Many thanks to our 2020 National Conference Sponsors!

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THE BEE STRONG FOUNDATION INC.
The Jed Foundation

Mental Health Commission of Canada
Commission de la santé mentale du Canada

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DAYBREAKER
Welcome!

Thank you for joining us at the 2020 Active Minds National Conference. Together, we will explore ways - both big and small - that each of us can change the culture around mental health, every day.

You are joined by hundreds of campus and school professionals, government, foundation, and corporate representatives, as well as young adult advocates and mental health leaders from across the country who similarly share your passion for mental health advocacy and promotion. I hope that, through your time here at National Conference, you will become better equipped with the knowledge and tools needed to create change in your local communities.

Each one of us has friends, peers, colleagues, and family members who are struggling with their mental health. Many of us are struggling ourselves - at least 50% of us will at some point in our lives. That’s why it’s so important that we’re talking about mental health, not sometimes, not circumstantially, but daily. Every day we have a chance to show up for ourselves and the people around us. To respond confidently to someone who shares their struggles. To advocate for better policies that lead to greater access to mental health resources. To encourage a friend to get the help they need and deserve. To tell someone that the world needs them here.

Every day we have a chance to learn more. And here at the Active Minds National Conference, you will be part of the solution to help each of us do what we can to build a society where mental health and wellness are part of our everyday conversations and ingrained values.

I look forward to meeting many of you over the next few days. And, I thank you for your work, your energy, and your leadership in changing the culture around mental health.

Enjoy the conference!

Alison Malmon
Founder and Executive Director of Active Minds

Social media
Let everyone know you’re at the Active Minds National Conference!
Live tweet during sessions, take a selfie in your Active Minds gear, or share a group photo taken at the Active Minds banner.

#ActiveMindsCon20
Use the hashtag so we can all stay connected.
Conference Map

CAPITAL HILTON HOTEL
1001 16th Street NW, WASHINGTON, DC 20036

LOCATION AND PARKING INFORMATION

METRO:
Capital Hilton is located two blocks north of the White House on 16th Street and K Street, in Northwest Washington, DC. The hotel is easily accessible to three different Metro Stations:

- Farragut North (Red Line)
- Farragut West (Blue & Orange Lines)
- McPherson Square (Blue & Orange Lines)

PARKING:
The hotel offers valet parking for $62 per day. However, there are many self-park garages nearby, which are not operated by the hotel.

Gender neutral bathrooms located on this level
Gender specific bathrooms located in the lower lobby

Store Sale
Enjoy 20% off Active Minds Merch this weekend! Excludes bracelets.

Your Voice, Your Power
Make the Most of Your Conference

Choose your sessions ahead of time

Look over the daily schedules and identify the sessions you’d like to attend. Some session rooms may fill up quickly, so choose a “Plan B” just in case. If you came with other people from your same organization, we encourage you to split up and attend different sessions to maximize the amount of information you gather.

Your evaluations are important

Throughout the conference, please take a moment to evaluate each session by answering three short questions from your smartphone at this link: activeminds.org/confsurvey. We read all evaluations, so include anything you think would be helpful. In addition, you will receive an overall conference evaluation after the conference so that we can continue to receive your feedback.

Say cheese!

There will be photographers taking photos and videos (both candid and posed) throughout the conference that may be used in Active Minds promotional materials. If you would prefer to not appear in organizational promotion materials, please alert a staff member at the registration table.

Continuing Education

Active Minds is a designated provider of continuing education contact hours by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 8 total Category I continuing education contact hours.

Crisis information

If you are in need of urgent assistance or find yourself in distress, please seek help.

On-site counselors

Mental health clinicians have donated their time to serve on an on-call basis during conference hours to provide brief mental health support. If you or someone you know is in distress or crisis, please go to the Registration Desk and one of our staff members will connect you with a clinician.

Help lines

National Suicide Prevention Lifeline
(800) 273-TALK (8255)

Crisis Text Line
Text ‘BRAVE’ to 741-741

Washington DC Police Department
Call 911

* Sessions approved for CHES/MCHES CE credits
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<tr>
<th>Time</th>
<th>Event</th>
<th>Room</th>
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<tbody>
<tr>
<td>8:00AM – 9:00AM</td>
<td>Breakfast and Registration</td>
<td>PRESIDENTIAL BALLROOM</td>
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<tr>
<td>9:00AM – 9:30AM</td>
<td>Welcome</td>
<td>PRESIDENTIAL BALLROOM</td>
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<tr>
<td></td>
<td>Alison Malmon, Founder and Executive Director, Active Minds</td>
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<td>Frank Warren, Founder of PostSecret</td>
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<td>10:30AM – 11:00AM</td>
<td>Exhibitor Hall &amp; Networking Break</td>
<td>CAPITAL TERRACE</td>
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<td></td>
<td>Visit with fellow attendees and exhibitors and come to a special book sale and signing by Frank Warren in the Capital Terrace</td>
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<tr>
<td>11:00AM – 12:00PM</td>
<td>Breakout Sessions: BLOCK I</td>
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<td></td>
<td>**Behind the Scenes - Speaking Publicly about Mental Health ***</td>
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<td>Pablo Campos, MSW, LCSW-A, Bilingual Therapist</td>
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<td>Becky Fein, MPH, Director of Training &amp; Engagement, Active Minds</td>
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<td>Lisa Hamp, MS, Mental Health &amp; Safety Advocate</td>
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<td>Kai Roberts, Recording Artist/Producer; Assistant Director for Pre-College Enrollment Management, Carnegie Mellon</td>
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<td>Greg Vogt, Author, &quot;The Battle Against Yourself&quot;</td>
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<td></td>
<td><strong>Beyond College: Exploring Mental Health and Active Minds</strong></td>
<td>STATLER A</td>
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<td>Advocacy After Graduation</td>
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<td></td>
<td>Luke Beischel, Active Minds Alumnus, Xavier University</td>
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<td>Anthony Sartori, Active Minds Alumnus, University of Maryland, College Park</td>
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<td>Dana Sauro, Active Minds Alumnus, Loyola University, Maryland</td>
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<td>Robyn Suchy, Chapter Manager, Active Minds; Active Minds Alumnus, Cabrini University</td>
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<td>Veena Velury, Active Minds Alumnus, San Jose State University</td>
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<td></td>
<td>**Creating an Environment of Mental Wellness ***</td>
<td>CALIFORNIA</td>
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<td></td>
<td>Laura Horne, MPH, CHES, Chief Program Officer, Active Minds</td>
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<td></td>
<td>Erin McClintock, M.Ed., Senior Director, Impact and Education, EVERFI</td>
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<td><strong>Mental Health and LGBTQ+ Youth</strong></td>
<td>MASSACHUSETTS</td>
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<td>Sam Brinton, Head of Advocacy and Government Affairs, The Trevor Project</td>
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<td>Keygan Miller, Advocacy Associate, The Trevor Project</td>
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<td></td>
<td>**Better Support for Students on Mental Health Leave of Absence ***</td>
<td>FEDERAL A</td>
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<td>Jason Bowman, MPA, Director, College Re-Entry, Fountain House</td>
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<td></td>
<td>**Sleep: A Powerful Modifiable Risk Factor for Mental Health Issues (Part 1) ***</td>
<td>PAN AMERICAN</td>
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<td>Birdie Cunningham, MA, Associate Director of Health and Wellness, University of St. Thomas</td>
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<td>Roxanne Prichard, PhD, Professor of Neuroscience and Psychology, University of St. Thomas</td>
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<td>Session sponsored by: The James Kirk Bernard Foundation</td>
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<td></td>
<td>**Reaching Diverse Audiences: The Unique Mental Health Needs of International Students ***</td>
<td>NEW YORK</td>
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<td>Lydia Borsi, Chapter President, Active Minds at The University of Rochester</td>
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<td>Sherry Courtemanche, LCSW, MSW, Account Executive, Morneau Shepell</td>
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* Sessions approved for CHES/MCHES CE credits
“I’m Just a Bill”: Advocating for Mental Health Policy
On and Off Capitol Hill *
Margo Collins, Chief Development & Marketing Officer, Active Minds
Arielle Geismar, Youth Activist, Team Enough
Howard Schweitzer, JD, CEO, Cozen O’Connor Public Strategies, LLC
Ashley Womble, MPH, Head of Communications, Crisis Text Line

**12:00PM – 1:30PM**
**Lunch and Announcement of the 2020 Healthy Campus Award Winners**

Join us for lunch as we announce the winners of the 2020 Active Minds Healthy Campus Award for the first time publicly during this special awards ceremony. The Healthy Campus Award recognizes colleges and universities that are leading the way in prioritizing student health. It recognizes schools that provide access to quality healthcare and champions institutions that not only serve students’ physical health, but also give equal priority and investment to mental health.

