

Starting the Conversation:

A group to eliminate the stigma of childhood mental health problems

What is it?

Caregivers make a lot of decisions about telling others about their child's mental health challenges: whether or not to tell, who to tell, what to say, and how to say it...

Starting the Conversation (STC) is a 4-session program that gives parents the tools to make these decisions for their own family:

- ✓ Weigh the costs & benefits of disclosing
- ✓ Learn ways to disclose
- ✓ Develop your own disclosure story



We need Parents to help our Study!

We are studying whether or not this STC group program is effective in helping caregivers make these decisions.

If you participate, you will be asked to fill out some surveys about yourself, your child, and your feelings about or experiences of disclosing your child's challenges at 3 different times. **Participants who complete all surveys are given \$80 in Amazon gift cards.**

Participants will either attend a group soon after the study starts, or be assigned to a wait-list before attending the group.

Who can participate?

Caregivers of a 3- to 10- year old child with mental health challenges (e.g., ADHD, anxiety disorder).

Who do you contact?

If you are interested, please contact *Kimberlee Coronado* at 262-777-1141 or kleecoronado@gmail.com for more information.