Mental health and wellness are key components in creating a strong foundation for student success. Please join us for an overview of wellness programs and resources available at Viewpoint, hear from well-respected local professionals, and learn about relevant strategies and tools for you and your children. Our goal is to help you navigate the sometimes challenging road of raising children together and with confidence.

Moderator – Robert Bryan, Associate Head of School
Tanya Altmann, M.D. - Pediatrician and Viewpoint School Health Consultant
LeRhonda Greats – Director of Diversity, Inclusion, and Community Life
Laree Henning – School Counselor, Grades 5-8
Leslie Piccioni – Counselor in the Upper School
Evan Simmons - Licensed Marriage and Family Therapist
Samantha Tamburro, Psy.D. – Co-Founder, Engage

Our unrelenting quest for lasting happiness is leading us and our families astray. We anchor our goals in a fleeting feeling that sets us up for failure. Research shows lasting success and contentment aren’t about happiness after all – truly thriving in today’s world requires resilience. The good news is that resilience is a skill we learn, not something we’re born with or without. We know resilience is important, but we have not been trained to access it in our day-to-day life. How we actually become resilient is left out of the conversation. Until now. In this talk, Dr. Zelana will explain what it takes to create a resilient mindset for our children and ourselves, how to shift perceptions, and deliver tools we can use to flourish.

Dr. Zelana Montminy is a renowned behavioral scientist paving the way for mental fitness with a fresh perceptive rooted in the latest research. As a prominent figure in Positive Psychology and one of Maria Shriver’s Architects of Change, she is the author of bestselling 21 Days to Resilience (HarperCollins). Dr. Zelana speaks around the world and is a go-to authority in the media.

SSALA also is offering this presentation on Wednesday, October 2, 2019 at New Roads School, beginning at 7:30 p.m. Look for RSVP details for both presentations in the Weekly Mailer.

Parenting is a constant balancing act of passing down your family’s value system, while allowing children space to develop their own individualized values and beliefs in their journey to adulthood. Increasingly, however, parents have become disconnected from this process, and teenagers are taking roles of parenting one another through social media and other means. How do you re-establish the parent hierarchy while allowing your children healthy boundaries? This is particularly critical when it comes to navigating conversations with your children around substance use. In this thought-provoking session, Colin will reference his work as a family therapist and the necessary role parents play in shaping a child’s experience. He will explore current research on addiction, share insights from his work with teenagers, and provide advice and resources for parents.

Mr. Keller will meet with interested Upper School students the same day.
Beyond Gate-keeping and Screen Time – Helping Children Develop a Healthy Relationship with Media

No matter how effectively we regulate our children’s exposure, media plays a fundamental role in our children’s – and our own – lives. How do we teach children to watch discerningly and foster independent judgement about media content? And, what is the age to start these conversations with our children? In this interactive discussion, we will explore ways to cultivate a healthy relationship with media, one that may ultimately deepen our understanding of and connection to our children.

Susan is a cultural anthropologist with over 18 years of experience in the commercial sector. Specializing in foundational research to establish core human drivers for consumer behavior, Susan has led large-scale, multi-modal research projects for a range of industries, with a concentration in media and entertainment. She is the founder and president of research firm KR&I. She holds an M.A. in Social Anthropology from the University of Texas at Austin, sits on the professional advisory board for UCLA’s Master of Social Science program, and her work has been covered in The New York Times, The Los Angeles Times, Forbes, Variety, and more.

Henry Jenkins III is an American media scholar and Provost Professor of Communication, Journalism, Cinematic Arts, and Education at the University of Southern California. Previously, he was Director of the MIT Comparative Media Studies Program and the Peter de Florez Professor of Humanities. He is the author and/or editor of 20 books on various aspects of media and popular culture, including Textual Poachers: Television Fans and Participatory Culture, From Barbie to Mortal Kombat: Gender and Computer Games, Convergence Culture: Where Old and New Media Collide, By Any Media Necessary: The New Youth Activism, The Children’s Culture Reader, Confronting the Challenges of a Participatory Culture, Reading in a Participatory Culture, and Participatory Culture in a Networked Culture. He has written for Technology Review, Computer Games, Salon, and The Huffington Post.

Sex, Teens and Everything in Between

Please join us for an evening with Shafia Zaloom, one of the country’s leading experts on sexual consent education. Her work has been featured in the New York Times, Washington Post, NPR, Cosmopolitan, and more.

She will be speaking about her new book, Sex, Teens and Everything in Between, which aims to empower parents to have conversations with their children of all developmental ages about a variety of sex and relationship-related topics. Shafia will provide information that young people need if they are to build healthy relationships grounded in authentic connection, appropriate boundaries, healthy vulnerability, and effective communication. Copies of Shafia’s new book will be available for purchase and signing at the event.

Shafia also will speak with our Tenth, Eleventh, and Twelfth Grade students that day.