



MCCPTA
everychild.onevoice.

Mental Health and Wellness Forum

Sunday, April 22, 1-5 pm at Gaithersburg High School

101 Education Blvd, Gaithersburg, MD 20877

1-2 pm **State of Youth Mental Health and Wellness in MoCo** (Auditorium)
Ann Mazur, CEO, EveryMind
Nimah Nayel, Candidate Student Member of the Board of Education, 2018-19
Ananya Tadikonda, Candidate Student Member of the Board of Education, 2018-19

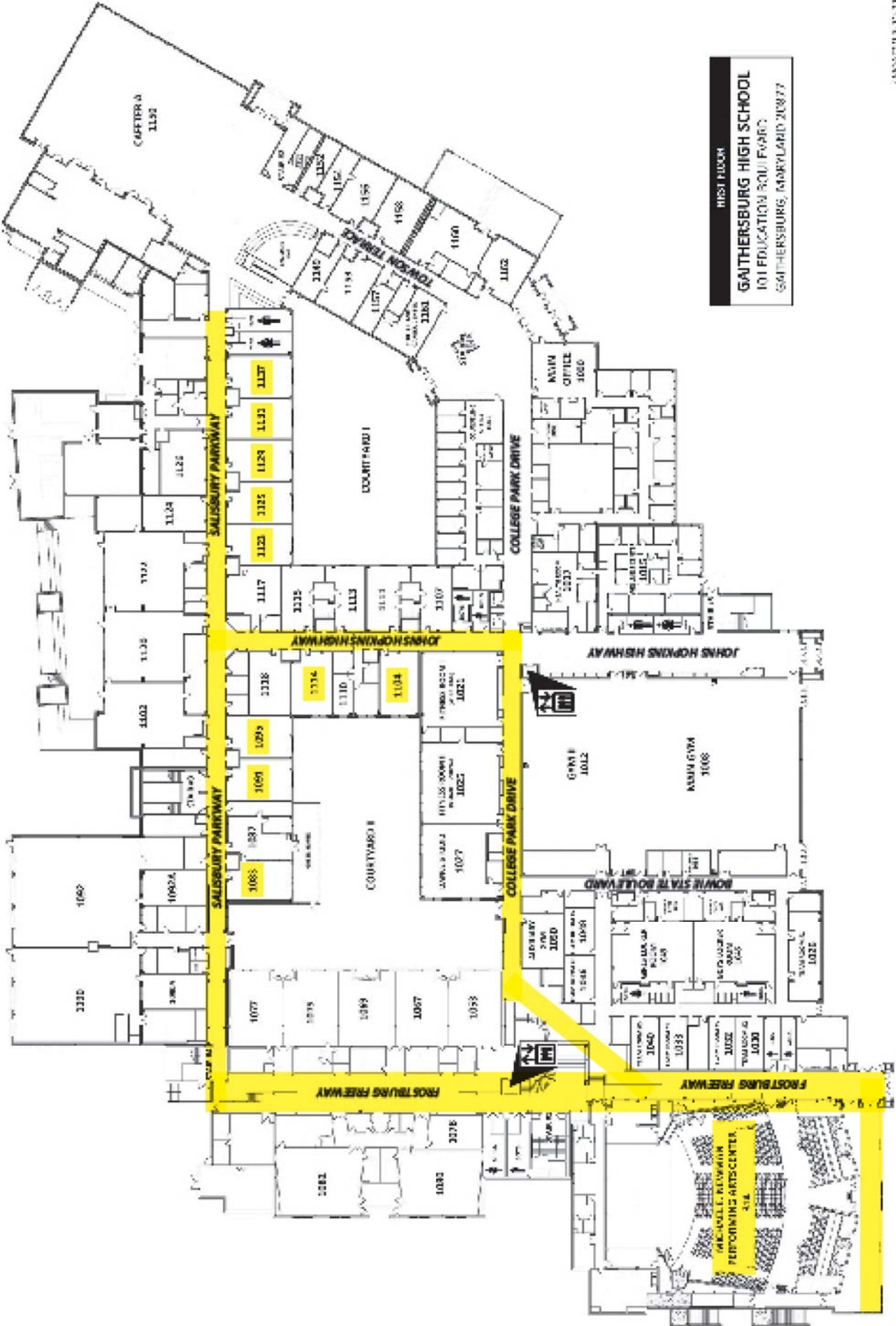
2-4 pm **Breakout Sessions** (Sessions run for varying times. If your session ends, please visit other breakout rooms and/or visit the resource tables outside the auditorium)

- **Coping with Anxiety and Stress:** Dr. Erin Berman, NIMH, Dara Kruman and Karen Campion, clinical social workers with Sheppard Pratt Health System (Room # 1104)
- **Ending the Silence:** National Alliance for Mental Illness-Montgomery County NAMI-MC (Room # 1083)
- **Mental Health First Aid (not full training):** Dr. Ann Alaoglu and Karol Kullberg, Sheppard Pratt Health System (Room # 1114)
- **Trauma-informed practice:** Zelma Sciaudone, Sheppard Pratt Health System, Robert Evert, Private Therapist, Elisabeth Fisher, Social Worker (Room # 1091)
- **Restorative Practices:** MCPS Restorative Justice Team, Kamakshi Boyle, Clinical Social Worker (Room # 1095)
- **Mindfulness:** Jeffrey Donald, Northwood HS, Kathy Smith, Yoga Instructor (Room # 1123)
- **Physical Exercise and Mental Health:** Susan Loftus, PE teacher, MCPS, Fania Yangarber, MCPS Parent (Room # 1125)
- **Keeping Kids Safe Online:** Vincent Devivio, U.S. Department of Justice (Room: Auditorium)
- **Child Abuse and Neglect:** Jennifer Alvaro, Darkness2 Light Instructor, Child abuse prevention advocate (Room # 1129)
- **Spanish language panel on Mental Health and Wellness:** Identity Inc (Room # 1131)

4-5 pm **Crisis Management and Suicide Prevention** (Auditorium)
Dr. Eilizabeth Rathbone, OSFSE, Montgomery County Public Schools
Rachel Larkin, EveryMind

More at our Resource Tables

We want your feedback. Please visit the Registration Table to provide feedback.
You can also provide feedback online: Search for MoCo Mental Health and Wellness Facebook Page: <https://www.facebook.com/groups/180171875915731/>



HIST FLOOR
GAITHERSBURG HIGH SCHOOL
 101 EDUCATION ROUTE 20877
 GAITHERSBURG, MARYLAND 20877