

# New Jersey Society for Clinical Social Work Presents



## “Social Media and Our Youth”

Presented by Andrew Walsh, MSW, MHRM, LCSW

**2 Clinical CEUs** provided by the NJSCSW, a recognized provider of Continuing Education Units by the NJ State Board of Social Work Examiners (The workshop will be via ZOOM: online workshop)

*CEUs are Free to Members, \$60.00 for Non-Members (if no CEUs needed, attendance is free, donations welcome)*

**Date:** Sunday, Oct 17, 2021

**Time:** 11:00 AM – 1:00 PM

Rates of depression, loneliness, and anxiety are increasing in youth in the United States. Suicide is now the 2<sup>nd</sup> leading cause of death among adolescents and young adults. Researchers have determined that one factor contributing to the dramatic decrease in the overall emotional well-being of youth in the United States is social media. This workshop will explore the history of the social media industry. A historical analysis helps shed light on explaining the complicated relationship between social media and the world overall. This analysis will look at industry-wide practices that help explain how social media platform design lends itself to excessive use.

**Educational Objectives:** Upon completion of this activity, participants will be able to:

1. Describe the psychological principles used in designing social media.
2. Learn how social media impacts behavioral health and well-being.
3. List two interventions to decrease adverse effect of social media on well-being.

Andrew Walsh is a therapist, writer, advisor, and researcher. For the past four years Andrew has focused on issues that youth and young adults face. He is a faculty member of the Rutgers Summer School of Alcohol Studies. Andrew's book *Video Game Addiction 101: The Latest Behavioral Disorder* was published in 2019. He works extensively as a presenter speaking at conferences, schools, and professional organizations. Andrew holds two master's degrees from Rutgers.

**Mission and Goals.** Promote professional excellence through affordable seminars, peer support and mentoring, journals, and newsletters. Protect the rights of Clinical Social Workers and their clients by monitoring the activities of HMOs, Insurance Plans and Legislative action and advocating on their behalf. Actively work to promote and enhance the image of Clinical Social Work and the development/enhancement of prerogatives for Clinical Social Workers and their clients in keeping with standards set for other mental health professionals.

**Membership includes 8 hours of free CEU seminars per year**

**Cost:** No charge for NJSCSW members to attend the workshop, \$60 fee for non-members

**RSVP:** Email: Jan Markham at [jan@1destin.com](mailto:jan@1destin.com)

*\*\* Please provide contact information (email/phone #) and membership info w/your RSVP. \*\**

**The ZOOM online workshop instructions will be emailed to you prior to the workshop.**