

Teens and Tech

Navigating a Digital Landscape



Gain a deeper understanding of how teens interact with their screens.

As technology and our lives become increasingly intertwined, teens are turning to social media to create connections and explore their sense of identity. Join North Range Behavioral Health clinicians for a presentation about teens, technology, and mental health. The team will offer strategies on how to provide psychoeducation for parent and teen clients who struggle with technology use. You will learn tips to help parents reframe their thoughts on their teens and tech and talking points to navigate important conversations.

Presentation Outline:

- Introduction
 - Summarizing some benefits and risks of social media
- Myth or Fact?
 - Debunking common social media myths and providing tech research
- Social Media and Relationship
 - Providing some insight on the complicated social lives of teens
 - Discussing the intersection of adolescent development and social media
 - Understanding the difficulties of boundary setting and crisis support
 - Uncovering motivations behind sexting
- Factors to Educate Parents On
 - Understanding the adolescent brain
 - Viewing adolescents with the Orchid vs Dandelion lens
 - Unpacking the different types of agency at play for a client
 - Teaching parent's communication skills to foster open conversations
- Conclusion and questions



Notes



Ashley Oxton | Ashley.Oxton@NorthRange.org | 970.313.1174

Ashley Oxton is a Licensed Professional Counselor and a Licensed Addictions Counselor in the state of Colorado. She graduated from the University of Northern Colorado with a degree in Clinician Counseling in 2011. The last 10 years of her career has been working at North Range Behavioral Health where she began on the Youth and Family Outpatient team. Ashley was promoted to Program Director for the West Greeley and Windsor Counseling Centers in 2022.



Miranda Jankowski | Miranda.Jankowski@NorthRange.org | 970.313.1165

Miranda Jankowski is a Licensed Professional Counselor in the state of Colorado. She works in community mental health with North Range Behavioral Health. Miranda went to the University of Wisconsin-Stout and obtained her Master of Science in Clinical Mental Health Counseling with concentrations in Alcohol and Other Drug Abuse and Child and Adolescent Counseling. Currently Miranda works with people ages 12 and up specializing in trauma work.



Julia Kallis | Julia.Kallis@NorthRange.org | 970.350.5369

Julia Kallis works at North Range Behavioral as a case manager at the Counseling Centers at Windsor and West Greeley. She graduated cum laude from Colorado State University in May 2021 and is excited to return to campus to start her master's in Marriage and Family Therapy this fall. Julia is passionate about attachment-based therapy and childhood trauma, as well as somatic-based therapy.