



health, safety and equity in education

Learn More on Hot Topic of the Year: Adolescent Sleep

Free webinars being offered in the region

Ohio Sep 22, 2016

Health organizations are collaborating to offer free webinars October 4th and 25th on the hot topic of the year, adolescent sleep, to professionals and the public in the Ohio, Indiana, Illinois, Michigan, Minnesota, and Wisconsin region. Adolescents are the most sleep-deprived age group in the nation, with significant implications on their health, mental health, safety, and learning.

The U.S. Department of Health and Human Services Region V Adolescent Health Network, which serves the six-state area, is partnering with national non-profit Start School Later, the Ohio chapter of the American Academy of Pediatrics, and the Ohio Adolescent Health Partnership to provide these educational sessions titled “Zzz’s to A’s: Supporting Sleep for Better-Functioning Adolescents.” The webinars are open to any stakeholder in adolescent health including medical providers, mental health clinicians, educators, policy-makers, and community advocates.

The first session will provide an overview of adolescent sleep needs and the impacts of chronic insufficient sleep. The second session will focus on what clinicians and community members can do to support healthy sleep at the individual and societal levels. Both sessions will be facilitated by licensed social worker Stacy Simera, a mental health practitioner who also serves as communications director for Start School Later and serves as chair of the sleep committee for the Ohio Adolescent Health Partnership.

“Whether you’re a pediatrician, social worker, superintendent, school nurse, or state representative – there is much you can do to improve the health of our current and future generations of adolescents,” states Simera. “We’ve learned the hard way that chronic sleep loss produces negative outcomes, but if we work together we can turn the tide.”

Both sessions will be held at 12:15 p.m. Eastern Time. Participation in the webinars is free, however pre-registration is required. Registration information can be found on the Ohio Adolescent Health Partnership website: www.OhioAdolescentHealth.org/newsworthy or via the website of Start School Later: www.StartSchoolLater.net/start-school-later-at-work.

Start School Later is a 501(c)(3) nonprofit organization working to ensure school start times compatible with health, safety, education, and equity. Visit their website at: <http://www.startschoollater.net>.

Contact: Stacy Simera, Communications Director

Email: stacy@startschoollater.net

Tel: 330-389-9133

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