



# A Digital World: Youth, Technology, Social Media, Drugs, & Mental Health

## Full Day Training

### ISAT-C Training

Are social media and technology issues becoming prevalent with the clients you treat? Are you challenged with keeping up to date with the latest technology, apps and trends that are making their way into your treatment sessions? This training defines categories of social networking that therapists, counselors, and other clinical professionals who work with children and teens should be knowledgeable of as well as the impact they have on their clients well-being.

The training will provide an overview of common social media behaviors related to: image sharing, untraceable texting/sexting, internet predators, anonymous apps, video chatting, drug and alcohol, depression, anxiety, eating disorders, self-harm and suicide. The most currently used social media sites such as Instagram, Tumblr, Kik, Snapchat and [Ask.fm](http://ask.fm) will be defined and youth culture and mental health practices on these sites/apps will be discussed.

Attendees' will learn to use the iSAT-C (Internet/Social media Assessment Tool-Counselor version) tool to assess social media and mental health concerns. The assessment tool results can then be used to develop and implement treatment plan goals.

Please [click here](#) to connect with Shape the Sky if you are interested in the iSAT-C training for your group or agency.



Ryan Klingensmith began his career in 1994, working for an inpatient psychiatric hospital with teens diagnosed with a mental health disorder. Mr. Klingensmith has worked in group homes, Residential Treatment Facilities, and youth shelters. In 2010, Mr. Klingensmith started providing outpatient mental health therapy for youth. He also began working in Student Assistance Programs (SAPs) in middle and high schools, helping to identify at-risk students and provide them with mental health and drug/alcohol prevention referral services. In his work, Mr. Klingensmith began classroom prevention presentations regarding youth social media culture and saw the positive effect on students, both in private practice and within schools. Currently he provides Educational Mentoring for a school district working with students K-12. He also provides social media training for parents, counselors, educators, community groups, law enforcement, and any other adults helping to shape the lives of youth. For more information on Mr. Klingensmith's initiatives, visit [shapethesky.org](http://shapethesky.org) and/or the Facebook page at <https://www.facebook.com/shapethesky/>.

***"Kids have the knowledge to use the technology, but sometimes lack the wisdom to use it. Adults have the wisdom to use the technology, but sometimes lack the knowledge to use it. My goal is to connect knowledge with wisdom."***

**~ Ryan Klingensmith**