

Greetings!

Jana Marie Foundation's Candid Conversations is a series of on-line video resources produced to help parents and caregivers deal with the mental, emotional and physical health concerns of young people.

The Foundation worked with Penn State Public Media and Emmy-award winning producer Lindsey Whissel to create this series of web-based videos that serve as quick reference tools for recognizing and dealing with serious problems related to children's mental, emotional and physical health. Each topic is addressed through a collection of short, easy-to-access video clips featuring subject matter experts who share information, tips and additional resources.

Ten topics are covered, each by a collection of short, easy-to-access "video chapters" that provide information, tips and links to additional resources. Topics include:

- **Stress & Anxiety** by Dr. Peter Montminy
- **Eating Disorders** by Dr. Jennifer Seidenberg and Phyllis Stackhouse
- **Cutting and Self-harming** by Amelia McGinnis
- **Drugs & Alcohol** by Alison Turley
- **Bullying** by Drs. JoLynn Carney and Richard Hazler
- **Depression** by Dr. Joseph Wiedemer
- **Sex & the Internet** by Dr. Megan Mass
- **Child Sexual Abuse** by Dr. Janet Rosenzweig
- **Suicide Prevention** by Dr. Matthew Wintersteen
- **Resilience** by Dr. Leo Flanagan

The Candid Conversation videos can be used in a variety of ways, including:

- Embedded to a website as a resource
- Chapter(s) of a video can be used during in service, SAP conferences, and more
- Used as a foundation to build a parent program around (more details about this will be provided over the next few months)
- Specific chapters could be used in psychology or health classes
- Inform yourself, parents, or colleagues

The videos are accessible through the Jana Marie Foundation YouTube Channel, <https://www.youtube.com/channel/UCQVaHuO799U5I9urNFiE8GA/playlists> (closed captioning available) and shared with school districts, community groups and interested individuals. For more information, contact Jana Marie Foundation, info@janamariefoundation.org.

Sincerely,
Marisa Vicere
Jana Marie Foundation
www.janamariefoundation.org
www.stompersproject.org