

JOIN THE DISCUSSION

2/2/2022 AT 7:00 PM

In the fourth of six in the Let's Talk Community Discussion series for 2021-22, we will talk about **Mental Health and Underage Substance Use**. The relationship between mental health and substance use goes in both directions. Teens who struggle with mental health challenges are more likely to use substances. In turn, teens who use substances may be more likely to experience mental health challenges in the future. Our speakers will talk about how this is impacting local youth and what parents and caregivers can do to help.

Valerie Fowler, MFT, IMH, is a Marin-based clinician whose specialization includes post traumatic stress. Her approach integrates developmental stages, affect regulation, somatic interventions, creative expression and relational dynamics in attachment. In her clinical work she collaborates with parents, caregivers, teachers and physicians who care for infants, children, tweens, teens and adults who suffer from anxiety, depression, PTSD and relational issues. She is also an active member of Marin Healthy Youth Partnerships – participating in local underage substance use prevention.

Meghan Greenwood is a school counselor at San Rafael City Schools. Prior to that, she was a high school teacher, theater director, and debate coach. She has worked with students and their families from pre-k through high school since 2000 and was compelled to move from the classroom to the counseling office after observing the increasing need for stronger mental health services within our schools. For the past three years, Meghan served as the TUPE (Tobacco Use Prevention Education) coordinator at Davidson Middle School and brings her knowledge of youth prevention, intervention, and cessation best practices.

Riya Aghi is a sophomore at Marin Academy. She joined with the Youth Advisory Council to help educate and create solutions for substance use issues young people face.

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