

Workshops for 2018 NAMI NJ Annual Conference

PM Workshops



Dr. Bindu Khanna

1. Ask the Doctor: Youth Mental Health

Dr. Bindu Khanna will present an overview of common mental health disorders that affect children and youth, and discuss treatments available for these disorders.



Carter W. Patterson,
Board Member, Urban
Mental Health Alliance

2. Free Your Mind: Mental Health Challenges Facing African American Youth

This workshop addresses cultural and contextual influences in mental health. Participants will learn to identify several unique psychological challenges affecting African American youth and their caregivers. Participants will also understand barriers to receiving professional support and learn how to leverage resources to promote mental and behavioral health in Black youth.



3. In Our Own Voice (IOOV)

In Our Own Voice, a NAMI Signature Program, is offered statewide by NAMI NJ volunteers. With messages of stigma reduction, hope, and recovery it is valuable for a range of audiences. We present regularly at high schools and colleges, and are accredited by the state for K12 faculty in-service hours.



Tara Chalakani, VP,
Preferred Behavioral
Health Group

4. Social Media & Screen Time: Impact on Children's Mental Health

Current information regarding the use of social media and screen time will be reviewed and discussed in detail as it relates to mental health risks in children and adolescents. An in depth look at depression, anxiety, and other risks related to excessive exposure to screens in the digital age.