

## Conference at a Glance

During breaks, please visit the community providers and organizations displaying helpful information to increase awareness of the services they offer to individuals and families affected by mental illness.

<b>7:45 am – 8:45 am</b>	Registration   Continental Breakfast   Exhibitor Hall Open
<b>8:45 am – 9:00 am</b>	Welcome and Opening Remarks Christine Michaels, MSHSA, CEO, NAMI Keystone PA Kathy Testoni, Board President, NAMI Keystone PA
<b>9:00 am – 10:00 am</b>	Keynote Presentation   <i>Perfectionism &amp; Mental Health: Current Data and Our Role as a Community</i> Alexandra Salerno, LPC, NCC, Peak Performance Specialist, KPEX Consulting
<b>10:00 am – 10:15 am</b>	Break   Exhibitor Hall Open
<b>10:15 am – 11:00 am</b>	Morning Plenary Presentation   <i>Perfectionism Paralyzes Potential</i> Olivia Lubarsky, former NCAA Division 1 gymnast; JD Candidate, American University Washington College of Law; TEDx Speaker
<b>11:00 am – 12:00 pm</b>	<i>A Guided Discussion: Helping Youth Process Pressure</i> <b><u>Moderator</u></b> Charma D. Dudley, PhD, FPPR, Associate Director of Behavioral Health Services, Beacon Health Options; Board Vice President, NAMI Keystone Pennsylvania <b><u>Panelists</u></b> <ul style="list-style-type: none"><li>• Alexandra Salerno, LPC, NCC, Peak Performance Specialist, KPEX Consulting</li><li>• Olivia Lubarsky, former NCAA Division 1 gymnast; JD Candidate, American University Washington College of Law; TEDx Speaker</li><li>• Donald Holl, Athletic Director, Gateway School District; Head Football Coach, Gateway High School; Former Football Player, United States Naval Academy</li><li>• Libby Mascaro, Parent; Coach, Beadling Soccer Club, Girls Academy League; Former Division 1 Soccer Player, Penn State University</li></ul>

**12:00 pm – 1:00 pm** Buffet Luncheon | Presentation of the 2023 Youth Mental Health Leadership Award | Exhibitor Hall Open

**1:00 pm – 1:15 pm** Break | Exhibitor Hall Open

**1:15 pm – 2:30 pm** Workshop Session One

1. The Perfect Teen: The Use of Self-Compassion to Respond to Perfectionism in Adolescents (P/C, Ed/SP, MHP, S)
2. LGBTQIA+ Mental Health: A Frank Discussion About Child Welfare, Implications for Practice and Practical Application (Ed/SP, MHP)
3. Engaging Youth in Digital Mental Health Interventions (Ed/SP, MHP)
4. Addressing Cultural Barriers to Treatment: How to Be Respectfully Curious When Working With Families (P/C, Ed/SP, MHP, S)
5. Helping or Hurting? Pushing Back on the Changing Culture of Youth Sports (P/C, Ed/SP, MHP, S)
6. Vaping, Nicotine and Tobacco: What They Don't Want You To Know (P/C, Ed/SP, MHP, S)

**2:30 pm – 2:45 pm** Break | Exhibitor Hall Open

**2:45 pm – 4:00 pm** Workshop Session Two

7. Mindfulness: Youth-Led and Youth Initiatives (P/C, Ed/SP, MHP, S)
8. Applied Tabletop Role-Playing Games: Change Through Play (P/C, Ed/SP, MHP, S)
9. Trauma-Informed Coaching at All Levels of Play: Protecting Our Youth From Future Adversity (P/C, Ed/SP, MHP, S)
10. The Impact of Poverty and Adverse Childhood Experiences (ACEs) On Child, Family, and Community Mental Health (P/C, Ed/SP, MHP, S)
11. Promoting Spiritual Care and Holistic Healing for Supporting Loss and Grief for Young Children and Families (P/C, Ed/SP, MHP, S)
12. Providing Mental Health Supports in Schools With Acute Trauma: A Case Study (P/C, Ed/SP, MHP, S)

At the conclusion of the conference, participants getting Continuing Education Credits must sign out at the registration table. Certificates of attendance will also be available.