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**April 28, 2017**

Doubletree Hotel  
Westborough, MA

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# **3rd Annual Teen Mental Health Summit**





## 3rd Annual Teen Mental Health Summit

### A Collaborative Initiative of the MSSAA & MIAA

Dear Conference Participant,

For the past three years, the MSSAA and MIAA have collaborated and partnered with many organizations to offer a conference concerning teen behavioral health. For more than 30 years, the two Associations have provided professional development opportunities on a variety of wellness topics, and leadership training for student and adult leaders.

Please contact the MIAA Educational Athletics Staff if we can be of any help in planning and implementing wellness programming in your schools and communities.

We would like to extend our appreciation to the many schools and communities represented here today. Thank you for your commitment to this very timely and important conference. To the student leaders in attendance, you have the potential to be a significant, positive influence in the lives of your peers, and in helping those around you make healthy life choices.

Please visit the resource exhibit area and meet members from the MIAA Partners in Prevention, many of whom have resources and programs available to bring to your schools and communities.

If you need assistance at any time today, please visit the registration desk. Thank you again for attending today's conference.

My best,

A handwritten signature in blue ink that reads 'Karen Nardone'.

**Karen Nardone, M.Ed.,**  
*MIAA Wellness Coordinator  
Certified Prevention Specialist*

# 3rd Annual Teen Mental Health Summit



## 7:30-8:15 am Registration, Continental Breakfast

*Please visit the exhibits, review the program & select your workshops.*

## 8:15-9:30 am General Session

**Welcome:** Bill Gaine, *MIAA Executive Director*

**Proclamation:** Jeffrey Roy, *State Representative*

**Conference Logistics:** Karen Nardone, *MIAA Wellness Coordinator*

**Keynote:** Jessica Minahan, *National Consultant, Behavior Analyst, Special Educator*

## 9:30-9:45 am Transition to Workshops, Resource Exhibits

*At this time, the Ballroom partitions will be closing. Please keep clear!*

## 9:45-10:50 am Workshop Session 1

**See program pages 4 & 5 for workshop descriptions and locations.**

Please assign members of your group to be represented at each of the different workshops. If a workshop is full, you will be redirected to another session. **Your cooperation is appreciated.**

## 10:50-11:00 am Transition to Workshops, Resource Exhibits

## 11:00 am-12:05 pm Workshop Session 2

**See program pages 6 & 7 for workshop descriptions and locations.**

Please assign members of your group to be represented at each of the different workshops. If a workshop is full, you will be redirected to another session. **Your cooperation is appreciated.**

## 12:05 pm Transition to Luncheon

*At this time, the Ballroom partitions will be opening. Please keep clear!*

## 12:15-12:55 pm Luncheon

## 12:55-2:00 pm General Session

**Keynote:** Pamela M. Garramone, *Positive Psychology Speaker, Coach*

## 2:00 pm Adjourn

A Collaborative Initiative of the MSSAA & MIAA

### Ballroom Edgewood

#### ***Supporting Our Youth***

Supporting Our Youth has been added to the Best Practices Registry. This training was developed by Samaritans for middle and high school faculty and staff. Participants learn important information about suicide prevention, and are introduced to the concept and skills of befriending. Materials include a PowerPoint presentation, handouts, and wallet cards. Interactive role-playing and practice modules are included for extended versions of the training.

Presented by:

Lauren Gablinske, Manager, Community Education and Outreach, Samaritans, Inc.

### Ballroom Chandler

#### ***A Life Unfulfilled: Losing My Son to Suicide***

This workshop shares the story of the presenter's son Jeffrey who died by suicide five years ago and includes the family history, youth sports, the prevalence of anxiety and depression in youth as well as their signs and symptoms.

Presented by:

Steve Boczenowski, President and Founder, Teenage Anxiety and Depression Solutions (TADS)

### Ballroom Baldwin

#### ***Supporting Students Returning to School After Mental Health and Medical Crises***

Bridge for Resilient Youth in Transition (BRYT) supports a growing network of school-based programs helping students return to a full schedule after serious mental health and/or medical challenges. This session will include an overview of BRYT and a panel of students, parents, and educators who have been part of BRYT programs.

