Did you know that one in five young people suffers from some kind of mental illness—most often depression—and yet two-thirds of them are not getting help because the problem goes unrecognized and undiagnosed?

The Grant Halliburton Foundation is committed to changing that. It is working to tear down the barriers of stigma, misunderstanding and misinformation that keep young people from asking for help and keep families from knowing how to get it.

In the past year, the Foundation has launched a number of initiatives aimed at helping teens and families, including:

- **I AM H·E·R·E**, the only coalition in North Texas focused solely on teen and young adult mental health.
- **Coffee Days**, a monthly gathering open to all parents of teens or young adults with mental health issues, allowing women to share resources and information while finding encouragement and support.
- **When Life Hands You TEENAGERS**, an annual conference for parents and people who work with teens, offering eye-opening presentations by experts on critical issues that face today’s teens.
- **TAG, You’re It!** A instructional program we developed to teach people how to assist a young person in mental or emotional crisis through three simple steps: Take action, Ask questions, and Get help.
8:30 a.m.  | Check in
9:00 a.m.  | Program begins

**Session 1**  
**Inside the Teenage Brain: Why They Act That Way**  
Karen Williams, MSSW  
Rainbow Days  
This eye-opening presentation is based on the latest research and packed with information on how the adolescent brain develops and how differently it works during the teen years.

**Session 2**  
**I Hate You! What's for Dinner?**  
Kim Humphries, LCSW, ACSW, BCD  
Kim Humphries and Associates  
Learn how to tone down the turbulence and tune in to the underlying, unspoken needs of teens, using practical, proven strategies based on years of experience.

11:30 a.m.  | Lunch (provided)

**Panel Discussion: What Parents Need to Know**  
A panel of young people talk candidly about their personal experiences with stress, depression, eating disorders, and suicide attempts—as well as the challenges of family, stigma, and finding help during the teenage years.

**Session 3**  
**Bully-Proof! 10 Ways to Protect Teens from the Invisible Assault**  
Beaux Wellborn, The Bully Suicide Project, and Brooks Gibbs, Author and Teen Life Strategist  
An estimated 30 percent of American teens—over 5.7 million—are involved in school bullying. Learn how to recognize the early signs of bullying and critical steps to take to protect your teen.

**Session 4**  
**Decoding teen chaos: Is my kid’s moodiness normal? Or should I worry about depression?**  
When to be concerned. How to intervene.  
Melanie Wells, LPC, LMFT, and Chris Jones, LPC  
The Lifeworks Group  
How do you distinguish between typical teenage ups and downs and clinical depression—a medical condition that too often goes unrecognized and undiagnosed in this age group? Learn when to be concerned and how to get help for your teen.

2:30 p.m.  | Adjourn

For more information, visit www.GrantHalliburton.org or call 972.744.9798.