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Navigating Mental Health Care for Youth and Older Adults ***Mental Health Experts Present Live Webinars: May 17 & May 31***

Palo Alto, CA - According to the National Institute of Mental Health (NIH), each year tens of millions of Americans face the reality of living with a mental illness. During Mental Health Awareness month, Palo Alto University, which is dedicated to the fields of psychology and counseling, will present [two free virtual events offering](#) practical advice for recognizing the warning signs of mental illness and how to navigate the mental health system to get loved ones the support they need.

The mental health needs of children and adolescents will be addressed on May 17. Helping an older adult who may be showing signs of depression will be the focus on May 31st. Each presentation is open to the public and will conclude with a live question-and-answer session.

May 17, 2023, 6:00 - 7:15 pm PST

[How to Get Your Child or Adolescent the Mental Health Care They Need](#)

Caring for a child or adolescent with a mental health condition can be challenging and often finds parents and caregivers facing confusion as they venture to find help. Navigating the multiple barriers to obtaining help, as well as obstacles of stigma and shame, is often overwhelming.

Join Palo Alto University mental health experts Dr. Darlene Chen, Dr. Rachel Jacoby and licensed marriage and family therapist and director of the Community Health Awareness Center school-based services, Joanne Carson-Young for a live webinar where they will discuss obstacles and pathways to help parents and caregivers identify the appropriate resources and support for their child. They will address how to locate a licensed and trained specialist amid a national mental health workforce shortage. They'll offer tips on navigating the complexities of the mental health system and ways to engage your local school system and other services to find the right match for your child. The program will conclude with a question-and-answer session and provide a tip-sheet of practical advice.

About the Experts

[Rachel P. Jacoby, PhD, LPCC-S \(OH\), NCC, CFLE](#) is a Licensed Professional Clinical Counselor Supervisor. Dr. Jacoby is a visiting faculty member in the Counseling Department at Palo Alto University and president of the [Association of Child and Adolescent Counseling \(ACAC\)](#). She passionately enjoys working with children, adolescents, and their families and has worked in a variety of clinical settings. She is a Certified Family Life Educator (CFLE) and an Autplay

Therapist. Her research interests include clinical work with children impacted by the foster care system, as well as crisis and trauma supervision.

[**Szu-Yu \(Darlene\) Chen, PhD**](#) is an Associate Professor and Associate Department Chair of the MA Counseling Program in the Counseling Department at Palo Alto University. Dr. Chen is a bilingual, licensed professional clinical counselor and registered play therapist. She has primarily worked with children and their families in various settings, including schools, community agencies, and private practice. Her research and presentations focus on play therapy, play-based teacher intervention, multicultural issues in counseling and clinical supervision, and immigrants' mental health issues. She received the 2023 [Association for Multicultural Counseling and Development Advocacy Award](#).

[**Joanna Carson-Young**](#) is a Licensed Marriage and Family Therapist and the Director of School-Based Services at Community Health Awareness Council (CHAC). Within her CHAC role, Carson-Young oversees the mental health prevention and intervention services provided to partner school districts and works collaboratively with CHAC's partners to meet the mental health needs of students. She also oversees CHAC'S marriage and family therapist training program that trains and supports clinicians-to-be. She is passionate about normalizing mental health as part of overall health and bettering the community by addressing emotional well-being and safety. Carson-Young also maintains a small private practice. In her spare time, she enjoys the outdoors and creative arts.

May 31, 6:30 - 7:30 pm PST

[**Depression and Older Adults: Is it Just the Blues or Is Help Needed?**](#)

Getting an older adult who is a family member or close friend to seek and use mental health help can be a challenging task, especially when dealing with depression. Dr. Lisa Brown will discuss factors leading to depression in older adults and why late-life depression can be challenging to recognize. She will review treatment options, barriers to getting help, and how to navigate the mental health system to get the right support. The program will conclude with a question-and-answer session and provide a tip-sheet of practical advice.

About the Expert

Lisa M. Brown, PhD, ABPP is a tenured professor and Director of the Trauma Program and the Risk and Resilience Research Lab at Palo Alto University, and an Adjunct Clinical Professor at Stanford University School of Medicine. Dr. Brown's clinical and research focus is on trauma and resilience, global mental health, aging, and vulnerable populations. As a researcher, she is actively involved in developing and evaluating mental health programs used nationally and internationally, crafting recommendations to protect individuals and communities during catastrophic events, facilitating the participation of key stakeholders, and improving access to resources and services.

About Palo Alto University

Palo Alto University (PAU), a private, non-profit university located in the heart of Northern California's Silicon Valley, is dedicated to addressing pressing and emerging issues in the fields of psychology and counseling that meet the needs of today's diverse society. PAU offers undergraduate and graduate programs that are led by faculty who make significant contributions to their field. Online, hybrid and residential program options are available. PAU was founded in 1975 as the Pacific Graduate School of Psychology and re-incorporated as Palo Alto University in August 2009. PAU is accredited by the Western Association of Schools and Colleges (WASC). PAU's doctoral programs are accredited by the [American Psychological Association](#) (APA) and its master's in counseling programs by the [Council for Accreditation of Counseling & Related Educational Programs](#) (CACREP).

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