Presented by:

Paul Hyry-Dermith, Director, Bridge for Resilient Youth in Transition (BRYT)

# 3rd Annual Teen Mental Health Summit



## Ballroom Autumn

### ***Understanding Eating Disorders***

This dynamic presentation will educate those working with youth and adolescents on issues pertaining to eating disorders. It will address the bio-psych-social-cultural causes of body dissatisfaction and provide concrete tools to help students build a positive body image within themselves and their communities. Topics include media literacy, debunking myths about eating disorders, social media and self objectification, mindful eating and exercise for athletes, intentional language, assertiveness, and youth empowerment.

Presented by:

Robin Benson Monroe, MEDA, Inc.

## Ballroom Viking

### ***Developing the Conversation Around Mental Health***

The NAN Project delivers education, prevention, and intervention strategies to young adults who may be struggling with mental health concerns, using a safe and supportive school-based model. This workshop introduces the NAN Project and gives an overview of the organization. Peer Mentors (young adults), will present their comeback stories of their struggles with mental health and paths to recovery.

Presented by:

Jake Cavanaugh, Director, The NAN Project

## Nugget & Wellington

### ***The “S” Word: The Role of Schools in Preventing Suicide***

To ensure that school personnel are able to recognize the signs of suicide and make the appropriate referrals, the Massachusetts Department of Public Health's Suicide Prevention Program developed an online training titled the “S” Word: The Role of Schools in Preventing Suicide. In this workshop, participants will learn more about how to recognize, identify, and respond to young people who may be at risk for suicide.

Presented by:

Brandy Brooks and Lurena Lee, MA Department of Public Health

Workshop Session 1 9:45 - 10:50

### Ballroom Edgewood

#### ***SWATTING Stigma Through Student Empowerment***

This workshop will highlight the success of Student Wellness Advisory Teams (SWAT) in place in high schools in Central Massachusetts, how the teams were formed, and the important role students can play in promoting mental wellness and combating stigma. SWAT students will speak about the wellness activities they've created for their schools and how they've raised awareness of mental wellness.

Presented by:

Paul Richard, Executive Director, The SHINE Initiative

### Ballroom Chandler

#### ***Teen Depression Speakers***

In this workshop, a panel of teens and young adults share their stories of living with depression or bipolar disorder and will engage in a question and answer session with the audience. Information facts sheets and sets of Depression and Wellness Guides for Parents and Teens will be provided.

Presented by:

Kendra Taylor, Families for Depression Awareness

### Ballroom Baldwin

#### ***BRYT Transition Programs in the Context of Comprehensive Mental Health and Social- Emotional Learning Supports (RTI/ MTSS)***

During this workshop participants will "map" the mental health and social-emotional learning supports currently available in their schools in relation to a comprehensive, multi-tiered support system, and learn how BRYT can help schools implement comprehensive systems and implement BRYT programs.

Presented by:

Paul Hyry-Dermith, Director, Bridge for Resilient Youth in Transition (BRYT)

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## Ballroom Autumn

### ***Finding Hope: Grief After a Suicide in Schools***

This workshop will include a panel of loss survivors: a student who lost friends/peers (while in high school, college, and after), a parent of a student who lost peers in high school, and a teacher who lost a student to suicide. Each will share their experience and talk about what was helpful and what was not. Coping strategies and building resiliency for survivors as well as resources available after a loss to suicide will be discussed.

Presented by:

Emily Britt, Manager, Grief Support Services, Samaritans, Inc.

Debbie DiMasi Director, Grief Support Services.

## Ballroom Viking

### ***Trauma and Academic Resilience***

Using the landmark ACE's study, Massachusetts' Trauma Sensitive Schools, and principles from the Center for Social and Emotional Learning, this presentation will describe how the learning brain is impacted by trauma, how trauma adversely impacts resilience, and how the educational community can contribute to resilience and relationship building.

Presented by:

Jeanie Tietjen, PhD, Associate Professor of English, Massachusetts Bay Community College

## Nugget & Wellington

### ***They Really Don't Know: The Brain, Trauma, and Teens***

This workshop will provide participants with a clear understanding of why we sometimes see teens "flip out" over small things, make poor decisions, and struggle with communication. Participants will learn how the brain reacts to stress, strategies for interacting in ways that can build relationships, heal stress, and support the development of self efficacy.

