

2021 CHILD, ADOLESCENT & TRANSITION AGE YOUTH MENTAL HEALTH CONFERENCE



8:30 a.m. to 5:15 p.m. EST
Friday, February 5, 2021

SCHEDULE

8:30 A.M. - 8:45 A.M. WELCOME

Charma D. Dudley, PhD, FPPR, Associate Director of Behavioral Health Services at Beacon Health Options; Board of Directors, NAMI National; Chair, NAMI Board Work Group on Diversity, Equity and Inclusion; Board President, NAMI Keystone Pennsylvania

8:45 A.M. - 9:00 A.M. OPENING REMARKS

Daniel H. Gillison, Jr., CEO, National Alliance on Mental Illness

9:00 A.M. - 10:30 A.M. OPENING KEYNOTE

"Coronavirus Pandemic: Coping Strategies for Youth with a History of Complex Trauma"

Jana Pressley, PsyD, Director of Clinical Services, Complex Trauma Treatment Center Boston; Senior Training Associate, Foundation Trust.

10:30 A.M. - 10:45 A.M. EXHIBIT HALL OPEN

10:45 A.M. - 12:15 P.M. PANEL DISCUSSION

"The Path Forward: Addressing Suicide Prevention and Mental Health Education for Marginalized Youth"

Moderator: Daniel H. Gillison, Jr., CEO, National Alliance on Mental Illness

Panelists: Michelle M. Johns, MPH, PhD, Health Scientist, Division of Adolescent and School Health, Centers for Disease Control and Prevention; Dr. Alfiere Breland-Noble, Psychologist, Founder of the ACCOMA Project; Nikki Pitre, Exec. Director, Center for Native American Youth, Aspen Institute

12:15 P.M. - 12:45 P.M. EXHIBIT HALL OPEN

12:45 P.M. - 1:00 P.M. YOUTH MENTAL HEALTH LEADERSHIP AWARD PRESENTATION

1:00 P.M. - 2:15 P.M. BREAKOUT SESSION ONE

- 1. Effective Parenting Strategies for Working With LGBTQIA+/SGL Youth*
- 2. Anxiety...I'm So Done With You! Social Media's Influence on Teens' Sense of Self*
- 3. Building Adolescent Self-Efficacy and Resilience Through Social Action*
- 4. Utilization of Project ECHO to Address Adolescent Alcohol and Substance Use by Training School Personnel and Primary Care Providers to Screen, Briefly Intervene, and Refer Adolescents to Treatment*

2:15 P.M. – 2:30 P.M. EXHIBIT HALL OPEN

2:30 P.M. – 3:45 P.M. BREAKOUT SESSION TWO

5. "Hello? Do you see me?" – Increasing Visibility and Inclusivity of LGBTQIA+/SGL Youth, Starting With the Classroom
6. Threat Assessment: Balancing Rights, Recovery, and Risk in Violence Prevention
7. Transition Age Youth, Problematic Sexual Behaviors and the Law: What to Expect and How to Prepare
8. Managing the Stigma and Shame Associated with Body-Focused Repetitive Behaviors (BFRB)

3:45 P.M. – 4:00 P.M. EXHIBIT HALL OPEN

4:00 P.M. – 5:15 P.M. CLOSING KEYNOTE

"Re-coding Your Life – Mental Health Fitness for Uncertain Times"

Kai Koerber, Mental Health Activist; UC Berkeley, Chancellor's Advisory Committee on Student Mental Health, Board Member

CONFERENCE ADJOURNED

Since the conference is packed with great information, paid registrants will have access to recorded sessions and presentations for an additional 30 days (March 7) after the Continuing education (CE) period ends.

Continuing education credits (**SW, PSYCH, CEU's**) cannot be earned after the CE period ends at 5:15 p.m. (EST) on Friday, February 5. You must attend the live conference to receive your full credit hours. Partial credit will not be given for this conference.

Those registered for **ACT 48 hours** have until midnight on Sunday, February 14 to earn credit hours for this conference. Although a recorded version of the conference can be viewed up to 30 days following the live conference, after February 14, ACT 48 hours cannot be earned.