



What is **Normal Teen Behavior** vs. **Warning Signs** of a Mental Health or Substance Abuse Problem?

Will you **recognize the difference** or know what to do next?

Fewer than half of teens with major depression and even fewer with substance abuse problems actually receive treatment.

It can be difficult to differentiate between typical teenage behavior and problems and the symptoms of unhealthy levels of stress, drug or alcohol abuse, or serious emotional difficulties. Come improve your understanding of when your teen might require professional help and learn what to do next.

Date: Tuesday, April 26, 2016

Time: 7:30 – 9:00 pm

Location: WT Woodson High School - Cavalier Hall

Questions? Email lisaross.dc@verizon.net

About the Presenters:

Temitope Oyegbile, MD

Dr. Oyegbile is a Physician (Medical Doctor) who specializes in Psychiatry and sub-specialized in Child & Adolescent Psychiatry. She practices at Dominion Hospital in Falls Church and is the Medical Director of the Dominion Hospital Choices Adolescent Intensive Outpatient Program (IOP) on Arlington Blvd. She also has an outpatient private practice in Tysons Corner. She previously worked at Rochester General Hospital's Genesee Mental Health Center in Rochester, NY.

Claudette Pilger, PsyD

Dr. Pilger is a Clinical Psychologist in private practice who works with teens and adults experiencing mental health challenges. She was previously on the Youth and Family team at Woodburn Community Mental Health Center (Merrifield Center CSB) and also worked with teens with chronic medical illnesses at the Children's Hospital National Medical Center-affiliated HSC Pediatric Center. Dr. Pilger, a W.T. Woodson High School graduate, is active in the community with the National Alliance for Mental Illness and the Community of Solutions.

Sponsored by the Woodson PTSO and the Community of Solutions