**1:30PM – 2:30PM**
**Breakout Sessions: BLOCK II**

**Workshop: Sharing Your Mental Health Story in the Everyday ***
Pablo Campos, MSW, LCSW-A, Bilingual Therapist
Becky Fein, MPH, Director of Training & Engagement, Active Minds

**The Changing Landscape of Masculinity and Mental Health**
Kevin Briggs, Guardian of the Golden Gate Bridge
Mark Farley, Graduate Student, George Washington University; Active Minds Alumnus, Rhodes College
Phillip Roundtree, MSW, MS, Founder of Quadefy and Mental Wellness Speaker
Robyn Suchy, Chapter Manager, Active Minds
Greg Vogt, Author, “The Battle Against Yourself”
Session sponsored by: KyleCares

**Building Effective Partnerships between Students and University Leaders for Institution-Wide Change**
Hollie Chessman, PhD, Associate Director for Research, American Council on Education
Laura Horne, MPH, CHES, Chief Program Officer, Active Minds

**Mental Health and Help-Seeking Behaviors in College Student Populations: Data from the Healthy Minds Study ***
Akilah Patterson, MPH, CHES, Study Coordinator, Healthy Minds Network
Sasha Zhou, MPH, MHS, Data & Analysis Manager, Healthy Minds Network

**Sexual Assault on College Campuses: Student Powered Solutions ***
Allison Tombros Korman, MHS, Senior Director, Culture of Respect at NASPA
Silvia Zenteno, Director of Education and Training, It’s On Us

**A Survivor’s Perspective on Fostering a Safe School Environment**
Lisa Hamp, MS, Mental Health & Safety Advocate

**Sleep: Ideas for Assessment, Health Promotion, and Culture Change (Part 2) ***
Birdie Cunningham, MA, Associate Director of Health and Wellness, University of St. Thomas
Roxanne Pichard, PhD, Professor of Neuroscience and Psychology, University of St. Thomas
Session sponsored by: The James Kirk Bernhard Foundation

**Under the Radar: Tuning into the Mental Health Needs of High-Achieving Students**
Stephanie Cahill, President, NSCS’ National Leadership Council; Chapter President, Active Minds at Arizona State University
Jen Castillo, Senior Manager, Scholarships, National Society of Collegiate Scholars (NSCS)
### FRIDAY

#### Feb 21 • Schedule at a Glance

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>2:30PM – 3:00PM</td>
<td><strong>Exhibitor Hall &amp; Networking Break</strong></td>
<td><strong>CAPITAL TERRACE</strong></td>
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<td>Visit with fellow attendees and exhibitors in the Capital Terrace</td>
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<tr>
<td>3:00PM – 4:00PM</td>
<td><strong>Breakout Sessions: BLOCK III</strong></td>
<td><strong>PRESIDENTIAL BALLROOM</strong></td>
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<td><strong>Student-Led Roundtables:</strong></td>
<td><strong>MASSACHUSETTS</strong></td>
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<td>Elevating Student Mental Health Leadership</td>
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<td><em>Robyn Suchy, Chapter Manager, Active Minds</em></td>
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<td><em>The Active Minds Student Advisory Committee</em></td>
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<td><em>(Continuous through BLOCK IV)</em></td>
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<td><strong>Session sponsored by: Porchlight</strong></td>
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<td><strong>Health and Wellness in Community Colleges: Innovative, Student-Powered Programming Throughout California’s Vast Community College System</strong></td>
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<td><em>Cole Forstedt, Equity Program Manager, Foundation for California Community Colleges</em></td>
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<td><em>Carly Smith, Senior Specialist, Foundation for California Community Colleges</em></td>
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<td><strong>Film Screening: Project Wake Up Documentary (Part 1)</strong></td>
<td><strong>FEDERAL A</strong></td>
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<td><em>Alex Lindley, Esq., Founder, Representative, Project Wake Up</em></td>
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<td><em>Nate Townsend, Film Director</em></td>
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<td><em>Michael and Gayle Zibilich, Mental Health Advocates and Film Participants</em></td>
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<td><em>(Film conclusion and panel during BLOCK IV session)</em></td>
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<td>**Achieving Equity in Mental Health * **</td>
<td><strong>SENATE</strong></td>
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<td><em>Pablo Campos, MSW, LCSW-A, Bilingual Therapist</em></td>
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<td><em>Kai Roberts, Recording Artist/Producer, Assistant Director for Pre-College Enrollment Management, Carnegie Mellon</em></td>
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<td><em>Abraham Sculley, Mental Health Speaker</em></td>
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<td><em>Sasha Zhou, MPH, MHSA, Data &amp; Analysis Manager, Healthy Minds Network</em></td>
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<td>**The Not-So-Secret Ingredient: Utilizing Active Minds as a Resource for University and Counseling Center Outreach * **</td>
<td><strong>CALIFORNIA</strong></td>
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<td><em>Laura Horne, MPH, CHES, Chief Program Officer, Active Minds</em></td>
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<td><em>Dustin Johnson, PhD, Assistant Director, Outreach and Campus Initiatives, Auburn University</em></td>
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<td>**Get Off of Your Screen and Into Your Life * **</td>
<td><strong>STATLER A &amp; B</strong></td>
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<td><em>Jennifer Hartstein, PsyD, Hartstein Psychological Services</em></td>
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<tr>
<td>4:00PM – 4:30PM</td>
<td><strong>Exhibitor Hall &amp; Networking Break</strong></td>
<td><strong>CAPITAL TERRACE</strong></td>
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*Sessions approved for CHES/MCHES CE credits*
**FRIDAY**

**4:30PM – 5:30PM  Breakout Sessions: BLOCK IV**

**PRESIDENTIAL BALLROOM**

**Student-Led Roundtables:**
**Elevating Student Mental Health Leadership (Continued)**
Robyn Suchy, Chapter Manager, Active Minds
The Active Minds Student Advisory Committee
(Continues from BLOCK III session)
Session sponsored by: Porchlight

**Mental Health in Pop Culture: How TV, Film, & Social Media Change the Narrative**
Meredith Goldberg-Morse, Manager, Social Impact (MTV/VH1/Logo)
Jennifer Hartstein, PsyD, Hartstein Psychological Services and TODAY Show Contributor
Alex Morris, Chief Creative Officer, Barcroft Studios (creator of Snapchat’s Mind Yourself series)

**Film Screening: Project Wake Up Documentary (Continued)**
Alex Lindley, Esq., Founder, Representative, Project Wake Up
Nate Townsend, Film Director
Michael and Gayle Zibilich, Mental Health Advocates and Film Participants
(Film continued from Part I in BLOCK III session)

**Envisioning the Future in Digital Mental Health**
Kim LaMontagne, mBA, Director of Partnerships, kognito
Matthew McEvoy, General Manager, North America and Senior Vice President, Big White Wall
Steve Peterschmidt, Founder, Porchlight
Monika Roots, MD, Chief Medical Officer, Sanvello

**Creating a Healthy Campus: Best Practices and Innovative Strategies**
from Winners of the 2020 Healthy Campus Award
Ilene Rosenstein, PhD, Associate Vice Provost for Campus Wellness and Education, University of Southern California
Select Healthy Campus Award-Winning Campuses

**The Equity in Mental Health Framework: Addressing Student of Color Wellbeing**
David Rivera, PhD, Associate Professor of Counselor Education, Queens College,
City University of New York; National Advisor, The Steve Fund
Session sponsored by: The Steve Fund

