

**SAVE THE DATE**



# SOCIAL MEDIA, SUBSTANCE USE, AND MENTAL HEALTH

**MONDAY, MARCH 2, 2026 6-7PM**

- ✓ **Event will be held virtually** (a link will be sent out closer to the event date)
- ✓ **Event Watch Party @ Lodi OSC & Elementary School** (101 School Street, Lodi)
- ✓ **You are invited** to watch the presentation at our watch party which will take place in the LMC. A short discussion will take place after the presentation.



Child care will be provided during the event! Children can enjoy a movie at the Elementary School's Little Theater.

## EVENT INFORMATION

Social media is a permanent fixture in our world and while there are positive aspects to it, there are also negative and potentially deadly effects related to substance use and mental health. Parents/guardians and other caring adults need to be aware of those effects and work to address risk and protective factors around the intersection. This session will discuss emerging data related to the intersection of the three topics, as well as delve into ways to address risk and protective factors and incorporate strategies to protect young people.

## LEARNING OBJECTIVES

1. Explore the emerging data connecting social media, substance use, and mental health.
2. Discuss how prevention and awareness can make an impact around the intersection, including what risk and protective factors are at play.
3. Identify and incorporate effective strategies to address this evolving issue, including advocating for policies.



## ABOUT THE PRESENTER

Rikki Barton has a passion for moving individuals and communities onward in their goals. She is the CEO/Lead Consultant of Onward Consulting and is a Certified Prevention Specialist. Rikki has over 16 years of prevention field experience and currently serves as a consultant to assist organizations, coalitions, and state/federal agencies in the areas of substance use prevention, suicide prevention, and mental health promotion. She is a national trainer for various federal agencies and organizations and is enthusiastic about youth engagement in prevention, professional development and retention in the field, and climbing really big mountains.



## REGISTER ONLINE

<https://forms.gle/cvzobuE4yJuh6oLd9>

## CONTACT RIKKI



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## EVENT QUESTIONS?

Email Bryan Bilse, LCAT Program Director, at [bilsebr@lodischoolswi.org](mailto:bilsebr@lodischoolswi.org)