



February 2009

### We're teaching people to understand teens better... and to save lives.



In November, we were pleased to be a sponsor of the 2nd Annual Teen Conference, "Let's Talk About It." This one-day conference attracted counselors, parents, mental health professionals, youth leaders and others who work with teens. Hosted by CONTACT Crisis Line and Parkland Hospital, the conference featured speakers from UT Southwestern Medical Center, University of Texas Dallas Brain Center, the U.S. Drug Enforcement Agency, Planned Parenthood, and others.

As a keynote speaker at the conference, Vanita Halliburton spoke about parenting a teen with depression and bipolar disorder, and also about the need for more collaboration around the issues of teen/young adult mental health.

In addition to being a sponsor, the Foundation provided scholarships for 12 counselors and teachers to attend this conference, which offered information-packed sessions on topics such as anger in adolescence, the teenage brain, bullying, teen parenting, and suicide prevention.

Read more about it at [www.GrantHalliburton.org/news.html](http://www.GrantHalliburton.org/news.html)

### We're helping school counselors stay trained and ready.

In 2008, we awarded a \$5,000 grant to send more school counselors to the Texas Counseling Association's annual Professional Growth Conference, widely regarded as one of the most important continuing education events for counselors.

Here's why this matters. There are more than 10,000 school counselors in Texas. They need to stay abreast of the ever-changing array of issues facing young people today—issues like bullying, drug/alcohol abuse, eating disorders, depression and suicide.

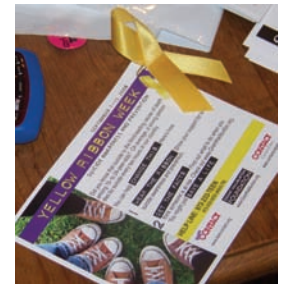
Last year, less than 20% of Texas school counselors attended the Professional Growth Conference. And the number is declining every year due to school budget cuts. Over the past three years, the Grant Halliburton Foundation has invested \$15,000 in sending scores of counselors to this conference.

The Grant Halliburton Foundation is about helping school counselors get the training they need to be effective gatekeepers of our youth.

Read what counselors wrote to us at [www.GrantHalliburton.org/news.html](http://www.GrantHalliburton.org/news.html)

### We're reaching out to teens.

In September, we teamed up with TeenCONTACT, a 24-hour crisis help line for teens, to promote Yellow Ribbon Week—a national suicide awareness and prevention program.



The Grant Halliburton Foundation designed handouts and posters for distribution to thousands of teens in Dallas-area schools. The handout invited students to wear a yellow ribbon all week in support of teen suicide prevention. It also included tips on "How to Help a Friend" in crisis and a 24-hour help line number for teens.

Read more about it at [www.GrantHalliburton.org/resources.html](http://www.GrantHalliburton.org/resources.html).

The Grant Halliburton Foundation is about making it easy for young people to get help.



Volunteer teens attached yellow ribbons to handouts designed by the Grant Halliburton Foundation and distributed them during Suicide Awareness and Prevention Week.



### About The Grant Halliburton Foundation

The Grant Halliburton Foundation exists to promote awareness and understanding of adolescent mental health issues. It was established in 2006 in memory of a gifted young artist and musician who battled depression and bipolar disorder for several years before his death in November 2005 at the age of 19.

The Foundation is committed to improving mental health for teens and young adults through a community-based collaborative approach to providing help, education, resources and encouragement.

For more information or to make a donation, go to [www.GrantHalliburton.org](http://www.GrantHalliburton.org).