

K.N.O.W. ² PREVENT

KNOWLEDGE NETWORK OF WESTCHESTER

You can't PREVENT what you don't know!

A WESTCHESTER VIRTUAL SPEAKER SERIES

TUESDAY, MAY 4

7-8:30



Dr. Matt Bellace
Psychologist & Comedian
Author of "A Better High"

Since 1995, Matt Bellace has been a professional speaker and stand-up comedian. Each year, his programs encourage over a hundred thousand youth and adults to pursue "natural highs" and be resilient in the face of stress. Dr. Bellace has a Ph.D. in clinical neuropsychology (the study of the brain and behavior). He worked at the National Institutes of Mental Health and the traumatic brain and spinal cord injury units at Mount Sinai Medical Center in New York City. He's the author of the book, *A Better High*, a contributing author for *National Geographic Kids* and was a recurring comedian on truTV's *World's Dumbest*.

Supporting Teens in Reducing Their Stress (and Ours)

As a clinical psychologist and stand-up comedian, Dr. Bellace uses humor to convey his very powerful message: we need to support young people with both words and actions if we want them to make healthy choices.

In this interactive and entertaining program, participants will gain a better understanding of:

- adolescent brain development and compassion
- how to more effectively communicate with teens around sensitive issues
- how screen time, sleep deprivation and substance use can impact mental health
- the science behind healthy coping mechanisms, such as positive social support, meditation, exercise and other "natural highs"



PRESENTED BY



SUPPORTED BY



REGISTER AT
KNOW2Prevent.org

QUESTIONS?
INFO@KNOW2PREVENT.ORG

