

# You Are Not Alone for Parents and Caregivers: The NAMI Guide to Navigating Your Child's Mental Health

## Christine M. Crawford, MD, MPH

Child Psychiatrist and the Associate Medical Director of the National Alliance on Mental Illness (NAMI).

## Tramaine Presley, Psy.D., LCPC, LMHC

Director of Child, Adolescent, and Family Services at The Family Institute at Northwestern University.

### Monday, November 18, 2024, 7:00 PM

Register: [www.bit.ly/CrawfordFANWebinar](http://www.bit.ly/CrawfordFANWebinar)

### PLUS: After-Hours Event!

Purchase a copy of *You Are Not Alone for Parents and Caregivers* from FAN's partner bookseller The Book Stall to receive a link to an interactive "After-Hours" event hosted by Drs. Crawford and Presley. Details on the Zoom registration form.

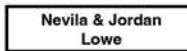


This event is #freeandopentothepublic and will be recorded.  
Suitable for youth 12+

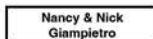
Presented by **FAN** and 62 of our member schools and organizations.  
[familyactionnetwork.net](http://familyactionnetwork.net)



#### SPONSORS



#### PARTNERS



#### SUPPORTERS

The Alliance for Early Childhood + The Anderson Family + Gorton Community Center + Stephanie & Roger Hochschild + Maureen & Collin Kebo Mammel Foundation + The McCall Family + Northwestern University/SESP + Santa Clara University College of Law + Diana Terlato



**FOR IMMEDIATE RELEASE: CHRISTINE M. CRAWFORD, MD, MPH – ON ZOOM**  
**CONTACT:** Lonnie Stonitsch, Executive Director of FAN, lonnie@familyactionnetwork.net

**Monday, November 18, 2024, 7:00 PM, You Are Not Alone for Parents and Caregivers: The NAMI Guide to Navigating Your Child's Mental Health, a FAN webinar featuring Christine M. Crawford, MD, MPH in conversation with Tramaine Presley, Psy.D., LCPC, LMHC. REGISTER: [www.bit.ly/CrawfordFANWebinar](http://www.bit.ly/CrawfordFANWebinar)**

**BONUS AFTER-HOURS EVENT:** Attendees who purchase a copy of *You Are Not Alone for Parents and Caregivers* from FAN's partner bookseller The Book Stall are invited to attend an AFTER-HOURS event hosted by Drs. Crawford and Presley that will start immediately after the webinar. Details on the webinar registration page.

A growing number of children and teens in the U.S. are struggling with mental health conditions, but parents, teachers, and other caregivers are often at a loss when concerns arise for their own child. Are your preschooler's constant tantrums typical for their age, or an indication of a developmental difficulty? Is puberty or depression to blame for your pre-teen's challenging behavior? Is my child in the wrong school, or being influenced by the wrong friends? Am I a bad parent or teacher, or am I overreacting? What exactly should I do?

In *You Are Not Alone for Parents and Caregivers: The NAMI Guide to Navigating Your Child's Mental Health*, child psychiatrist and the National Alliance on Mental Illness (NAMI) associate medical director **Christine M. Crawford, MD, MPH** provides a comprehensive, compassionate, and practical resource for anyone concerned about a child's mental health. Drawing on her own clinical experience and guidance from leading experts, Dr. Crawford provides a lens through which to understand the many complex factors affecting children's mental health. Analyzing young people from preschool to high school, she shares insights into how mental health conditions may manifest at different ages, what kind of interventions may be necessary, and what to do to help kids thrive. Throughout, the book channels the collective wisdom of the NAMI community. Parents, caregivers, and young people themselves share personal stories about their paths to recovery, ensuring readers know that they are not alone.

Dr. Crawford will be in conversation with **Tramaine Presley, Psy.D., LCPC, LMHC**, the director of Child, Adolescent, and Family Services at The Family Institute at Northwestern University. Dr. Presley has worked with children, adults, and families across a variety of clinical settings: private practice, community mental health, residential, schools, college campus, and hospitals.

This event suitable for youth 12+. It will be recorded and available on FAN's website and YouTube channel.

Sponsored by **FAN**, in partnership with The Alliance for Early Childhood, The Avery Coonley School, Baker Demonstration School, Barrington D220, Beacon Academy, Bernard Zell Anshe Emet Day School, Brickton Montessori School, British International School of Chicago/Lincoln Park, British International School of Chicago/South Loop, Catherine Cook School, Chiaravalle Montessori School, Chicago Jewish Day School, Compass Health Center, Countryside Day School, The Cove School, Evanston Scholars, Evanston Township High School D202, The Family Institute at Northwestern University, Family Service Center, Foundation 65, The Frances Xavier Warde School, Francis W. Parker School, Glencoe D35, Glenview Public Library, Gorton Center, Haven Youth and Family Services, Hyde Park Day School, Illinois Student Assistance Commission, Kenilworth D38, Lake Bluff D65, Lake Forest Academy, Lake Forest Community High School D115, Lake Forest Country Day School, Latin School of Chicago, Leo Catholic High School, Libertyville D70, Lycée Français de Chicago, Magnetar Capital, Morgan Park Academy, Near North Montessori School, North Shore Country Day, Northwestern University Office of Neighborhood and Community Relations, Northwestern University School of Education and Social Policy, Pope John XXIII School, Regina Dominican High School, Resurrection College Prep High School, Rogers Park Montessori School, Roycemore School, Sacred Heart Schools, Santa Clara University School of Law, Science & Arts Academy, The Sonia Shankman Orthogenic School, Stevenson High School D125, UChicago Network for College Success, University of Chicago Crown Family School of Social Work, Policy, and Practice, Wilmette D39, Wilmette Public Library, Winnetka D36, Wintrust Financial, Wolcott College Prep, Woodlands Academy, Youth & Opportunity United.