

My Kids Are Driving Me Crazy:

How To Spot The Signs Your Child May Be Experiencing Emotional Distress

National Minority
Mental Health Awareness Month
July 2015

The AKA /NAMI Partnership

Starting in 2015, Alpha Kappa Alpha Sorority, Inc. (AKA) and NAMI, the National Alliance on Mental Illness, are working together to increase mental health awareness in the African American community.

AKA is the oldest sorority founded by African American women. It is an international service organization that was founded on the campus of Howard University in Washington, D.C. in 1908. Alpha Kappa Alpha is comprised of more than 283,000 members in 987 graduate and undergraduate chapters and is often hailed as "America's premier Greek-letter organization for African American women.

AKA chapters have made a commitment to work with NAMI Affiliates to provide information about mental health, treatment and recovery to the African American community. "My Kids Are Driving Me Crazy" is our first collaborative event in Austin. We hope it will mark the beginning of wonderful partnership in helping the community access much needed services and support. Learn more at www.namiaustin.org

Children's Mental Health Forum Saturday, July 18 ~ 10:00 am – 12:00 noon

David Chapel Baptist Church ~2211 E. Martin Luther King, Jr. Blvd.

featuring

Dr. Ada Ifesinachukwu

Child and Adolescent Psychiatrist, Summit Mental Health Clinic

Dr. Judith Enders

Pediatrician, Austin Regional Clinic

Diane Hoffman, LPC

Diane Hoffman Therapy

Michael Cox, MA, LPC Intern

Youth Engagement & Cultural Competence Specialist, Texas Institute for Excellence in Mental Health, Center for Social Work Research, University of Texas System of Care

This is a FREE event, but we do ask you to register!
PLEASE REGISTER by email at michelebibby@gmail.com
Call 512-739-7948 for questions

When is it bad behavior? When is it emotional distress? How do you tell the difference? In celebration of **Minority Mental Health Month** in July, the **Beta Psi Omega Graduate Chapter of Alpha Kappa Alpha Sorority Inc.** and the **Austin affiliate of the National Alliance on Mental Illness-NAMI Austin** are hosting this free community event.

"My Kids are Driving Me Crazy" is an informative and engaging panel discussion and workshop to help parents, grandparents and caregivers identify signs that a child or teen may be experiencing emotional distress. Participants will also learn what resources are available for children and their families to address these critical issues. Studies consistently show that early intervention leads to better outcomes for children experiencing emotional distress. We encourage you to join us in this informative panel followed by a question and answer session as well as advice from expert panelists.

The panel will be moderated by Michele Alexander Bibby of AKA (Beta Psi Omega Graduate Chapter). Karen Ranus, NAMI Austin Executive Director, will provide information about resources NAMI provides for families.

