

**THURSDAY, OCTOBER 28 • 1PM/6PM**

EMPOWERING YOUTH MENTAL HEALTH

DR. ALFIEE BRELAND-NOBLE

MENTAL HEALTH EXPERT

During the pandemic, there was a 31% increase in the numbers of young people in the younger age group showing up in emergency rooms for psychiatric or mental health concerns. The biggest issues were remote schooling, and the isolation and loneliness experienced during the pandemic compounded by the normal pressures of growing up. Data coming out from the CDC shows around 30% to 40% of our young people in this age group are experiencing depressive symptoms and anxious symptoms.

Dr. Alfiee Breland-Noble is an expert in teen, young adult, and family mental health, and is known nationally as a gifted scientist, public speaker, and author. With a primary focus on teens, college students, families, and communities of color, she is recognized for her ability to motivate and inspire by translating complex scientific concepts into everyday language.

Dr. Alfiee is founder of the AAKOMA Project (aakomaproject.org) and spent more than 20 years as a researcher at Duke and Georgetown Medical Centers. Dr. Alfiee's media work includes hosting her video podcast "Couched in Color with Dr. Alfiee" and addresses mental health issues in BIPOC youth and young adults across all marginalized identities.

1 PM High School Student-Only Session
6 PM Community Session- Register at springfieldpublicforum.org

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