



October 17, 2005

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**TOWN HALL FORUM AND PANEL DISCUSSION
TO SPOTLIGHT SELF-INJURY IN TEENS ON NOVEMBER 9**

**The Health Collaborative and KLRN Public Television to Provide Community with
Information and Resources on a Growing Problem Among Adolescents and Young Adults*

The Youth Mental Health Council of The Health Collaborative and KLRN Public Television are partnering to present “Self-Injury: The Silent Struggle,” a free town hall forum and panel discussion on the growing problem of self-harm among adolescents and young adults. The event will be from 5:30 to 7:30 p.m. on Wednesday, November 9, at the Dr. Burton Grossman International Conference Center, 847 E. Hildebrand at Highway 281. Light refreshments will be served.

For desperate teenagers overwhelmed with emotions that they cannot express, deliberate self-injury, such as cutting, piercing, scratching, burning and other self-mutilating behaviors, is becoming an increasingly popular and dangerous form of self-expression. The seminar will provide information and resources for parents, school counselors, and others who work with you.

Speakers include Kathy Cunningham, R.N., Southwest Mental Health Center; Dr. Jeannie Von Stultz, director of mental health services at Bexar County Juvenile Probations; and Susan Mengden, Ph.D., therapist in private practice. Lindsey Teeter, a teen who has self-injured, and her mom, Lynn Briones, will share their experiences.

Continuing education credits will be available. Registration is required, and the deadline is November 7. To register, visit www.klrn.org or phone KLRN, 210-270-9000, ext. 2247. For more information on self-injury and details on continuing education credits, visit www.healthcollaborative.net.

“Self-Injury: The Silent Struggle” is the second in a series of three town hall forums focusing on teen mental health. The first, held in September, focused on teen suicide prevention. The third, planned for January 2006, will spotlight binge drinking. The forums are made possible in part through a grant from the National Center for Outreach.

The Youth Mental Health Council of The Health Collaborative is a multi-disciplinary group of community leaders who work to make parents and health care professionals aware of youth mental health issues and of ways to help teens cope. The Health Collaborative is an alliance for community health improvement.

KLRN public television serves a 30-county area in South Texas. Its mission is to use the power of telecommunications to provide quality programs and services that advance education, culture, and community to enrich the lives of people throughout south central Texas.