin Cities



Bridging Faith & Health

PART THREE OF THE FOUR PART SERIES
TRAUMA AND TRAUMA-INFORMED CARE: HELP & HOPE



Mental Health and Trauma in Children and Youth

Thursday, June 13, 2024 9:15 am to 1:00 pm Cntrl Time Zone

In-Person: Community Health and Wellness Hub, Saint Paul

Virtual via Microsoft Teams

Description: The mental health of our children and youth is in crisis. The leading cause of death in ages 10-24 is suicide. Our most vulnerable are suffering in so many ways and trauma has often been a contributing factor. This session will discuss mental health disorders in children and youth as well as the signs indicating professional help would be beneficial. Treatment options will be discussed. Strategies for FCNs and faith communities, including spiritual care interventions, will be identified.

This series addressed these ANA Scope and Standards of Practice for faith community nurses:

- *Standard 2:* The FCN analyzes assessment data to determine actual or potential diagnoses, problems, and issues.
- *Standard 8:* The FCN uses appropriate resources to plan and provide nursing resources that are appropriate for the client.

Learning Objectives: As a result of attending this session, participants will be able to:

1. Describe the prevalence of mental health issues in children and youth.
2. Discuss how trauma plays a role in the mental health of children and youth.
3. Identify mental health disorders in children and youth and accompanying signs and symptoms.
4. List treatment options and resources in mental health treatment.
5. Discuss strategies FCNs and faith communities can use, including spiritual care interventions in addressing mental health needs of children and youth.

Schedule: 9:15 a.m.-1:00 p.m. Central Standard Time

9:15 Welcome and Opening Prayer

9:20 Land Acknowledgement

9:25 FCNN Updates

9:35 Speaker: Mary Lillo, Parent Education Coordinator, NAMI Minnesota

10:35 Sponsor presentations.

10:40 Break and Sponsor Tables

10:50 Speaker: Mary Lillo

11:50 Questions and Answers

12:00 Break

12:10 Case Studies and Discussion: What Can Your Faith Community Do to address mental health issues in children and youth? (Led by Sondra Weinzierl and FCNN Education Committee)

12:55 Summary and Evaluation

1:00 Adjourn

This symposium was designed to meet the Minnesota Board of Nursing criteria for 3.0 hours of continuing education for RNs. It is the responsibility of each participant to determine if the offering meets CE requirements for their profession.

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Lyngblomsten is a proud partner of the Faith Community Nurse Network of the Greater Twin Cities.

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