

# K.N.O.W. <sup>2</sup> PREVENT

KNOWLEDGE NETWORK OF WESTCHESTER

You can't PREVENT what you don't know!

A WESTCHESTER VIRTUAL SPEAKER SERIES

MONDAY, JAN 24

7-8:30 PM



**Diane DiGiacomo, MD**

Dr. Diane DiGiacomo is a board-certified child and adolescent psychiatrist in private practice in New City, NY for twenty-one years. She is the psychiatrist for the Student Assistance Counseling Center in Tarrytown, where she provides adolescents with psychiatric evaluations and medication management. She has extensive experience working in school systems as a consultant psychiatrist, both in regular and special education settings, in school districts in Rockland and Westchester Counties.

**Typical Teen Moodiness or an Emerging Mental Health Challenge?**

**A Primer for Parents and Caregivers**

*Parents and caring adults don't want to overreact to teen moodiness, yet they also don't want to ignore serious symptoms. This is a timely concern with the Surgeon General's warning about the emerging youth mental health crisis, exacerbated by the COVID-19 pandemic. In fact, depression and anxiety symptoms have doubled since the start of the pandemic, with a rise in emergency department visits by teens for suspected suicide attempts. Parents and caregivers need to know that mental health challenges in young people are treatable, and often preventable. Dr. DiGiacomo will address the developmentally normative signs of moodiness in teens and the red flags for depression and other psychiatric disorders. She will also share tips on how to respond constructively in interactions with your adolescent, as well as how to access professional help, and community and school supports.*



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