**High School Mental Health: A Focus Group**
Mackenzie Dallenbach, Brittany Nguyen, Lydia Rankin, and Joseph Sheppard
Active Minds Emerging Scholar Fellows

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**CONGRATS HEALTHY CAMPUS AWARD WINNERS!**

To learn more about the innovative practices implemented by the 2020 winners, head to activeminds.org/award.
### Saturday

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<th>Time</th>
<th>Event</th>
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<tr>
<td>6:45AM – 7:45AM</td>
<td><strong>DAYBREAKER Yoga</strong></td>
<td>SOUTH AMERICAN A &amp; B</td>
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<td>Prime your mind for another epic day of learning with a collective yoga flow, led by certified Yoga Instructor, HawaH, with live harp sounds by DC renowned harpist, Kara Welch. You won’t want to miss the fun! Bring your own yoga mat or room towel to participate. Sponsored by: DAYBREAKER</td>
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<tr>
<td>8:30AM – 5:00PM</td>
<td><strong>Send Silence Packing® Mini-Exhibit</strong></td>
<td>SENATE</td>
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<td>Visit Active Minds’ award-winning exhibit inspiring action for mental health promotion and suicide prevention. For more than a decade, the Send Silence Packing® exhibit has traveled the country to end the silence that surrounds mental health and suicide and connect visitors with resources for support and action.</td>
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<tr>
<td>8:45AM – 9:30AM</td>
<td><strong>Breakfast and Opening Remarks</strong></td>
<td>PRESIDENTIAL BALLROOM</td>
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<td>Alison Malmon, Founder and Executive Director, Active Minds</td>
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<tr>
<td>9:30AM – 10:30AM</td>
<td><strong>Featured Keynote</strong></td>
<td>PRESIDENTIAL BALLROOM</td>
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</table>
|              | Michelle Cornette, PhD, Lead Public Health Advisor, Substance Abuse & Mental Health Services Administration  
John Draper, PhD, Director, The National Suicide Prevention Lifeline |                |
| 10:30AM – 11:00AM | **Exhibitor Hall & Networking Break**                    | CAPITAL TERRACE |
|              | Visit with fellow attendees and exhibitors in the Capital Terrace |                |
| 11:00AM – 12:00PM | **Breakout Sessions: BLOCK V**                           | STATLER A, FEDERAL A, FEDERAL B, NEW YORK, STATLER B |
|              | **New Initiatives to Address Greek Life Mental Health**  |                |
|              | Patrick Evans, Founder, Mental Health Committee, Sigma Beta Rho Fraternity  
Laura Horne, MPH, CHES, Chief Program Officer, Active Minds  
Tabatha Sarco, Senior Director of Undergraduate Engagement, Alpha Sigma Phi |                |
|              | **Empowering Students to Change the Culture of Mental Health on Campus, One Conversation at a Time** | FEDERAL A |
|              | David Atash, Chapter President, Active Minds at Santa Monica College  
Julie Coker, Chapter President, Active Minds at Stockton University  
Megan Larson, Master of Social Work Graduate Student, University of Southern California; Active Minds Alumnus; Co-Creator of “V-A-R”  
Carmen Macias, Chapter President, Active Minds at Rockhurst University |                |
|              | **Creative Writing Workshop: The Most Astounding Fact**   | FEDERAL B |
|              | Stacy Pershall, MFA, Educator, Gotham Writers’ Workshop |                |
|              | **Ask Us Anything: Active Minds Signature Programs Open House** | NEW YORK |
|              | Hayley Harnicher, Nicolle Hill, and Maribeth Savoie, Active Minds Staff  
Active Minds Speakers  
Pecko Lin and Emily Wills, former and current Send Silence Packing Tour Coordinators  
Brendan McNally and Kelsey Facetti, Active Minds Students |                |
|              | **Reducing the Substance Use Disorder Treatment Gap for College Students:** Innovative On-Campus Solutions | STATLER B |
|              | Sharon Weber, MBA, Co-Founder, The Haven at College |                |

* Sessions approved for CHES/MCHES CE credits
### Feb 22 • Schedule at a Glance

#### How to Support the Mental Health of Teens and Young Adults: A JED High School Approach
*Jessica Orenstein, MS, Senior Manager, High School Programming*

#### Workshop: Your Role in Suicide Prevention and Self-Care
*Kevin Briggs, Guardian of the Golden Gate Bridge*

#### Engaging Professional Sports Teams on Mental Strength
*Madeline Collins, Marketing and Digital Media Specialist, EMBRACE Pittsburgh*

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<td>Visit with fellow attendees and exhibitors in the Capital Terrace</td>
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<tr>
<td>12:30PM – 1:45PM</td>
<td>Lunch, Keynote Performance, and Presentation of Awards</td>
<td>PRESIDENTIAL BALLROOM</td>
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<td>Join Kai Roberts, Active Minds Speaker, Recording Artist, and Producer for an invigorating and high-energy performance, and celebrate our 2020 Active Minds Chapter Network award winners!</td>
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<td>2:00PM – 3:15PM</td>
<td>Creative Programming Expo</td>
<td>CONGRESSIONAL</td>
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<td>3:30PM – 4:30PM</td>
<td>Featured Keynote *</td>
<td>PRESIDENTIAL BALLROOM</td>
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<td>Zachary Levi, Award-Winning Actor and Mental Health Advocate</td>
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<td>4:30PM – 5:00PM</td>
<td>Closing Remarks</td>
<td>PRESIDENTIAL BALLROOM</td>
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<td>Alison Malmon, Founder and Executive Director, Active Minds</td>
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**Attend the Active Minds sessions on SLEEP!**

**mental health isn’t all in your head**

Come to our booth or follow us to join the conversation about research into lifestyle and biological factors in mental health and suicide.

@JamesKirkBernardFoundation @JKBFCongress #MindBodyConnect

jameskirkbernardfoundation.org
Keynote Speakers
& FEATURED PRESENTERS

Michelle Cornette, PhD
Lead Public Health Advisor, Substance Abuse & Mental Health Services Administration
Saturday (Feb 22) 9:30am-10:30am
Michelle Cornette, Ph.D. is Lead Public Health Advisor in the Suicide Prevention Branch at the Substance Abuse and Mental Health Services Administration (SAMHSA), and Past Executive Director of the American Association of Suicidology, the nation’s sole membership organization in suicide prevention. At SAMHSA, Dr. Cornette is Program Officer for the National Strategy for Suicide Prevention grant program and Co-Program Officer for the National Suicide Prevention Lifeline. Dr. Cornette has devoted her entire career to suicide prevention, to include prior posts with the Defense Suicide Prevention Office, the Center for Deployment Psychology, and the Department of Veterans Affairs. Dr. Cornette has maintained an active research program on suicide risk and has published and presented extensively on the topics of civilian and military suicide risk assessment, prevention, and treatment.

John Draper, PhD
Director, The National Suicide Prevention Lifeline
Saturday (Feb 22) 9:30am-10:30am
Dr. John Draper is the Executive Director of the SAMHSA-funded National Suicide Prevention Lifeline (800-273-TALK), a position he’s held since its inception in 2004. Dr. Draper has nearly 30 years of experience in crisis intervention and suicide prevention work, and is considered an international expert in crisis contact center practices (hotline, online chat, text services, etc.). Dr. Draper and Michelle Cornette, Lead Public Health Advisor at SAMHSA, will be discussing the new 3-digit number for suicide prevention, 988, currently being proposed by the FCC.

