



Panel Discussion: Navigating Mental Health Issues in Families Already Managing Other Special Needs

Tuesday, April 24, 7 to 8:30 p.m.

**Library/Media Center at Wooster Middle School,
150 Lincoln Street, Stratford**

(enter through back near parking lot, in entrance for continuing education)

Suspected mental health conditions, or a mental health-related diagnosis, in children or teens who already have identified needs requiring special education services (via an IEP) or accommodations (via a 504 Plan) are particularly challenging for families and educators to manage.

This panel discussion will explore how to navigate special challenges for these families in recognizing when to get help, pursuing a diagnosis, managing new appointments in an already packed schedule, and dealing with related stress. What can schools do to help parents and children experiencing these challenges?

Panel members will be:

- Dr. Michael Regan, who has served as a special education administrator for 18 years and is currently the Director of Special Education at Cooperative Educational Services (CES) in Trumbull.
- Amanda Byrne, LMFT, Clinical Coordinator at Stratford Community Services, where she oversees clinical/therapeutic needs and the overall functioning of the Juvenile Review Board. She has focused on conditions such as anxiety, depression, trauma, co-occurring disorders, and ADHD.
- Janneta K. Bohlander, LMFT, who works with individuals, couples, and families and specializes in helping children and adults deal with generalized anxiety, obsessive-compulsive disorder, school anxiety, and social anxiety. She also helps children and adults with attention and learning difficulties.

RSVP: info@stratfordsepta.org

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