



# THE ART OF ONE

# LOS ANGELES YOUTH TAKE ACTION!

## THE ACTION THE EVENT

The Los Angeles Department of Mental Health and ONE Recovery are honored to present this special event: **THE ART OF ONE**.

We have come together to showcase the powerful and personal artistic works of our **youth**, who are choosing to **TAKE ACTION**—for themselves, their circles, and their communities—through creative expression. These works reflect the resilience and innate talent of **a generation rising** from the isolation of the pandemic and the upheaval of wildfires, turning adversity into art.

The event also offers **breakout sessions for parents**, professionals, and the community, conducted by leading experts in the fields of social media, device management, addiction, meditation, and mental health.

The **ART OF ONE** is for ALL.

This is an event with a pulse. We want you to show the world how the **Youth of LA Take Action** for their mental health through the arts. We invite and encourage you to submit original works on or **before MAY 5, 2025**:

1. Music. Song/lyric/music. Solo/Band.
2. Art. A sculpture, painting or mixed media.
3. Film Clip/Documentary.
4. Fashion Design.
5. Word. The spoken performance or the written work of poetry.
6. Photography. The image.

See submission details on the backside of this flyer.

## THE DETAIL | DATE: MAY 10TH TIME: 1-6PM AGES: ALL

**LOCATION:** ATC Retreat House MALIBU

**PARKING:** Some Street. Some Valet – no cost to you.

**RSVP** is required as **space is limited**. <https://TheArtofONE.eventbrite.com>

The **music, art and performances will be going on throughout the day** with **food and drink** available at **no cost** as supplies last. The **awareness breakout sessions** with our experts will happen between 2-4PM.

## THE SESSIONS

**LEFT TO THEIR OWN DEVICES.** Dr. Don Grant. Media Psychologist. Internationally renowned expert, researcher, author and thought leader. Attendees will be taught how to identify device-centric risk factors and behaviors. Skills and strategies to support management and good digital citizenship will be offered.

**THE ADDICTIVE MIND.** Dr. Timothy Fong. Esteemed Clinical Professor of Psychiatry at the Semel Institute for Neuroscience and Human Behavior at UCLA. Attendees will be invited into dialogue on the risk factors and behaviors related to gambling, gaming and cannabis use.

**THE PARENT TRAP.** Candy Finnigan. Interventionist. A&Es Intervention. Author. Advocate. Attendees will identify behaviors in their teens who may be engaging in high-risk use behaviors. Resources and recommendations offered.



LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
hope. recovery. wellbeing.

