

Child and Adolescent Mental Health



Gaming, Social Media and Mental Wellness

Wednesday, October 23, 2019 | 6:30 p.m. – 8:00 p.m.
University High School (Multi-Purpose Room)
4771 Campus Drive, Irvine, CA 92618
Price: Free

The World Health Organization recently recognized “gaming disorder” as a diagnosable condition. Excessive gaming and focus on social media can cause psychological effects such as irritability, depression, and anxiety. Explore the impact technology has on child and adolescent behavior and brain development at this educational discussion hosted by Hoag and Irvine Unified School District.

Join **Dr. Sina Safahieh**, child and adolescent psychiatrist, to learn the signs for concern; differences between normal behaviors and potentially harmful ones; and what you can do to help.

A panel of mental health experts from ASPIRE at Hoag and Irvine Unified School District will be present to answer questions.

ASPIRE (After School Program for Interventions and Resiliency Education) at Hoag is designed to help young people experiencing emotional and neurobehavioral problems, including depression, anxiety, trauma, grief and other symptoms related to mental health issues.

Featured Speaker



Sina Safahieh, MD

Child and Adolescent Psychiatrist
Program Director, ASPIRE at Hoag

Panelists



Sunghie Okino, Ed.D. - Moderator

Coordinator of Prevention and Intervention
Irvine Unified School District



**Ammar Altowaiji,
LMFT, Hoag**



**Christine Guerrero,
LMFT, IUSD**



**Dave Cook,
LMFT, Hoag**



**Kelly Alexander,
LCSW, IUSD**