

# Embracing Identity: Fostering Positive Emotional Growth in Teens and Young Adults



## ABOUT THIS WEBINAR:

Adolescence is a time when meaningful relationships are at the nexus of social life, education, and mental health. This interactive presentation will focus on how our personal and professional relationships with the youth in our care can foster and support educational and social-emotional development.

## LEARNING OBJECTIVES

In this webinar we will:

1. Define adolescent mental health and its intersection with education
2. Identify strategies to support positive emotional growth and identity exploration
3. Develop ideas for supporting adolescents and their parents/caregivers

## EVENT PAGE:

<https://oneop.org/learn/160048/>

## CONTINUING EDUCATION:

- **Certified Family Life Educators:** This program will be submitted to the National Council on Family Relations (NCFR) for 1.5 CE credit for CFLEs.
- **Family & Consumer Sciences Professionals:** This program is awaiting approval for 1.5 CE credits from the American Association for Family and Consumer Sciences (AAFCS) for CFCS.
- **Social Workers, Licensed Professional Counselors, and Licensed Marriage and Family Therapists:** 1.5 CE credits will be obtained for Social Workers, LPCs, and LMFTs from the University of Texas at Austin, Steve Hicks School of Social Work

## PRESENTER:

**Michael Rovaris, LCSW**

Asst. Professor, Georgetown University Medical School