**Brook Lane’s Community Events**

Helping Our Teens Navigate the Evolving Changes of the Pandemic – FREE Facebook Live

April 5, 2022 - 6:00 pm

<http://www.facebook.com/brooklaneinc>

This Facebook Live presentation is for teens, parents and adults who may work with teenagers. As the pandemic lingers and constantly changes, so does the stress of coping with its challenges. The pandemic has been disruptive to so many people and students are no exception - from virtual learning to being back in classrooms. Many teens have become more isolated and anxious. Join Brook Lane therapist Susan Corley, LCSW-C as she discusses ways to reduce stress and cope better with the evolving changes.

***Susan Corley, LCSW-C****, is an outpatient therapist at Brook Lane's North Village Office. She received her Master's Degree in Social Work from the University of Pittsburgh, Pittsburgh, PA. Susan has been employed with Brook Lane for nearly 22 years.*

Youth Mental Health First Aid - FREE

May 13, 2022 - 8:00 am to 5:00 pm

Brook Lane Main Campus

**Visit www.brooklane.org current events to register.**

Community Room

13121 Brook Lane

Hagerstown, MD 21742

**Questions:** 301-733-0331 x1228 or curt.miller@brooklane.org

YOUTH MENTAL HEALTH FIRST AID is an 8-hour program designed to teach adults how to help an adolescent (age 12-18) who is experiencing a mental health or addictions related challenge or crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD) and eating disorders. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

Adult Mental Health First Aid - FREE

June 10, 2022 - 8:00 am to 5:00 pm

Brook Lane Main Campus

**Visit www.brooklane.org current events to register.**

Community Room

13121 Brook Lane

Hagerstown, MD 21742

The Adult Mental Health First Aid course is an 8-hour program appropriate for anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. Topics covered include anxiety, depression, psychosis, and addictions. The adult course teaches a 5-step action plan for how to help an individual in both crisis and non-crisis situations.  Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis, select interventions and provide initial help; and connect people to professional, peer, social, and self-help care.

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