Frank Warren
Founder of PostSecret
Friday (Feb 21) 9:30am-10:30am
Founder of the world-wide phenomenon PostSecret, Frank Warren has been called, “the most trusted stranger in America.” His collection of over 1,000,000 artful secrets mailed to him on postcards has been exhibited at the Smithsonian, MoMA, The White House, and dozens of other museums around the world. Author of six New York Times best-selling books, Frank’s PostSecret website is the most visited ad-free blog in the world and won the Webby Award for “Best Blog on the Internet.” Frank was awarded the Mental Health Advocacy Lifetime Achievement Award and has been an Active Minds speaker for over five years. His multimedia presentations on campuses in the US and Canada reveal our most soulful, shocking and silly secrets while demonstrating the transformative power of sharing our story.
Keynote Speakers
& FEATURED PRESENTERS

Zachary Levi
Award-Winning Actor and Mental Health Advocate
Saturday (Feb 22) 3:30pm-4:30pm
Zachary Levi is an award-winning actor, as well as a mental health advocate and Ambassador for Active Minds. With humor and a commanding presence, Zac has firmly established himself as one of the most versatile actors in Hollywood. He most recently top lined SHAZAM! for Warner Brothers/ New Line Cinema, which held the #1 spot at the box office for two weeks in a row. Recently Levi was announced to be joining the cast of PRISONER 760, a true-life legal drama, alongside Benedict Cumberbatch, Jodie Foster, Shailene Woodley and Tahar Rahim. Zac also recently took home a SAG Award for “Best Ensemble in a Comedy Series” for his recurring role for season two of Amazon Studios’ Emmy winning series, THE MARVELOUS MRS. MAISEL. Previous film credits include THOR: THE DARK WORLD and TANGLED. Levi is best known for his fan favorite performance as Chuck Bartowski in the hit NBC series, CHUCK, and other TV credits include ALIAS GRACE and HEROES REBORN.

In addition to his many film and television successes, Zac has become a fierce public activist for mental health, and uses his platform to advocate for an improved mental health culture, as well as validating and encouraging each individual to pursue his or her own journey toward self-love and mental wellness.

Kai Roberts
Recording Artist/Producer; Assistant Director for Pre-College Enrollment Management, Carnegie Mellon; Active Minds Speaker
Saturday (Feb 22) 12:30pm-1:45pm, with Awards Ceremony
Kai was carrying a full load as a producer, recording artist and educator, while attending Carnegie Mellon University as a full-time student when he began to experience extreme anxiety and all the symptoms it had to offer. Using music as his medication, Kai began his healing process, and was inspired to create an album that would encourage others in similar situations, and enlighten society on the college experience often kept secret. Now an Active Minds speaker, Kai’s high energy presentation tells the story of his battle with anxiety and panic disorder through interactive dialogue and hip-hop music.
Breakout Session Descriptions

**Friday**

**BLOCK I**

11:00am – 12:00pm

**Behind the Scenes: Speaking Publicly about Mental Health * **

11:00am - 12:00pm • SENATE

**Pablo Campos**, MSW, LCSW-A, Bilingual Therapist  
**Becky Fein**, MPH, Director of Training & Engagement, Active Minds  
**Lisa Hamp**, MS, Mental Health & Safety Advocate  
**Kai Roberts**, Recording Artist/Producer; Assistant Director for Pre-College Enrollment Management, Carnegie Mellon  
**Greg Vogt**, Author, "The Battle Against Yourself"

Active Minds Speakers will share insights on their journeys of being public with their mental health stories and how it's impacted their lives. Join us for a conversation with five of our professional mental health speakers about why they decided to speak openly about their mental health, what motivates them to do this work, and what challenges they've faced along the way.

**Beyond College: Exploring Mental Health and Active Minds Advocacy After Graduation**

11:00am - 12:00pm • STATLER A

**Luke Beischel**, Active Minds Alumnus, Xavier University  
**Anthony Sartori**, Active Minds Alumnus, University of Maryland, College Park  
**Dana Sauro**, Active Minds Alumnus, Loyola University, Maryland  
**Robyn Suchy**, Chapter Manager, Active Minds; Active Minds Alumnus, Cabrini University  
**Veena Velury**, Active Minds Alumnus, San Jose State University

Active Minds’ staff member and former student leader Robyn Suchy will facilitate a diverse panel of young adult professionals who spent their undergraduate years deeply involved with Active Minds. Learn about how Active Minds has impacted their careers and in what ways they advocate for mental health in their current professional capacities.

**Creating an Environment of Mental Wellness * **

11:00am - 12:00pm • CALIFORNIA

**Laura Horne**, MPH, CHES, Chief Program Officer, Active Minds  
**Erin McClintock**, M.Ed., Senior Director, Impact and Education, EVERFI

Join mental health experts from EVERFI and Active Minds to learn how effective mental health promotion requires more than just awareness-building programs. Using case studies from the field, the presenters will highlight Healthy Campus Award winners and explore how policies, institutional practices, and environmental change helps them to create thriving campus communities.

**Mental Health and LGBTQ+ Youth**

11:00am - 12:00pm • MASSACHUSETTS

**Sam Brinton**, Head of Advocacy and Government Affairs, The Trevor Project  
**Keygan Miller**, Advocacy Associate, The Trevor Project

New studies show that LGBTQ youth are more likely than their peers to experience abuse, bullying, and mental health challenges. Transgender and gender non-conforming youth, in particular, are facing fear and discrimination amid recent national dialogue and legislative issues. Sam Brinton and Keygan Miller from The Trevor Project will share the latest information about their lifesaving and life-affirming services for LGBTQ youth. They will discuss LGBTQ inclusive school-based suicide prevention policies, and how to advocate for and improve services for gender and sexual minorities.

**Better Support for Students on Mental Health Leave of Absence * **

11:00am - 12:00pm • FEDERAL A

**Jason Bowman**, MPA, Director, College Re-entry, Fountain House

Students experiencing acute symptoms of mental illness while enrolled in college often need to take a medical leave from school to focus on clinical treatment. While medication and therapy are extremely important to someone’s clinical stability, there are other practical tools and resources students need to return to school successfully. This session will look at how the Fountain House college re-entry program uses executive functioning and wellness tools in conjunction with academic coaching and peer mentorship techniques to support its students. We will also look at how this program could help higher education institutions provide more resources to their students on mental health medical leave.

**Sleep: A Powerful Modifiable Risk Factor for Mental Health Issues (Part 1) * **

11:00am - 12:00pm • PAN AMERICAN

**Birdie Cunningham**, MA, Associate Director of Health and Wellness, University of St. Thomas  
**Roxanne Prichard**, PhD, Professor of Neuroscience and Psychology, University of St. Thomas

Sleep is foundational to mental health and well-being. Data demonstrates that disturbed sleep is one of the primary concerns of college students, yet is rarely addressed by universities. The presenters will review the evidence connecting sleep and mental health in young adults, as well as effective strategies for assessment of sleep disturbances and promotion of healthy sleep. (Topic continued in BLOCK II. CHES/MCHES CE credit available for Part 1 and Part 2, individually.)

Session sponsored by: The James Kirk Bernard Foundation
**Breakout Session Descriptions**

### Reaching Diverse Audiences: The Unique Mental Health Needs of International Students *

11:00am - 12:00pm • NEW YORK

**Lydia Borsi**, Chapter President, Active Minds at The University of Rochester  
**Sherry Courtemanche**, LCSW, MSW, Account Executive, Morneau Shepell

Students come from around the world to the United States to experience the high-quality education our school systems have to offer. Similar to their peers, international students may experience the daily struggles of other college students with the added challenge of distance from home and community, language barriers, and cultural implications around mental health. This session will examine ways that universities are responding to and supporting international student mental health and the role that students can play in activating peer-to-peer conversations and a community of connections.

### “I’m Just a Bill”: Advocating for Mental Health Policy On and Off Capitol Hill *

11:00am - 12:00pm • SOUTH AMERICAN A & B

**Margo Collins**, Chief Development & Marketing Officer, Active Minds  
**Arielle Geismar**, Youth Activist, Team enough  
**Howard Schweitzer**, JD, CEO, Cozen O’Connor Public Strategies, LLC  
**Ashley Womble**, MPH, Head of Communications, Crisis Text Line

Come join a discussion with a diverse panel of professionals about timely federal and state legislation that impacts young adult mental health, and the hurdles faced when moving through the legislative process. This discussion will also offer ideas for ways each of us can help advance these bills, and support local policy trends related to mental health.

