

HELPING CHILDREN AND ADOLESCENTS COPE WITH DEPRESSION

****NEW DATE****

TUESDAY DECEMBER 11, 2018

6:00PM – 8:00PM

AURORA WELLNESS CENTER,
CONFERENCE ROOMS B & C
300 MCCANNA PARKWAY, BURLINGTON



Between 5-10 percent of children and adolescents experience depression, with rates increasing as young adulthood approaches. Children under stress, who have experienced loss, or who have attentional or learning struggles, conduct problems, substance abuse issues, self-harm behaviors, or anxiety disorders, are at a higher risk for depression. Girls are more likely than boys to experience depression.

The good news is that depression is treatable! Early diagnosis and treatment can help prevent more severe problems later.

Through this presentation, Dr. Mervin Langley and Dr. David Taylor will help parents, teachers, and community members understand the psychological and medical characteristics of depression. They will also share practical suggestions and strategies for audience members to use with their child(ren), how to support their child(ren) if they are depressed, and possible interventions and treatments that are available. At the end of the presentation, audience members will have learned a variety of ways to help their child(ren) through problem solving and coping skills, listening effectively, building self-esteem, and using “stress inoculation”. Audience members will also learn information about when to seek professional help for their child(ren) and what some possible available clinical treatment options are (i.e. medications, cognitive-behavioral therapy, group therapy, etc.)

FEATURING DR. MERVIN LANGLEY & DR. DAVID TAYLOR

Dr. Mervin Langley is a psychotherapist at **Clinical Psychology Associates** in Burlington, where he provides therapy to individuals and families regarding a number of different mental health disorders/concerns. Dr. Langley was also associated with a major research study to develop motivational strategies through the Rehabilitation Institute of Chicago and has published journal articles and book chapters in the US, Spain, and South Africa.

Dr. David Taylor is board certified in family practice and treats patients of all ages at **Aurora Health Care - Burlington Clinic**. Dr. Taylor completed his residency at York Hospital in Pennsylvania, where he served as Chief Resident of the Family Practice Program and was awarded the Laucks Award for being the top graduating student. Following his residency, Dr. Taylor spent four years in the Air Force as a family practitioner in the Upper Peninsula of Michigan. Dr. Taylor has been practicing in Burlington since 1989.

PRE-REGISTRATION IS REQUIRED FOR THIS PRESENTATION.

Please register online at: <https://burlingtonareaschooldistrict2.eventbrite.com>

FOR QUESTIONS, PLEASE CONTACT LORI RADTKE OF BURLINGTON AREA SCHOOL DISTRICT AT
(262) 763-0180 EXT. 2224 OR LRADTKE@BASD.K12.WI.US

****THIS FREE PROGRAM IS FOR ADULTS ONLY AND CHILD CARE IS NOT PROVIDED****



****A special thanks to the Aurora Wellness Center for the use of their facility.****