

RECOGNIZING SIGNS OF ANXIETY AND DEPRESSION IN OUR YOUTH

Dear Friends,

Anxiety, depression and suicide do not discriminate, they ignore geographical, ethnic, age and religious affiliations. All of our communities are affected by these conditions and have suffered the losses associated with them.

Earlier this year, Ed and Cindy Nieduzak, tragically lost their 13-yr. old daughter Brianna to suicide. Brianna was a bright beautiful child that loved animals and the outdoors. She was a gifted artist writing and drawings to express herself. She shared a passion for music with her father and played the piano and viola. Brianna also struggled with depression.

In a meeting with Ed and Cindy a week after Brianna's funeral service, we talked about Brianna. In their sorrow it was difficult to find hope, but we did. Raising awareness of mental health issues that affect our children and how to recognize them, and get them the help needed seemed like the best approach. We want to raise awareness among those who are with our children when we are not. Coaches, teachers, catechist's all the adults who spend time with our children, who our children trust that may see something change in our kids that raises a red flag.

Therefore we would like to invite you to this workshop. We will provide information and strategies on how to recognize signs and what to do. Please share this with the adults that interact with our children in your community, all our welcome. For additional information contact Sue Buckley @ 313-770-7338

Please RSVP to: 313-647-5060

Thank you, and May God bless and protect our youth,
Fr. Andrew Kowalczyk CSMA

WORKSHOP

Statistics reveal the following facts about our youth:

- ◆ *Depression is the leading cause of disability in the US for those ages 15-44.*
- ◆ *Eleven percent of teens will experience a depressive episode in any given year.*
- ◆ *About 20 percent will experience depression before they reach adulthood.*
- ◆ *Thirty percent of teens with depression will also develop a substance abuse problem.*
- ◆ *Recent studies show up to 1/3 of high schoolers have deliberately self-injured at least once.*
- ◆ *Suicide is the 10th leading cause of death for adults, and the third leading cause of death for youth ages 15-24.*
- ◆ *Suicide is the only cause of death whose rates are increasing.*
- ◆ *For every completed suicide, there are 25 attempts*

Please join us on Tuesday evening January 14th from 7:30-9:00 pm. Kirsti will share ways to recognize and help our youth facing anxiety and depression.

Kirsti Reeve is a Licensed Professional Counselor with a MA in Counseling from Oakland University. She currently works with Catholic Charities of Southeast Michigan, as a therapist and clinical supervisor. With over a decade of experience in the field. She counsels people struggling with mental health and substance use concerns across the lifespan. She particularly loves working with teens. Recently, in addition to her work with Catholic Charities she has begun a private practice in Rochester Hills. Kirsti is a gifted and effective communicator who has given presentations on mental health themes to multiple audiences including, parishes, schools, counselors, and hospitals. Recently she presented at the Engaging the Young Church Conference sponsored to the Archdiocese of Detroit on the topic of How to help those with Anxiety and Depression.

**WHERE: ST CLARE OF MONTEFALCO PARISH HALL
1401 Whittier Rd., Grosse Pointe Park, MI. 48230
ADMISSION IS FREE**