



## Irvine Prevention Coalition General Meeting

Thursday, May 21, 2015

2:45-4:30PM

Irvine City Hall (corner of Alton and Harvard)

# ENHANCING TEEN STRESS MANAGEMENT SKILLS

Who should come: Parents, School Administrators, Counselors,  
Teachers, Community Members & all interested individuals & agencies.



Please join us May 21<sup>st</sup> for an enlightening look "Behind Happy Faces; A New Approach to Mental Health Education." Take this opportunity to network and catch up on coalition and prevention news and find out the latest trends affecting our youth.

## Behind Happy Faces: A New Approach to Mental Health, Ross Szabo, CEO, Human Power Project

Ross Szabo is a social innovator and CEO of Human Power Project, a company that designs mental health curriculum. He is an award winning speaker, author and Returned Peace Corps Volunteer. Ross has spoken to more than 1 million people about the importance of mental health and provided a positive example to empower them to seek help.

Ross is the co-author of *Behind Happy Faces; Taking Charge of Your Mental Health* and a blogger for The Huffington Post. His pioneering efforts in the mental health field have led to him receiving the 2010 Didi Hirsch Removing the Stigma Leadership Award, 2012 Changing Minds Award and his advocacy work was entered into the Congressional Record. Ross is also featured in *Scientific American's* 2014 psychology textbook.



Ross will share positive steps to help teens manage stress, based on Human Power Project's first curriculum, "Behind Happy Faces." The curriculum is now being utilized by over 30,000 students at UC Irvine, the University of Pennsylvania, Oregon State University, and numerous top private schools

- 2:45-3:00 PM Networking
- 3:00-3:20 PM Introductions/Business Meeting
- 3:20-4:10 PM Training
- 4:10-4:30 PM Announcements

