

## Program Overview

Minding Your Mind is a 501c3 not-for-profit organization with a mission of using education to reduce stigma and destructive behaviors associated with mental health issues while promoting help-seeking behavior among our youth.

Minding Your Mind offers an evidence-based, contact strategy through in-school and community-wide mental health education programs aimed at middle school, high school, and college-age students. Through our professionally-crafted presentations, students hear stories of hope and recovery from young adult speakers who successfully and productively cope with their mental health issues. Our educational programs move away from crisis-based response to prevention through education. Programs create a safe space for communication and aim to normalize the conversation around mental health.

### Our Goal

Our goal is to help reduce the incidence of substance abuse, self-harm, isolation, bullying, and suicide in teens and young adults. Suicide is now the second leading cause of death for teens and young adults aged 14 to 23. Suicide almost always is the result of an untreated or under-treated mental health condition. Stigma and shame are the greatest barriers to treatment. Our goal is to create a culture of openness and advocacy.

Since 2007, through our young adult speaker program, Minding Your Mind has reached hundreds of thousands of high school, middle school, and college-aged students, their teachers, families, and caregivers. The programs occur during school assemblies, health classes, and workshops. Issues addressed in these presentations range from mood disorders, suicide ideation, and eating disorders, to addictive behavior and bullying.

### Our Speakers

Our speakers all have received training to ensure that their presentations are delivered in a professional and knowledgeable fashion. These inspiring presentations provide students with a better understanding of the signs and symptoms of mental health disorders, emphasizing that they are common, treatable, and that help is available. In 2016-2017, Minding Your Mind completed over 1,285 presentations to schools and community organizations. Additionally, Minding Your Mind offers Suicide Prevention Education Programs for school faculty and staff, which qualify for state-mandated training. These presentations often take place during teacher in-service days, at conferences, or during parent nights. All programs are age appropriate and can be tailored to meet the needs of an individual school or community demographic.

All speaker bios, teacher testimonials, and school presentation lists can be viewed on our website [www.mindingyourmind.org](http://www.mindingyourmind.org). [To schedule a presentation, please click here](#) to complete the "Book a Speaker Form" or access it at [www.mindingyourmind.org](http://www.mindingyourmind.org) on the upper right hand corner of our Home page. Please contact our executive director, Trish Larsen, at [trish@mindingyourmind.org](mailto:trish@mindingyourmind.org) with any questions or comments.

## Breaking the Silence through Education