### BLOCK II 1:30pm – 2:30pm

#### Workshop: Sharing Your Mental Health Story in the Everyday *

1:30pm - 2:30pm • SENATE

**Pablo Campos**, MSW, LCSW-A, Bilingual Therapist  
**Becky Fein**, MPH, Director of Training & Engagement, Active Minds

We all have a story that matters and is worthy of time and space. Attend this interactive workshop to explore how to share your story in a way that is meaningful to you and in service to your own healing. The workshop will emphasize the power of storytelling for ourselves and others, with a focus on public health best practices and trauma-informed care.

### The Changing Landscape of Masculinity and Mental Health

1:30pm - 2:30pm • SOUTH AMERICAN A & B

**Kevin Briggs**, Guardian of the Golden Gate Bridge  
**Mark Farley**, Graduate Student, George Washington University; Active Minds Alumnus, Rhodes College  
**Phillip Roundtree**, MSW, MS, Founder of Quadefy and Mental Wellness Speaker  
**Robyn Suchy**, Chapter Manager, Active Minds  

Join us for a conversation about the unique and complex mental health experiences of men. We will discuss how to redefine masculinity by challenging cultural and societal norms as well as explore how we all can foster a mental health culture that allows men to feel more understood and safer to express their mental health experiences in a way that feels authentic to them.

Session sponsored by: KyleCares

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**KyleCares** aims to increase mental health awareness and suicide prevention in teens and young adults through financial assistance in educational programs.

*Apply for a grant to start your NEW Active Minds Chapter at [KyleCaresInc.org](http://KyleCaresInc.org)*

> “You are much stronger than you think you are, trust me.”
>  
> -Superman

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**You are much stronger than you think you are, trust me.”**

- Superman
Breakout Session Descriptions

Building Effective Partnerships between Students and University Leaders for Institution-Wide Change
1:30pm – 2:30pm • NEW YORK
Hollie Chessman, PhD, Associate Director for Research, American Council on Education
Laura Horne, MPH, CHES, Chief Program Officer, Active Minds

Learn valuable insights from the American Council on Education’s College Student Mental Health and Wellbeing Pulse Point Survey of college and university presidents and Active Minds’ Transform Your Campus program. We will discuss how presidents and students are working together to champion institution-wide policies and systems change to address the increasing student demand for mental health services.

Mental Health and Help-Seeking Behaviors in College Student Populations: Data from the Healthy Minds Study *
1:30pm – 2:30pm • MASSACHUSETTS
Akilah Patterson, MPH, CHES, Study Coordinator, Healthy Minds Network
Sasha Zhou, MPH, MHA, Data & Analysis Manager, Healthy Minds Network

Explore the current state of mental health and the trends that have been observed on college campuses across the nation, through the findings of the Healthy Minds Study - a survey-based study assessing mental health, health service utilization, and related factors among college and university student populations. The survey gathers data on a variety of domains connected to mental health, including mental health status, access and barriers to services, utilization of services, social environment, academic environment, academic performance, and health behaviors (e.g., sleep and substance use). The study has a special emphasis on understanding service utilization and help-seeking behavior, including factors such as stigma, knowledge, and the role of peers and other potential gatekeepers.

Sexual Assault on College Campuses:
Student Powered Solutions *
1:30pm – 2:30pm • FEDERAL A
Allison Tombros Korman, MHS, Senior Director, Culture of Respect at NASPA
Silvia Zenteno, Director of Education and Training, It’s On Us

Join It’s On Us and Culture of Respect, two leading national organizations working to change the culture around sexual assault on college campuses, in conversation about empowering students and young adults to take action. This session will include a discussion of the current climate, legislation, and promising solutions around students and sexual assault.

A Survivor’s Perspective on Fostering a Safe School Environment
1:30pm – 2:30pm • STATLER A
Lisa Hamp, MS, Mental Health & Safety Advocate

Lisa Hamp will share her personal experience surviving and recovering from the Virginia Tech shooting in 2007 while offering best practices for fostering a safe school environment. She provides specific, practical ways school administrators can proactively create safe school environments, including appropriate and adequate mental health support. Audiences are left with tangible skills to address school safety through a mental health lens. By discussing this important topic, it helps students, teachers, and community leaders feel better prepared in the unlikely event of an active shooter or other crisis.

Civitas Public Affairs is proud to support Active Minds.

Thank you for changing the conversation about mental health!

we wish you continued success!

CIVITAS

MILKEN FAMILY FOUNDATION
Leading Advances in Education and Medical Research
Breakout Session Descriptions

Friday

Sleep: Ideas for Assessment, Health Promotion, and Culture Change (Part 2) *
1:30pm - 2:30pm • PAN AMERICAN

Birdie Cunningham, MA, Associate Director of Health and Wellness, University of St. Thomas
Roxanne Prichard, PhD, Professor of Neuroscience and Psychology, University of St. Thomas

Researchers from the University of St. Thomas will review policy, programming, and environmental factors that promote or hinder healthy sleep as a foundational element of mental health and well-being. Hear case studies and practical recommendations that university administrators and student advocates can use to address sleep within their campus communities. (Topic continued from BLOCK I. CHES/MCHES CE credit available for Part 1 and Part 2, individually.)

Session sponsored by: The James Kirk Bernard Foundation

Under the Radar: Tuning into the Mental Health Needs of High-Achieving Students
1:30pm - 2:30pm • CALIFORNIA

Stephanie Cahill, President, NScS’ National Leadership Council; Chapter President, Active Minds at Arizona State University
Jen Castillo, Senior Manager, Scholarships, National Society of Collegiate Scholars (NSCS)

Learn key lesson from a study conducted by the National Society of Collegiate Scholars and Active Minds of over 9,000 students with 3.4+ GPAs to learn about the mental health experiences of high-achieving students. The survey revealed several tangible steps that campuses, staff, and peers can take to better support the needs of this oft-overlooked population. Join us to discuss!

BLOCK III

3:00pm – 4:00pm

Health and Wellness in Community Colleges: Innovative, Student-Powered Programming throughout California’s Vast Community College System
3:00pm - 4:00pm • MASSACHUSETTS

Cole Forstedt, Equity Program Manager, Foundation for California Community Colleges
Carly Smith, Senior Specialist, Foundation for California Community Colleges

As the largest system of higher education in the country serving over 2.1 million students, the California Community College System has led the development and implementation of robust statewide health and wellness programs and resources. Join us for a conversation about this innovative programming and outreach initiative, partnerships and resources, and student engagement.

Film Screening: Project Wake Up Documentary (Part 1)
3:00pm - 4:00pm • FEDERAL A

Alex Lindley, Esq., Founder, Representative, Project Wake Up
Nate Townsend, Film Director
Michael and Gayle Zibilich, Mental Health Advocates and Film Participants

Join Alex, Nate, Michael, and Gayle for a screening of a new, powerful 90-minute documentary, featuring the story of Keller Zibilich, among other important stories of suicide, hope, and recovery. Project Wake Up aims to change the tone of the conversation around mental health and highlight inadequacies in recognition, treatment and the overall perception of suicide that plague our country. Following the screening, Michael, Gayle, and Nate will be available for a Q&A with attendees. (This two-part session concludes in BLOCK IV.)

Achieving Equity in Mental Health *
3:00pm - 4:00pm • SENATE

Pablo Campos, MSW, LCSW-A, Bilingual Therapist
Kai Roberts, Recording Artist/Producer, Assistant Director for Pre-College Enrollment Management, Carnegie Mellon
Abraham Sculley, Mental Health Speaker
Sasha Zhou, MPH, MHSA, Data & Analysis manager, Healthy Minds Network

Attendees will learn about culturally-responsive approaches to reducing stigma and changing the conversation about mental health in the everyday. Panelists will discuss their personal experiences as well as tangible steps to ensure the inclusion of diverse perspectives in higher education program planning, workplace culture, and day-to-day life.

