

An Honest, Humorous & Relatable Approach to Mental Health

Brutally honest, humorous and relatable approach to mental health, alcohol and other drugs

June 25, 2019 | 9 AM – Noon | Green Bay

Ross Szabo's achievements in the youth mental health field have earned him the Didi Hirsch Removing the Stigma Leadership Award and his advocacy work was entered into the Congressional Record by Congressman Patrick Kennedy.

WHO SHOULD ATTEND?

Everyone who cares about kids or is in a position to influence the mental health and wellness of learners. All school staff, coaches, clergy, leaders of organizations who support healthy youth outside of school hours, staff looking to know more about inclusion or how to support students with diverse needs.

DETAILS

Register online: <https://www.cesa6.org/events/>

Registration fee: \$50 (includes materials and continental breakfast)

Times: 9 AM—Noon (registration from 8:30 AM—9 AM)

Location:

Radisson Hotel and Conference Center Green Bay
2040 Airport Dr, Green Bay, WI 54313 (across from the airport)

Questions? Debbie Pinkerton, Program Assistant

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NATIONAL EXPERT WORKSHOP



ROSS SZABO

"I've spent over half of my life finding ways to make mental health approachable for everyone. I was the Director of Outreach for the National Mental Health Awareness Campaign from 2002-2010. I had the opportunity to make challenging mental health messages relevant to large audiences. "

Talking about emotions can be a challenge, but Ross's brutally honest, relatable and humorous approach puts audiences at ease as they confront a difficult topic. When Ross was a freshman in college, everything on the surface seemed to be fine. He was making friends, getting good grades and had a fun social life. However, no one could have imagined how many emotions he was suppressing. Ross was diagnosed with bipolar disorder at age 16, was hospitalized for attempting to take his own life during his senior year of high school, and like so many other freshman, just wanted to fit in. He tried to hide what he was feeling to convince everyone that everything was ok, but that can only last for so long. Ross's story resonates with the millions of college students who are putting on a happy face to hide their true emotions.

Ross uses tasteful humor and insights to help participants understand common mental health conditions and individual differences. He also covers warning signs that students can look for in their friends and peers, as well as resources that can provide guidance in these sensitive situations.

Ross is the Wellness Director and a founding faculty member of Geffen Academy at UCLA, a school for students in grades 6-12, that focuses on innovating the way young people learn about their mental health. Ross is NOW the CEO of the Human Power Project. He is an award-winning mental health speaker, writer, trainer and Returned Peace Corps Volunteer. Ross has spoken to more than 1 million students about the importance of mental health and provided a positive example to empower them to seek help. He received the 2010 Didi Hirsch Removing the Stigma Leadership Award, 2012 Hanging Minds Award and had his advocacy work entered into the Congressional Record. He is the co-author of Behind Happy Faces; Taking Charge of Your Mental Health and a blogger for The Huffington Post.

For more information visit: TopYouthSpeakers.com