CLOSING the GAP

PRIORITIZING THE NEEDS OF TRAUMATIZED YOUTH

FRIDAY, FEBRUARY 5, 2021 | ONLINE
CHILD, ADOLESCENT & TRANSITION AGE YOUTH MENTAL HEALTH CONFERENCE

PRESENTED BY NAMI Pennsylvania
CLOSING THE GAP:
PRIORITIZING THE NEEDS OF TRAUMATIZED YOUTH

There is no shortage of reasons as to why many young people are feeling more stressed out or more anxious than usual these days. Or, why they are feeling more angry, fearful, or uncertain. Because of the global pandemic, schools and sports are in limbo, mask-wearing is the new norm, and virtual meet-ups have replaced in-person get-togethers. And that’s just the beginning. Social injustice and instances of civil unrest have forced parents and caregivers to have difficult conversations with youth of all ages. But the impact of these circumstances varies depending on background, experience, and whether a young person has a history of trauma.

NAMI Keystone Pennsylvania’s annual Child, Adolescent, and Transition Age Youth Mental Health Virtual Conference will examine the intersection between the pandemic and complex trauma, and the role trauma plays in rising suicide rates among marginalized youth. The conference will also feature Kai Koerber, a survivor of the deadly shooting at Marjory Stoneman Douglas High School in Parkland, Florida. Following his traumatic experience, Kai became a passionate advocate for mental health. He is now telling his story and sharing his work that uses technology to help students like him identify and work through negative emotions.

Conference Objectives

At the end of this day-long program, attendees will be able to:

- identify the risk and protective factors of suicide of underserved and marginalized youth (ages 10–24);
- define strategies for supporting trauma-impacted youth in the context of the COVID-19 pandemic;
- identify strategies caregivers can use when communicating with a teen who is experiencing suicidal ideation/behaviors and/or depression;
- apply cognitive strategies and current technology to empower youth to better manage adversity and emotions.
Creating a better future together

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Community Care, a nonprofit behavioral health managed care company, proudly supports NAMI Keystone Pennsylvania.
Hello! Welcome to NAMI Keystone Pennsylvania’s Virtual Child, Adolescent, and Transition Age Youth Mental Health Conference, *Closing the Gap Prioritizing the Needs of Traumatized Youth.*

This is our fifth year hosting a conference dedicated to youth mental health and designed for caregivers, mental health professionals, and educators. Every year, we look forward to finding new research and ideas to share.

This year, planning was different. Not just because of our virtual format, but because of what caused us to make the change, the COVID-19 pandemic. This year was different because our young people are facing a mental health crisis like never before. Never have parents and caregivers had to wonder whether their children were safer learning at school or at home. Never before have our youth, many of whom thrive on routine, been thrust into limbo. And never have they experienced so many changes in how they interact with friends and family.

We are approaching one year since the coronavirus was declared a pandemic and our lives at home, at work, and at school changed drastically. These changes have been hard on all young people, but especially those with a history of depression, anxiety, and trauma as well as other emotional or behavioral health conditions.

Caregivers, mental health professionals, and educators are concerned for their mental health, development, and overall well-being. And while we know this situation isn’t permanent, the effects of the pandemic could be long-lasting so it’s important for us to recognize and address the impact.

We’ve gathered together an amazing group of professionals from across the country who will share their research and expertise with all of us today. I’d like to thank them for presenting and I’d like to thank our sponsors, exhibitors, and attendees for participating.

Your involvement shows your dedication to helping our young people navigate this new normal.

Sincerely,

Christine Michaels, MSHSA
CEO, NAMI Keystone Pennsylvania
Thank you NAMI Keystone Pennsylvania for your commitment to advancing the mental health needs of young children, adolescents, and young adults.

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AHCI is a proud sponsor of NAMI Keystone PA’s Annual Child, Adolescent and Transition Age Youth Mental Health Conference

We applaud NAMI Keystone PA’s efforts in combatting stigma and providing a voice for families, consumers and friends of those living with mental illness.
2021 CHILD, ADOLESCENT & TRANSITION AGE YOUTH MENTAL HEALTH CONFERENCE

SCHEDULE

8:30 A.M. - 8:45 A.M.  A MESSAGE FROM OUR CEO AND WELCOME REMARKS
Christine Michaels, MSHSA, CEO, 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. Alfiee Breland-Noble, Psychologist, Founder of the AAKOMA 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
NAMI Keystone Pennsylvania would like to congratulate our 2021 Youth Mental Health Leadership Award recipient, Abigail Rickin-Marks. Abby, a senior in the Fox Chapel Area School District in Pittsburgh, received four nominations for her tireless work in her school and the community to raise mental health awareness and reduce stigma.
1:00 P.M. – 2:15 P.M.  BREAKOUT SESSION ONE

1A. Effective Parenting Strategies for Working With LGBTQIA+/SGL Youth (P/C, Ed/SP)  
Joel Brecht MA, CRC, LPC, Board President and Trainer, Keystone Pride Resources Institute; Paul Cannon, MSEd, LPC, NCC, Treasurer and Trainer, Keystone Pride Resources Institute

1B. Anxiety...I’m So Done With You! Social Media’s Influence on Teens’ Sense of Self (P/C; Ed/SP)  
Jodi Aman, LCSW, Jodi Aman Counseling

1C. Building Adolescent Self-Efficacy and Resilience Through Social Action (Ed/SP; MHP)  
Dayna Sedillo-Hamann, LMSW, Henry Street Settlement

1D. School Personnel and Primary Care Providers to Screen, Briefly Intervene, and Refer Adolescents to Treatment (Ed/SP; MHP)  
Kara Shifler Bowers, RD, MPA, Project Manager, Penn State Project ECHO, Penn State College of Medicine; McKellah Deegan, BA, Penn State Project ECHO, Penn State College of Medicine

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

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

2E. “Hello? Do you see me?”—Increasing Visibility and Inclusivity of LGBTQIA+/SGL Youth, Starting With the Classroom (Ed/SP; MHP)  
Samantha Goldberg, MSW, LCSW, Founder of Open Space Counseling, Consulting & Wellness

2F. Threat Assessment: Balancing Rights, Recovery, and Risk in Violence Prevention (Ed/SP)  
Jack Rozel, MD, MSL; resolve Crisis Services of UPMC Western Psychiatric Hospital

2G. Transition Age Youth, Problematic Sexual Behaviors, and the Law: What to Expect and How to Prepare (P/C; MHP)  
Ricky Moody, MS, CSOTP, CCCJS, CAADC, Pittsburgh Mercy, Ambulatory Supervisor, Justice-Informed Care Outpatient Unit

2H. Managing the Stigma and Shame Associated with Body-Focused Repetitive Behaviors (P/C; Ed/SP; MHP)  
Chaille DeFaria PCC, CDWF, Professional Behavioral Coach

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

This conference will be recorded and made available to registered attendees only for 30 days following the conference. Thank you for attending.
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