

# K.N.O.W. <sup>2</sup> PREVENT

KNOWLEDGE NETWORK OF WESTCHESTER

You can't PREVENT what you don't know!

## A WESTCHESTER VIRTUAL SPEAKER SERIES

# THURSDAY, JUNE 3

# 7-8:30 PM



**Lauren Johnson, MA, CASAC**

Chairperson, The Collegiate Alliance for Student Success and Prevention (CASSAP)



**Ellen Morehouse, LCSW, CASAC, CPP**

Executive Director, Student Assistance Services Corp.



**Beverly Pierce, MA, LCSW, CASAC, CPP**

Director of Mental Health Services Student Assistance Services Corp.

## Parenting for the Summer Before College and Beyond

The last few weeks of high school and the summer before college can impact success at college. This presentation will provide strategies for how parents can influence their student's health and well-being during the transition from high school to college, while respecting the student's desire for independence and autonomy. Discussing academics, relationships, stress management, money, self-care, and substance use with your graduate before they start college can promote parent-student connectedness and reduce the likelihood of college non-completion. The presentation will provide insight into the signs and symptoms of mental health challenges common for young adults at this time of major life transition. In addition, we'll explore the standard structure of college health and wellness programs, and the resources and supports parents should be familiar with at their student's college or university, both for students living at home and those living on campus.



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