

Building Resilience in Youth

Promoting resilience is key to supporting healthy development in youth, yet currently, there is a decline in youth resilience across the United States. About 1 in 4 youth develop a mental health disorder which can lead to poor school outcomes, risky behaviors, self-harm and even suicide. Join us for a rich discussion about trends in adolescent health, and how we, as parents and community members, can help. By supporting youth in developing protective factors, we can bolster their resilience and help them thrive!

TERC WINTER LECTURE

Feb.
7

5:30 – 7:30 p.m.

UC Davis Tahoe Science Center
291 Country Club Dr.,
Incline Village, Nevada

\$5 paid in advance; \$10 at the door.
Refreshments and no-host bar 5:30
p.m., presentation begins at 6 p.m.

Please register for your seat at
<http://tahoe.ucdavis.edu/events/>

Mark Servis, M.D. Psychiatrist is Vice Dean for Medical Education at the UC Davis School of Medicine.

Kathleen Tebb, Ph.D. Developmental Psychologist is an Associate Professor at UC San Francisco in Adolescent and Young Adult Medicine.

Peter Mayfield, Founder/Executive Director Gateway Mountain Center, has been a social entrepreneur and innovator in nature-based youth development for 35 years.



UC Davis Tahoe Environmental Research Center (TERC) is a global research leader providing the science for restoring and sustaining Lake Tahoe and other treasured lakes worldwide. TERC educates the next generation of leaders and inspires environmental stewardship.

Gateway Mountain Center transforms the lives of youth through Nature-based learning and wellness adventures. By reconnecting to self and community, youth of all backgrounds learn, heal, and thrive.