



## Pennsylvania Youth Mental Health Summit

Lancaster Wyndham Resort and Convention Center • Lancaster, PA



### Agenda (Available Videos)

The Pennsylvania Youth Mental Health Summit was a one-day summit gathering school-based and community mental health professionals, youth, policy-makers, and other vested partners to dialogue, share and lead in addressing Pennsylvania's growing mental health crisis, and barrier student access to care.

Through a series of panels, breakout sessions and speakers, the Summit will identify key areas of policy reform, effective practices, and networks of support for students in and beyond the walls of school and across a lifetime.

<p><b>The Kids Are Not Alright: Building Support Systems that Meet Them Where They Are</b> <i>Mandy Savitz-Romer, PhD</i></p>	<p>In this session, Dr. Savitz-Romer will briefly describe the current state of students' mental health and how educators, schools, and policy can be leveraged to support student development. In particular, participants will learn how organizational conditions undermine students' access to support and how school counselors and their administrative partners can promote student well-being and success.</p>
<p><b>Mental Health Screening</b> <i>Deepa Sekhar, MD</i> <i>Perri Rosen, PhD.</i> <i>Michael Donovan, MA, MBA</i> <i>Stephen Sharp, M.Ed.</i></p>	<p>This discussion will focus on mental health screenings for adolescents in the K-12 school system. Through applied research, cross-sector partnerships and practical applications, practitioners will discuss why having mental health screenings (or mood screenings) in K-12 schools makes a difference when helping children who might be struggling and getting them the resources that they need to succeed.</p>
<p><b>Treatment Transitions Back to School: Best Practices</b> <i>Jennifer Kirk, M.Ed., School Counselor</i> <i>Shannon Dressler, EdS, CSP</i></p>	<p>Students are participating in more intensive mental health treatments requiring extended absences from school at a higher level than in the past. Thus, it is imperative to create a culture of collaboration between treatment teams and school teams to ensure a positive school environment upon re-entry. This includes the development and refinement of re-entry plans, procedures and meeting structures that engage all educational partners, most importantly the student. Please join us to learn more about best practices for student re-entry from extended mental health treatment.</p>
<p><b>Student Mental Health Panel</b> <i>Mary Pritchard, MA, Aavidum</i></p>	<p>Aavidum is an organization that empowers youth to shatter the silence surrounding depression, suicide, and other issues facing teens. The word Aavidum, which means "I've got your back," was created by students after a classmate died by suicide. Aavidum inspires schools and communities to adopt cultures of care and advocacy, encouraging all members to have their friends' backs. Aavidum exists in elementary schools, middle schools, high schools, and colleges across the nation. Youth will share their insights and experiences in creating healing, smashing stigma and leading schools to say, "I've got your back."</p>
<p><b>Legislative Priorities for Youth Mental Health</b> <i>Cindy Urban, MPA</i> <i>Executive Director, PA Senate Ed Committee</i></p>	<p>Key policymakers will discuss essential issues in supporting student mental health and access to care.</p>

<p><i>Rep. Mike Schlossberg Chair, Mental Health Caucus</i></p>	
<p><b>Rural Schools and Students – Understanding Key Health Indicators Through Data Visualizations</b> <i>Kyle C. Kopko, PhD, Executive Director, Center for Rural Pennsylvania Jonathan Johnson, Senior Policy Analyst, Center for Rural Pennsylvania</i></p>	<p>This presentation features data visualizations produced by the Center for Rural Pennsylvania, a bipartisan legislative agency of the Pennsylvania General Assembly. Center staff will discuss differences between rural and urban schools and students with regard to a range of important health and social indicators. This information, and other data produced by the Center, can be used to local leaders to understand trends in their community and inform a range of planning efforts to meet the needs of students.</p>
<p><b>Violence-Prevention Training for Students: A Tool for Fostering Upstanders and Positive School Culture</b> <i>Andrea Mead Senior VP Mercury M. Aurora Vasquez, Esq. VP State Policy &amp; Engagement Sandy Hook Promise Blair Freedman, Senior Director – West Region, Sandy Hook Promise</i></p>	<p>Individuals at risk of harming themselves or others, often show warning signs before an act of harm or violence takes place. Knowing how to recognize these signs and what to do next, means we can prevent harmful outcomes and also get people help when they need it most. Research has proven Sandy Hook Promise’s Know the Signs programs effectively teach youth and adults how to prevent school violence, shootings, and other harmful acts. Attendees will learn more about the positive impact of violence-prevention training on students, Sandy Hook Promise’s training footprint in Pennsylvania, and policy efforts to ensure all students receive quality violence-prevention training in school.</p>
<p><b>Practicing Culturally Responsive Mental Health Supports at the Intersections of Sexual and Racial Identity</b> <i>Shannon Dressler, EdS, CSP; Shradha Gera, EdS, NCSP; Amber M. Sessoms, DEd, NCSP</i></p>	<p>This session will help school counselors in meeting the mental health needs of an increasingly diverse student population. We will address the social-emotional needs of LGBTQ+ youth, the impact of racial trauma, and discuss culturally responsive mental health support in schools.</p>