Media Advisory

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SCOE Announces the "Friend to Friend" Student Wellness Conference

Stanislaus County Office of Education's Prevention Programs Department announces the annual "**Friend to Friend" Conference** on **Tuesday, October 6, 2015** at the **Modesto Centre Plaza** (1000 L Street in Modesto) from **8:45 a.m. to 1:30 p.m.**

With a theme of "Share your story," this year's conference will celebrate Mental Health Awareness Week* and focus on student mental health and wellness. According to event coordinators, this conference is expected to be large, with close to 600 middle- and high-school students slated to attend.

"This event offers a fantastic opportunity for students to learn more about wellness and become better equipped to be leaders in their schools," said Vicki Bauman, Prevention Programs Director at SCOE. "We are thrilled to host this event for students in our region."

Students will hear from speakers who have learned to healthfully cope with mental health challenges, and attend breakout sessions on topics such as healthy body image, and the impact of alcohol and drugs on human performance. Students will also be able participate in hands-on, practice-based sessions such as mindfulness and art for wellness. Former teacher turned hardcore band front man, and present day nationally acclaimed speaker Davey Muise will share his empowering story of triumph over mental health challenges–encouraging students to "find their shovels" and then "share their stories" to help others do the same. Davey Muise will deliver the keynote from 9 to 9:45 a.m.

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* Mental Health Awareness Week is organized by California's Each Mind Matters Campaign to encourage communities to come together and spread awareness about the importance of mental health and to show their support for the issue.