Session sponsored by: Porchlight

Student-Led Roundtables: Elevating Student Mental Health Leadership
3:00pm - 4:00pm • PRESIDENTIAL BALLROOM

Robyn Suchy, Chapter Manager, Active Minds
The Active Minds Student Advisory Committee

Students, join your peers in this chapter-focused session for a series of interactive roundtable discussions on a variety of topics including strengthening student leadership in campus mental health decision-making, engaging diverse perspectives, policy change, and more. Students will have an opportunity to rotate to different table topics throughout the session to brainstorm, network, and share lessons learned. (Session continuous through BLOCK IV, with break available.)
**Breakout Session Descriptions**

**Friday**

**The Not-So-Secret Ingredient: Utilizing Active Minds as a Resource for University and Counseling Center Outreach** *

3:00pm - 4:00pm • CALIFORNIA

Laura Horne, MPH, CHES, Chief Program Officer, Active Minds
Dustin Johnson, PhD, Assistant Director, Outreach and Campus Initiatives, Auburn University

This session is designed for counseling center staff and Active Minds faculty/staff advisors. Join Dustin Johnson in learning about the coming “wellness wave” in higher education, a trend that prompts questions about the role, function, and value of the counseling center, including the role of clinical providers and outreach providers. Attendees will explore how counseling centers and Active Minds Chapters can work together to ride the wellness wave, rather than get swept up by it.

**Get Off of Your Screen and Into Your Life** *

3:00pm - 4:00pm • STATLER A & B

Jennifer Hartstein, PsyD, Hartstein Psychological Services

Social media has considerable positive and negative impacts on our moods, relationships, and interactions with the world. Dr. Jen Hartstein will discuss both the benefits of social media, and how decreasing our screen time and practicing healthy screen time behaviors could be beneficial for our mental health and well-being.

**BLOCK IV**

4:30pm – 5:30pm

**Student-Led Roundtables: Elevating Student Mental Health Leadership (continued)**

4:30pm - 5:30pm • PRESIDENTIAL BALLROOM

Robyn Suchy, Chapter Manager, Active Minds
The Active Minds Student Advisory Committee

Students continue with this chapter-focused session, continuing a series of interactive roundtable discussions on a variety of topics including strengthening student leadership in campus mental health decision-making, engaging diverse perspectives, policy change, and more. Students will have an opportunity to rotate to different table topics throughout the session to brainstorm, network, and share lessons learned.

**Mental Health in Pop Culture: How TV, Film, & Social Media Change the Narrative**

4:30pm - 5:30pm • SENATE

Meredith Goldberg-Morse, Manager, Social Impact (MTV/VH1/Logo)
Jennifer Hartstein, PsyD, Hartstein Psychological Services and TODAY Show Contributor
Alex Morris, Chief Creative Officer, Barcroft Studios (creator of Snapchat’s Mind Yourself series)

Who decides how, and why mental health is portrayed in music, on shows, and in film? Why make the decision to showcase mental health in a storyline or article? What is the impact of mental health coverage on viewers and consumers? These questions and more will guide a dynamic session with influencers of content consumed by millions.

**Send Silence Packing® Exhibit**

**Bring this Powerful Suicide Prevention Exhibit to Your Community**

For more than a decade, the Send Silence Packing® exhibit has traveled the country to end the silence that surrounds mental health and suicide and connect visitors with resources for support and action.

Learn more at activeminds.org/endsilencepacking
Breakout Session Descriptions

**Film Screening: Project Wake Up Documentary (continued)**
4:30pm - 5:30pm • FEDERAL A
Alex Lindley, Esq., Founder, Representative, Project Wake Up
Nate Townsend, Film Director
Michael and Gayle Zibilich, Mental Health Advocates and Film Participants

Join Alex, Nate, Michael, and Gayle for a screening of a new, powerful 90-minute documentary, featuring the story of Keller Zibilich, among other important stories of suicide, hope, and recovery. Project Wake Up aims to change the tone of the conversation around mental health and highlight inadequacies in recognition, treatment and the overall perception of suicide that plague our country. Following the screening, Michael, Gayle, and Nate will be available for a Q&A with attendees.

**Envisioning the Future in Digital Mental Health * **
4:30pm - 5:30pm • PAN AMERICAN
Kim LaMontagne, MBA, Director of Partnerships, Kognito
Matthew McEvoy, General Manager, North America and Senior Vice President, Big White Wall
Steve Peterschmidt, Founder, Porchlight
Monika Roots, MD, Chief Medical Officer, Sanvello

This diverse group of digital mental health experts will discuss current and future trends in how technology is supporting campus mental health, including the efficacy of these tools, the differences between them, and how they are implemented alongside more traditional mental health services. Attendees will also have the opportunity to explore the role of technology at a time when the demand for services is on the rise at many campuses, particularly in supporting cohesion and a sense of belonging among students.

**Creating a Healthy Campus: Best Practices and Innovative Strategies from Winners of the 2020 Healthy Campus Award**
4:30pm - 5:30pm • STATLER A & B
Ilene Rosenstein, PhD, Associate Vice Provost for Campus Wellness and Education, University of Southern California

Select Healthy Campus Award-Winning Campuses

Active Minds’ Healthy Campus Award recognizes colleges and universities that demonstrate excellence in prioritizing and promoting student health and well-being. Administrators from three of the 2020 award-winning campuses share lessons learned and challenges for creating healthy campuses that take a campus-wide, public health approach; give equal priority and investment to mental health as they do to physical health; and champion student voices.

**The Equity in Mental Health Framework: Addressing Student of Color Wellbeing**
4:30pm - 5:30pm • MASSACHUSETTS
David Rivera, PhD, Associate Professor of Counselor Education, Queens College, City University of New York; National Advisor, The Steve Fund

Students of color experience a variety of challenges including social, emotional, financial, and academic stressors, and they are less likely than their white peers to seek out support for these stressors. There is a need for culturally appropriate higher education practices to address these needs. This program introduces The Equity in Mental Health Framework, which offers higher education professionals specific recommendations and strategies for supporting the mental health needs of students of color.

Session sponsored by: The Steve Fund

**High School Mental Health: A Focus Group**
4:30pm - 5:30pm • CALIFORNIA
Mackenzie Dallenbach, Brittany Nguyen, Lydia Rankin, and Joseph Sheppard, Active Minds Emerging Scholar Fellows

Are you a high school staff member, administrator, or student? We want to learn from you! Please join Active Minds’ Emerging Scholar Fellows for light refreshments and a chat about your experience and perspective on mental health among high school students. Your thoughts and ideas will help inform Active Minds’ future programming and tailored resources for grades 9-12.

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**glowmedia.org**

Our free resources have proven to be a valuable tool in educating students to reduce stigma, correct misconceptions, and reinforce the reality that mental health affects everyone.
Breakout Session Descriptions

**Saturday**

**BLOCK V  11:00am – 12:00pm**

**New Initiatives to Address Greek Life Mental Health * 11:00am - 12:00pm • STATLER A**

Patrick Evans, Founder, Mental Health Committee, Sigma Beta Rho Fraternity
Laura Horne, MPH, CHES, Chief Program Officer, Active Minds
Tabatha Sarco, Senior Director of Undergraduate Engagement, Alpha Sigma Phi

Join Alpha Sigma Phi and Sigma Beta Rho Fraternity to hear examples of how fraternity men are addressing mental health nationwide. Active Minds will also share their latest initiatives to equip Greek Life students to address mental health challenges on their campuses.

**Empowering Students to Change the Culture of Mental Health on Campus, One Conversation at a Time 11:00am - 12:00pm • FEDERAL A**

David Atash, Chapter President, Active minds at Santa Monica College
Julie Coker, Chapter President, Active Minds at Stockton University
Megan Larson, Master of Social Work Graduate Student, University of Southern California; Active Minds Alumnus; Co-Creator of “V-A-R”
Carmen Macias, Chapter President, Active Minds at Rockhurst University

Validate-Appreciate-Refer (V-A-R). This simple, revolutionary tool enhances conversations about everyday struggles among young adults, families, partners, and colleagues throughout the United States. Since its release in 2018, V-A-R is one of Active Minds’ most powerful resources to promote mental health yet. Join V-A-R co-creator Megan Larson and an esteemed panel of students to learn how the tool was created and ways we can use the approach to show up for the people around us in meaningful ways.

