

Fairfax County Neighborhood and Community Services invites you to attend this presentation by The Center for Evidence-Based Behavioral Health in partnership with Healthy Minds Fairfax.

# Evidence-Based Treatments for Youth Mental Health Concerns and Life-Saving Prevention Strategies: A Caregiver's Guide

**January 10, 2024, 6 – 8 p.m.**

Bailey's Community Center • 5920 Summers Lane, Falls Church, VA 22041

Parents and caregivers are invited to join Dr. Christy Esposito-Smythers, a Licensed Clinical Psychologist with expertise in treatment of adolescent suicidality, depression, and substance abuse to learn more about evidence-based treatments, community resources and the impact caregivers can have on youth mental health and suicide/overdose prevention.

## *This presentation will:*

- Define evidence-based treatments
- Advise caregivers how to select an EBT that will be an appropriate "fit" for youth.
- Define and discuss the role of evidence-based assessments in care.
- Discuss what to expect in treatment with a provider who uses EBTs.
- Offer resources to learn more about EBTs and how to find providers who offer them.
- Share EBT resources available in our local community.
- Share prevention strategies for youth suicide and opioid overdose.



For **INFORMATION** and to **REGISTER** scan the QR or go to: <https://bit.ly/3RvCKee>

**CHILDCARE** will be provided for children age 5 and up. A light meal will be provided for both the adults and children.

If you have any **QUESTIONS** about this event, email Emma Palmer at [fcebp@gmu.edu](mailto:fcebp@gmu.edu)

