

## The Digital Age and Its Impact on Youth Mental Health

**DATE & TIME:**

**March 19, 2026**

**1:00PM – 4:00PM**

***Sign-in begins 15 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.***

**PLACE:** Web Broadcast – MS TEAMS

**REGISTRATION:** <https://eventshub.dmh.lacounty.gov>

**DESCRIPTION:** This training will equip educators, mental health professionals, and community leaders with culturally competent strategies to address the mental health challenges faced by youth in today's technology-driven world. With constant exposure to unfiltered information through social media, entertainment, and news, many young people are experiencing heightened levels of stress, anxiety, and lack of focus. This training explores how these challenges disproportionately affect Black, Indigenous and People of Color (BIPOC) youth and marginalized communities, offering culturally inclusive solutions to mitigate the mental health effects of the digital age. This training integrates therapeutic art and gardening activities, which serve as powerful tools to combat digital overload, promote emotional regulation, and build resilience. Participants will learn how to use these activities to create mindful, reflective spaces that foster cultural connections and enhance cognitive resilience, helping youth manage the flood of digital stimuli they encounter every day. By incorporating therapeutic art and gardening activities, this training provides a holistic approach to mental wellness that fosters self-awareness, resilience, and community connections.

**TARGET AUDIENCE:** DMH staff rendering services to children and youth in the child welfare system and/or the community.

**OBJECTIVES:** As a result of attending this training, participants should be able to:

1. Discuss the impact of the digital age on youth mental health through a culturally competent lens.
2. Describe culturally relevant art and gardening practices as tools for enhancing focus and emotional regulation.
3. Identify culturally responsive strategies for reducing digital overload and building resilience.

**CONDUCTED BY:** Nakeya T. Fields, LCSW, PPS

**COORDINATED BY:** Brian Yager, Mental Health Training Coordinator  
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**DEADLINE:** March 19, 2026

**CONTINUING EDUCATION:** 3.0 hours for BBS, BRN, CCAPP-EI  
3.0 CE for Psychologist

**COST:** None