

Changing The Conversation on Youth Mental Health

From Crisis To Prevention

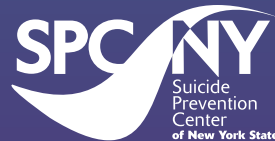
New York State

2023

Suicide Prevention Conference



Office of
Mental Health



8:15am - 8:45am

Check-In

8:45am – 9:00am

Welcome

9:00am – 10:00am
Welcome Plenary

**Let's Go! Community Based Approaches To
Building Teen Resilience**



Lena Green, DSW, LCSW

VIEW THE PRESENTATION

Executive Director of the HOPE Center Harlem

This session will explore a framework for providing tools that clinicians, parents and educators can use to support teen mental health and resilience in community-based settings. Dr. Green will highlight innovative programming supporting youth mental health and suicide prevention at the Hope Center in Harlem, including a nationally recognized program called THRIVE.

10:00am - 10:20am

Fred Meservey Lifetime Achievement Award



Ann Marie Sullivan, M.D.

Commissioner of the New York State Office of Mental Health

New York State Office of Mental Health Commissioner Ann Marie Sullivan, M.D. will present the Fred Meservey Lifetime Achievement Award.

10:20am – 10:30am

Break

10:30am – 11:30am

Youth Bridging The Gap

Youth Panel

Hear Youth Voices!



Isaiah Santiago

VIEW THE PRESENTATION

Panel Facilitator, Rochester School Commissioner-Elect

Uniquely positioned to take in the wisdom of older generations and draw on their experience living through a global youth mental health pandemic, Youth Voices must be heard in the conversation of how best to support youth mental health. Isaiah Santiago, a 19-year-old youth advocate recently elected to the Rochester City School Board, will facilitate a diverse panel of young adults who will share their views on what it will take to support youth mental wellness in their communities.



Onyx Walker

Youth Panelist



Kristin Rivera

Youth Panelist



Jada Gardener

Youth Panelist



Ashton Daley

Youth Panelist

11:30am – 12:30pm
Adult Supports Panel

Fostering Family Resilience



Tiara Springer-Love, LMSW
Director at Youth Power

[VIEW THE PRESENTATION](#)

Join our diverse panel of parents who have experienced the New York State Mental Health system firsthand. Through their stories, gain valuable insights into navigating youth mental health challenges. Also hear from a researcher from the Born This Way Foundation who has been evaluating what makes a difference to youth and families. Discover practical strategies for communication, early recognition, and resilience-building within your family. Empower yourself to make a positive impact on your family's mental wellness journey.



Simcha Weinstein
Diversity, Equity, and Inclusion (DEI) Coordinator at Families Together in New York State



TJ Curtis
Program Coordinator at Families on The Move



Stephanie Marquesano
Founder and President of The Harris Project



Claudia-Santi Fernandez, Ed.D., LPC, MCHES
Director of Research & Evaluation at Born This Way Foundation

12:30pm – 1:00pm

Lunch

1:00pm – 2:00pm
Afternoon Plenary
Hear Youth Voices!

Suicide Prevention & Mental Health Education Through Art & Storytelling



Stan Collins

VIEW THE PRESENTATION

Co-Founder of Directing Change



Emma Spiekerman

Program Manager of Directing Change

The Directing Change Team will discuss an innovative approach to preparing young people to recognize and respond to a peer in distress by taking participants through an abbreviated experience of the program and curriculum. The Program engages youth to learn about suicide prevention and mental health delivered through art and film contests and is coming to New York.

Finalists for student-produced short films will be shown and youth in attendance will be able to vote for the best short film.

2:00pm – 3:00pm
Keynote

Connection, Community & Compassion: Practical Thoughts On Understanding & Addressing The Ongoing Crisis In Youth Mental Health



Matt Biel, M.D.

