

What's Great in Our State 2018

A forum to celebrate Children's Mental Health Awareness



Office of
Mental Health

Council on Children
and Families

Healthy Minds, Healthy Children and Youth

Tuesday, May 8, 2018 • 1:30 p.m. to 4:30 p.m.

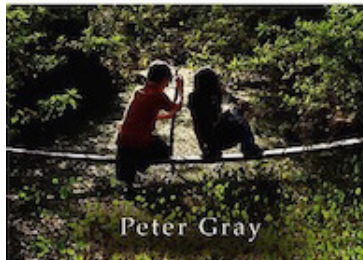
Huxley Auditorium • New York State Museum • 222 Madison Avenue in Albany

Keynote Speaker
Peter Gray, Ph.D.



Free to LEARN

*Why Unleashing the Instinct to Play Will
Make Our Children Happier, More Self-Reliant,
and Better Students for Life*



Dr. Gray is a research professor of psychology at Boston College who has conducted and published research in neuroendocrinology, developmental psychology, anthropology, and education. His research now focuses on the role of play in human evolution and how children educate themselves, through play and exploration, when they are free to do so. He has expanded on these ideas in his book, [*Free to Learn: Why Unleashing the Instinct to Play Will Make Our Children Happier, More Self-Reliant, and Better Students for Life.*](#)

Click [HERE](#) to learn more and register to attend this free event.

Young Adult Voice of Recovery
Dianna Paige



Dianna is currently a student at Hobart and William Smith College and an active member of the NAMI-NYS Young Adult Network. She has been a passionate mental health advocate dedicated to raising awareness among her peers. Dianna has been a leader on mental health literacy since she was a high school student. During her time in high school, Dianna created a presentation and video to talk to students about depression and other mental health issues prevalent among adolescents. When she was 19 years old, Dianna filmed an acclaimed TEDx Talk, [*I Am Depressed*](#), in which she shares openly about her personal struggles with mental illness and covers topics including depression, anxiety, and suicide.