



JOIN THE DDD BEHAVIORAL HEALTH ADMINISTRATION VIRTUAL LUNCH AND LEARN EVENT - NOVEMBER 19

Target Audience - Qualified Vendors and Providers

Transmittal Date - 10/16/2025

The Division of Developmental Disabilities is hosting monthly Lunch and Learn Sessions.

Next Session:

- **Date:** Wednesday, November 19, 2025, from 12:00 p.m. to 1:00 p.m.
- **Topic:** The Impact of Social Media on Mental Health and Addiction
- **Presenter:** Thomas Walter, MS, LAC, LIAC, Behavioral Health Program Specialist, Phoenix Area Indian Health Service
- [Register in advance](#)
 - A confirmation email will be sent to the email address registered with the option to add the event as a calendar listing on the user's default calendar application. Users who experience a delay in receiving the email should check their spam folder.

Session Description:

Understand how the amount of time spent on social media impacts mental health. Recognize the ways social media algorithms connect users to illicit drugs. Identify ways to use social media while reducing mental health and addiction risks.