VIEW THE PRESENTATION

Professor, Vice Chair & Division Chief of Child & Adolescent Psychiatry at Georgetown University Medical Center and MedStar Georgetown University Hospital

The most recent high school student survey data released earlier this year from the CDC and a mental health advisory from the Surgeon General point to a real crisis in youth mental health. But thankfully there are things we all can do to address this crisis. Dr. Biel will draw on his clinical experience caring for youth and families and the latest wellness research to offer practical steps towards improving youth mental health at school, community, and family levels.

3:00pm – 3:15pm

Afternoon Break

Workshop #1:

VIEW THE PRESENTATION

3:15pm – 4:45pm
Hear Youth Voices!

Workshop #1
What Schools & Families Can Do To Support
LGBTQ+ Students?



Mike Paff, D.Ed.

School Psychologist, Highland Central School District



Victor Rose, LSW

*Associate in Instructional Services for School Social Work,
New York State Education Department*



Lilly Fiscus

President of Spectrum Club at Caledonia-Mumford High School

LGBTQ+ youth are at increased risk for mental health challenges and suicide. The focus of this discussion will be what families and schools can do to support LGBTQ+ youth mental health. Dr. Michael Paff testified before the Board of Regents on this topic earlier this year. Victor Rose contributed to new guidance issued from NYSED on “Creating a Safe, Support, and Affirming School Environment for Transgender and Gender Expansive Youth” in June 2023. Lilly Fiscus (she/their) is president of the Spectrum Club at Caledonia-Mumford High School. Learn about best practices and legal rights in an interactive session that includes a youth discussion.

Workshop #2:

VIEW THE PRESENTATION

3:15pm – 4:45pm

Focus Audience: schools, teachers, mental health professionals working in schools

Workshop #2:

Permission To Feel: The Power Of Emotional Intelligence To Achieve Well-Being At Home, School & In Life



Marc Brackett, Ph.D.

Director of the Yale Center for Emotional Intelligence and Professor at the Yale Child Study Center and Yale University Emotions Matter

The fields of emotional intelligence, well-being, and social and emotional learning (SEL) have been in existence for 35+ years, yet the mental well-being of children (and adults) is shockingly poor. With participation from a principal, teacher, and student at a school in New York that has worked with Dr. Brackett, he will share his Center's insights and research findings about what can be done at home, schools, and using technology to ensure this and future generations of children (and adults) develop the emotional skills they need to navigate their complex emotional lives and have greater mental health and well-being. He will be joined by at least one New York State school that has implemented his program.

Workshop #3:

VIEW THE PRESENTATION

3:15pm – 4:45pm

Focus Audience: schools, teachers, mental health professionals working in schools

Workshop #3

Implementing Suicide Prevention Planning In Schools: Practical Tools & Guidance



Pat Breux

Consultant & Former Director of School & Youth Suicide Prevention at the New York State Office of Mental Health's Suicide Prevention Center



Ann Lanoue

Associate in School Nursing at the New York State Education Department's Office of Student Support Services



Lisa Goldberg

Director of Social Emotional Learning & Social Studies at North Syracuse School District

Each year more than 80 school-aged children die by suicide and nearly 2,000 are hospitalized for suicide attempts in New York State. How should schools respond and what resources should be utilized? Through real-life examples of school and community partnerships, participants will learn about the components of a comprehensive approach to school suicide prevention with an emphasis on best practices and how to access resources, consultation, and training toward improving suicide safety.

4:45pm – 5:00pm

Closing Remarks



Jay Carruthers, M.D.

Director of the New York State Office of Mental Health's Suicide Prevention Center

Acknowledgments:

We are thankful that activities such as this conference and initiatives that promote the expansion of mental wellness and suicide prevention in New York State are a priority for its leadership. We deeply appreciate and applaud Governor Hochul's unwavering commitment to mental health and suicide prevention. Our immense gratitude also goes to our New York State Office of Mental Health Commissioner Dr. Ann Sullivan and Chief Medical Officer Dr. Thomas Smith who have unequivocally supported SPCNY in all of its efforts to save lives.

Conference Resources

