



# NAMI Tri-Valley

## General Meeting

Presents



### A Lesson in Humility: Raising a Troubled Child as a Child Psychologist

**Judith R. Mathews, MPH, PhD**  
*Retired Child Psychologist*

**Tuesday, April 8th, 2025**  
**7:00 p.m. to 8:30 p.m.**

**This presentation will be given on Zoom.**  
**To participate, please access the following link:**

<https://us02web.zoom.us/j/89649596577?pwd=a0FhdnBnSW90QVJIT2xZcUg4dDJEQT09>

**Meeting ID:** 896 4959 6577 / **Passcode:** 637136

*For further information, contact Armine Matentsian at 408-836-0851*

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During our April General Meeting, Dr. Judy R. Mathews will relate the challenges of raising a troubled child who was later diagnosed with schizoaffective disorder. Of particular challenge was the process of examining why, as a child psychologist, she could not fix her own child and how she could rationalize continuing to help other parents fix their own children. With no experience in adult psychology or in severe mental illness, she will describe the process of adapting to her son's adult needs.

Judy is a retired child psychologist, who received her PhD in Developmental and Child Psychology from University of Kansas in 1988 and her MPH in Global Public Health from University of Nebraska Medical Center in 2008. She worked in various medical centers for 35 years and expanded her career into teaching high-risk adolescent girls to become change agents in their own community. She lives in Newark CA with her 35-year-old son diagnosed with schizoaffective disorder and is a board member of Alameda County NAMI.