**Creative Writing Workshop: The Most Astounding Fact 11:00am - 12:00pm • FEDERAL B**

Stacy Pershall, MFA, Educator, Gotham Writers’ Workshop

Inspired by the words of renowned astrophysicist Neil deGrasse Tyson, Stacy Pershall’s writing workshop focuses on the interconnectedness of all beings as a guiding force for recovery. The author of “Loud in the House of Myself: Memoir of a Strange Girl” leads participants through writing prompts inspired by Tyson’s “most astounding fact” – that the atoms that comprise the human body also comprise the planets and stars. Writing allows us to feel like relevant participants in the world around us, and the audience will leave the workshop with a greater understanding of interpersonal relationships as a crucial element of the recovery process. The session culminates with the creation of a memento for each participant to take as a reminder of this impactful session.

**Ask Us Anything: Active Minds Signature Programs Open House 11:00am - 12:00pm • NEW YORK**

Hayley Harnicher, Nicolle Hill, and Maribeth Savoie, Active Minds Staff
Active Minds Speakers
Pecko Lin and Emily Wills, former and current Send Silence Packing Tour Coordinators
Brendan McNally and Kelsey Pacetti, Active Minds Students

Join Active Minds staff, Speakers, Send Silence Packing tour staff, and campus hosts for an engaging discussion on best practices and lessons learned when hosting one of Active Minds’ signature programs. The audience will be given a behind the scenes take on our Active Minds Speakers and Send Silence Packing programs through a Q&A and opportunities for meet and greets with our speakers, staff, and campus hosts.

**PORCHLIGHT**

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A place to be real with people that matter.

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*FREE to Active Minds members!*
Reducing the Substance Use Disorder Treatment Gap for College Students: Innovative On-Campus Solutions *
11:00am - 12:00pm • STATLER B
Sharon Weber, MBA, Co-Founder, The Haven at College

The data tells us that while one in four college students qualifies for a substance use disorder, less than 4% receive help. Stigma, confusion, minimization, and denial prevent students from seeking services and support on their own. This session will explore innovative on-campus solutions that leverage best practices from successful SUD interventions, including Diversion and DUI programs, as well as applications from the work of organizations like Active Minds in empowering students to drive change. These programs integrate clinical services with peer community engagement to blur the lines across prevention, intervention, treatment and recovery, helping students stay engaged in college life while they work on their substance use and mental health challenges.

How to Support the Mental Health of Teens and Young Adults: A JED High School Approach
11:00am - 12:00pm • MASSACHUSETTS
Jessica Orenstein, MS, Senior Manager, High School Programming, JED Foundation

Teens and young adults are facing a lot, but how can we help them? JED High School, a new initiative from The Jed Foundation, seeks to help high schools strengthen their policies, procedures, and systems to support the mental health and reduce suicide for our nation’s teens and young adults. Come sit with us to learn more!

Workshop: Your Role in Suicide Prevention and Self-Care
11:00am - 12:00pm • SOUTH AMERICAN A & B
Kevin Briggs, Guardian of the Golden Gate Bridge

In this one-hour workshop Kevin Briggs will speak in depth about the stressors affecting our daily lives and the myths and facts surrounding mental illness. Along with self-care concepts, Briggs will talk about his own personal experiences with mental illness and those of his son, who was suicidal and struggling with self-harm. Briggs will shed light on how to effectively communicate with someone who may be in crisis, what to say and what to avoid.

Engaging Professional Sports Teams on Mental Strength
11:00am - 12:00pm • PAN AMERICAN
Madeline Collins, Marketing and Digital Media Specialist, EMBRACE Pittsburgh

EMBRACE Pittsburgh is a powerful movement to champion mental strength throughout the region by teaming up with local partners, including Active Minds, and the city’s professional sports teams. Rooted in science, EMBRACE embeds effective tenets of dialectical behavioral therapy (DBT) into everyday life hacks. Join us, as we share how our partnerships with the Steelers, Penguins, and Pirates are making Pittsburgh a healthier, happier city, and how you can use your partners and resources to make the same impact.

* Sessions approved for CHES/MCHES CE credits
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our mental health speakers give hope a voice

Professional speakers from Active Minds provide engaging, encouraging, and safe mental health education that’s tailored for students, young adults, educators, professional groups, and other audiences.

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speakers@activeminds.org
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## Who’s Who at Active Minds

### Board of Directors

<table>
<thead>
<tr>
<th>Name</th>
<th>Title and Company</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steven A. Lerman</td>
<td>Chair, Senior Member, Lerman Senter</td>
</tr>
<tr>
<td>Rick Mosenkis</td>
<td>Treasurer, President and CEO, WorkZone</td>
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<tr>
<td>Jennifer Hartstein</td>
<td>Secretary, Hartstein Psychological</td>
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<tr>
<td>Brad Blanken</td>
<td>Development Committee Chair</td>
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<tr>
<td>Juhee Agrawal</td>
<td>President, Active Minds Student Advisory Committee</td>
</tr>
<tr>
<td>Anthony M. Bongiorno, Esq.</td>
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<tr>
<td>Ken Brody</td>
<td>Founder, Sutton Square Partners</td>
</tr>
<tr>
<td>Paula Craw</td>
<td>VP, Student Success and Outreach, ECMC</td>
</tr>
<tr>
<td>Paul Di Vito</td>
<td>Marketing Consultant, Washington DC</td>
</tr>
<tr>
<td>Michael Glickman</td>
<td>President, Computer Network Architects</td>
</tr>
<tr>
<td>Julie Kantor</td>
<td>President &amp; CEO, Twomentor, LLC</td>
</tr>
<tr>
<td>William J. Lammers</td>
<td>Consultant, Healthcare/Finance/Governance, Washington DC</td>
</tr>
<tr>
<td>Gail Kamer Lieberfarb</td>
<td>Former Board Chairperson and Executive Director, National Mental Health Awareness Campaign</td>
</tr>
<tr>
<td>Alison K. Malmon</td>
<td>Founder and Executive Director, Active Minds</td>
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<tr>
<td>Ilene Rosenstein, PhD</td>
<td>Associate Vice Provost for Campus Wellness and Education, University of Southern California</td>
</tr>
<tr>
<td>David Roter</td>
<td>VP, Global Agency Partnerships, Snap Inc.</td>
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<tr>
<td>Ami Nash Shah</td>
<td>Consultant, McKinsey &amp; Company</td>
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<tr>
<td>David Wisniewski</td>
<td>Senior Vice President-Investments, Brewer Gayhardt Wisniewski Financial Consulting Group</td>
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### National Advisory Committee

<table>
<thead>
<tr>
<th>Name</th>
<th>Title and Company</th>
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<tbody>
<tr>
<td>Bernard S. Arons, MD</td>
<td>Arons Psychiatric Consulting</td>
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<tr>
<td>Bob Boorstin</td>
<td>Marketing Consultant, Washington DC</td>
</tr>
<tr>
<td>Patrick W. Corrigan, PsyD</td>
<td>Professor of Psychology, Illinois Institute of Technology and Principal Investigator of the Chicago Consortium for Stigma Research</td>
</tr>
<tr>
<td>Daniel Eisenberg, PhD</td>
<td>Assistant Professor, University of Michigan School of Public Health; Principal Investigator, Healthy Minds Study</td>
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<tr>
<td>Stephen P. Hinshaw, PhD</td>
<td>Professor and Chair, Department of Psychology, University of California, Berkeley</td>
</tr>
<tr>
<td>Kay Redfield Jamison, PhD</td>
<td>Professor of Psychiatry at the Johns Hopkins University School of Medicine</td>
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<tr>
<td>Richard Kadison, MD</td>
<td>Former Chief, Mental Health Service, Harvard University Health Services</td>
</tr>
<tr>
<td>Patrick J. Kennedy</td>
<td>Former Congressman, First District of Rhode Island; Founder, The Kennedy Forum</td>
</tr>
<tr>
<td>Alan Lesher, PhD</td>
<td>CEO, American Association for the Advancement of Science</td>
</tr>
<tr>
<td>Stephanie Pinder-Amaker, PhD</td>
<td>Director, College Mental Health Program, McLean Hospital; Instructor, Department of Psychiatry, Harvard Medical School</td>
</tr>
<tr>
<td>Daniel S. Pine, MD</td>
<td>Chief of Child and Adolescent Research, Mood and Anxiety Disorders Program, National Institute of Mental Health</td>
</tr>
<tr>
<td>Sally Pingree</td>
<td>Trustee, Charles Engelhard Foundation</td>
</tr>
<tr>
<td>Micky M. Sharma, PsyD</td>
<td>President, Association of University and College Counseling Center Directors; Counseling and Consultation Service, Ohio State University</td>
</tr>
<tr>
<td>Jeremy Shure</td>
<td>Global Head of Early Stage Practice, Grasshopper Bank</td>
</tr>
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</table>

