Self-Destructive Behavior in Adolescents

What to Watch For and How to Help Self-Destructive Behavior (SDB)

- What are the signs my teen may be engaging in SDB?
- Why would my teenager deliberately engage in SDB?
- How do I avoid making the problem even worse?
- When is it time to get professional help?
- Where do I get it?

From deliberate cutting of the skin, eating disorders, drug abuse, risky driving to suicide attempts. Self-destructive behavior (SDB) in teens has become increasingly common and now begins at an earlier age than ever before. Learn the critical signs and helpful steps that every parent should know.

Registration Options:

1. Register online at oakgov.com/wellness
2. Send your registration via inter-departmental mail to HR/Wellness
3. Fax your registration to (248) 452-9893

To enroll online go to oakgov.com/wellness and click on the Lunch ‘n’ Learn you’d like to attend and follow the instructions to register through the HR Self-Service Training Enrollment section. This class is Course Number WEL187.

For questions, contact Dawn Hunt at huntd@oakgov.com • (248) 858-5473

Self-Destructive Behavior

April 13, 2017
11:30 am – 12:30 pm

Executive Office Building
2100 Pontiac Lake Road, Waterford
East Oakland Conference Center

Jane Alexandra Kessler, M.A., L.L.P, specializes in providing psychological therapy to teens and children with self-destructive behavior as well as mood and anxiety disorders. She has many years of experience presenting to the general public as well as to college students, and is known for her approachable and clear presentation style.