### Student Advisory Committee

- Juhee Agrawal, University of Alabama, Birmingham (AL)
- Taylor Jean Annerino, Auburn University (AL)
- David Atash, Santa Monica College (CA)
- Sruti Bandlamuri, Union College (NY)
- Lydia Borsi, University of Rochester (NY)
- Stephanie Cahill, Arizona State University (AZ)
- Julie Coker, Stockton University (NJ)
- Liz Frissell, Occidental College (CA)
- Gina Heinsohn, Colorado School of Mines (CO)
- Zuhair Ali Ibrahim, Pace University (NY)
- Rebecca Johnson, University of California, Davis (CA)
- Michelle Loo, University of California, Riverside (CA)
- Carmen Macias, Rockhurst University (MO)
- Kelly Madden, Ithaca College (NY)
- Kiana Malabanan, San Diego State University (CA)
- Kayla Marker, Kent State University (OH)
- Brendan McNally, Saint Joseph’s University (PA)
- Leena Penumalee, Virginia Commonwealth University (VA)
- Debra Tuberion, University of Tampa (FL)

### National Office Staff

<table>
<thead>
<tr>
<th>Name</th>
<th>Title and Company</th>
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<tbody>
<tr>
<td>Alison Malmon</td>
<td>Founder and Executive Director</td>
</tr>
<tr>
<td>Carin Levine</td>
<td>Chief Operating Officer</td>
</tr>
<tr>
<td>Laura Horne</td>
<td>Chief Program Officer</td>
</tr>
<tr>
<td>Margo J. Collins</td>
<td>Chief Development &amp; Marketing Officer</td>
</tr>
<tr>
<td>Emma Edick</td>
<td>Visual Brand Manager</td>
</tr>
<tr>
<td>Becky Fein</td>
<td>Director of Engagement and Training</td>
</tr>
<tr>
<td>Hayley Harnicher</td>
<td>Program Manager, Send Silence Packing</td>
</tr>
<tr>
<td>Nicolle Hill</td>
<td>Program Coordinator</td>
</tr>
<tr>
<td>Amanda Horn</td>
<td>Senior Marketing &amp; PR Manager</td>
</tr>
<tr>
<td>Emelyne Ndikumasabo</td>
<td>Office Manager</td>
</tr>
<tr>
<td>Chris Pahler</td>
<td>Special Projects Coordinator</td>
</tr>
<tr>
<td>Luis Ramirez</td>
<td>Development Manager</td>
</tr>
<tr>
<td>Maribeth Savoie</td>
<td>Sales and Marketing Manager, Active Minds</td>
</tr>
<tr>
<td>Robyn Suchy</td>
<td>Chapter Manager</td>
</tr>
<tr>
<td>Kell Wilkinson</td>
<td>Program Manager, Pittsburgh, PA</td>
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</tbody>
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### In Memoriam

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<th>Name</th>
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<td>Sue Cimbricz</td>
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<tr>
<td>Gregory Eells, PhD</td>
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Active Minds 2020 Awards

Healthy Campus Awards
To be announced on Friday, February 21

The Active Minds Healthy Campus Award recognizes colleges and universities that are leading the way in prioritizing student health. It recognizes schools that provide access to quality healthcare and champions institutions that not only serve students’ physical health, but give equal priority and investment to mental health. This prestigious award is now in its fourth year.

Sanvello Chapter of the Year Award
University of Rochester

This award recognizes a chapter that sets itself apart as an invaluable asset to its campus. The Chapter of the Year has an effective executive board and passionate chapter members, hosts innovative programs that reach a large portion of the school population, and makes significant strides in changing its campus culture surrounding mental health.

Adam Carlson Student Leader of the Year Award
Kelsey Pacetti, University of Wisconsin, Whitewater

This award is given to a student who made significant contributions to the Active Minds cause at their school. The Student Leader of the Year leads by example, sets a standard of excellence, displays leadership, facilitates change on campus around mental health, builds coalitions, involves others in advocacy efforts, and develops trust with members of their campus community as an individual dedicated to changing the conversation about mental health.

Advisor of the Year Award
Nathan Morell, Stockton University

This award is given to an advisor of an Active Minds chapter who provides clarity, support, and meaningful counsel to their chapter. The Advisor of the Year leads by example, sets a standard of excellence, displays leadership, facilitates change on campus around mental health, builds coalitions, involves others in advocacy efforts, and develops trust with members of their campus community as an individual dedicated to changing the conversation about mental health.

Impactful Fundraising Award
Colorado School of Mines

This award recognizes a chapter that has demonstrated particular creativity and innovation in fundraising for mental health. Without financial resources, few programs promoting mental health for young adults would prosper. The winning chapter has gone above and beyond to excel in resourcing these efforts.

Peg’s Foundation Transformational Change Award
Athens State University

This award recognizes a chapter that achieved lasting change through effective advocacy for campus-wide policies, structures, or practices that improve, protect, and prioritize student mental health. Examples include expanding counseling center hours, integrating mental health education into new student orientation, and impacting student I.D. cards. The award is named in honor of a compassionate advocate of change who had a transformative impact on mental health in Northeast Ohio, and is sponsored by Peg’s Foundation in her name.

Road Runner Award
Florida SouthWestern State College

This award recognizes a chapter that registered with the Active Minds national office in the last year, and hit the ground running on programming, leadership formation, and awareness efforts on its campus.

Programming Innovation Award
Sacramento State University

This award recognizes a chapter that has excelled in hosting outstanding and innovative programs on their campus that reaches wide audiences to elevate conversations about mental health and wellness.

Excellence in Collaboration Award
Morningside College

This award recognizes a chapter that has developed exceptional collaborative partnerships with student organizations, academic departments, administrative bodies, and their broader community. Through these partnerships, the chapter expanded their reach, programming, and vital messaging to large networks of young adults and demonstrated wide impact on their campus and community culture around mental health.

Luke Beischel Chapter Jumpstart Scholarship
Taiya Youngs, University of Houston, Downtown

This scholarship, generously supported by Xavier University chapter alumnus Luke Beischel, is awarded to a chapter member through a competitive application process that identifies a student with great potential for success. Analogous to the support Luke received when he was a student, the scholarship includes funding and additional, invaluable mentorship from Luke.
Do you know what to say to a friend or loved one who is having a hard time?

Conversations can be life changing, that’s why V-A-R was designed to help us show up for one another in our everyday struggles. The letters correspond to three steps: **Validate-Appreciate-Refer**.

You don’t need to be an expert to help, you just need to be there.

To learn more, visit activeminds.org/var. You’ll find training packages and workshops available for communities of all kinds.

activeminds.org/var
Scholarship [skol-er-ship]—the character, qualities, activity, or attainments of a scholar

Leadership [lee-der-ship]—the action of leading a group of people or an organization

Service [sur-vis]—the action of helping or doing work for someone

The NATIONAL SOCIETY of COLLEGIATE SCHOLARS

As the leading collegiate honor society for first-and-second year students, with more than 320 chapters nationwide, The National Society of Collegiate Scholars is proud to partner with Active Minds as its national philanthropic partner and to bring awareness around the importance of mental health on college campuses.

On behalf of the NSCS Board of Directors, we commend you for taking on this very important issue; we applaud you for your unwavering support of our students; and, we commit to amplifying your life-saving message in 2020 and beyond.

Wishing each and every Active Minds chapter and student leader nothing but success this year!

NSCS.ORG
let’s change the conversation about mental health