Presented by:

Charity Bell, Director of Training Northeast Area, Massachusetts Department of Mental Health

Workshop Session 2 11:00 - 12:05



## 3rd Annual Teen Mental Health Summit

### Presenters

#### Morning Keynote Presenter

Jessica Minahan

jessicaminahan1@gmail.com

[www.jessicaminahan.com](http://www.jessicaminahan.com)

Workshop Session 1	Workshop Session 1
Lauren Gablinske, Samaritans, Inc. <a href="mailto:lgablinske@samaritanshope.org">lgablinske@samaritanshope.org</a> <a href="http://www.samaritanshope.org">www.samaritanshope.org</a>	Rachel Benson Monroe MEDA, Inc. <a href="mailto:rbmonroe@medainc.org">rbmonroe@medainc.org</a> <a href="http://www.medainc.org">www.medainc.org</a>
Steve Boczenowski Teenage Anxiety & Depression Solutions <a href="mailto:boczeno@gmail.com">boczeno@gmail.com</a> <a href="http://www.tadsma.org">www.tadsma.org</a>	Jake Cavanaugh The NAN Project <a href="mailto:jcavanaugh@thenanproject.org">jcavanaugh@thenanproject.org</a> <a href="http://www.thenanproject.org">www.thenanproject.org</a>
Paul Hryr-Dermith Director, BRYT Brookline Center for Community Health <a href="mailto:paul_hryr-dermith@brooklinecenter.org">paul_hryr-dermith@brooklinecenter.org</a> <a href="http://www.brooklinecenter.org/bryt">www.brooklinecenter.org/bryt</a>	Brandy Brooks and Lurena Lee Massachusetts Department of Public Health <a href="mailto:brandy.brooks@state.ma.us">brandy.brooks@state.ma.us</a> <a href="mailto:lurena.lee@state.ma.us">lurena.lee@state.ma.us</a> <a href="http://www.mass.gov/dph/suicideprevention">www.mass.gov/dph/suicideprevention</a>

# 3rd Annual Teen Mental Health Summit



## Presenters

### Luncheon Keynote Presenter

Pamela M. Garrmone  
[pamela.m.garramone@gmail.com](mailto:pamela.m.garramone@gmail.com)  
[www.pamgarramone.com](http://www.pamgarramone.com)

Workshop Session 2	Workshop Session 2
Paul Richard, Executive Director The SHINE Initiative <a href="mailto:Prichard@shineinitiative.org">Prichard@shineinitiative.org</a> <a href="http://www.shineinitiative.org">www.shineinitiative.org</a>	Emily Britt, and Debbie DiMasi Grief Support Services, Samaritans, Inc. <a href="mailto:ebritt@samaritanshope.org">ebritt@samaritanshope.org</a> <a href="mailto:ddimasi@samaritanshope.org">ddimasi@samaritanshope.org</a> <a href="http://www.samaritanshope.org">www.samaritanshope.org</a>
Kendra Taylor Families for Depression Awareness <a href="mailto:kendra@familyaware.org">kendra@familyaware.org</a> <a href="http://www.familyaware.org">www.familyaware.org</a>	Jeanie Tietjen, PhD Associate Professor of English, MassBay Community College <a href="mailto:jtietjen@massbay.edu">jtietjen@massbay.edu</a> <a href="http://www.massbay.edu">www.massbay.edu</a>
Paul Hryr-Dermith Director, BRYT Brookline Center for Community Health <a href="mailto:paul_hryr-dermith@brooklinecenter.org">paul_hryr-dermith@brooklinecenter.org</a> <a href="http://www.brooklinecenter.org/bryt">www.brooklinecenter.org/bryt</a>	Charity Bell Director of Training Northeast Area, Massachusetts Department of Mental Health <a href="mailto:charity.bell@state.ma.us">charity.bell@state.ma.us</a> <a href="http://www.mass.gov/eohhs/gov/departments/dmh/">www.mass.gov/eohhs/gov/departments/dmh/</a>

### Morning Keynote Presenter



#### JESSICA MINAHAN, M.Ed, BCBA

Jessica Minahan is a licensed and board certified behavior analyst, special educator, and a consultant to schools nationwide. Jessica has over seventeen years of experience supporting students who struggle with mental health issues and challenging behavior in public school systems. Her particular interest is to serve these students by combining behavioral interventions with a comprehensive knowledge of best practices for those with complex mental health profiles and learning needs. She is a blogger on The Huffington Post, the author of ***The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students***, with Nancy Rappaport (Harvard Education Press, 2012) and author of ***The Behavior Code Companion: Strategies, Tools, and Interventions for Supporting Students with Anxiety-Related or Oppositional Behaviors*** (Harvard Education Press, 2014).

# 3rd Annual Teen Mental Health Summit



## **PAM GARRAMONE, M.Ed.**

Pam Garramone, M.Ed., served as the Executive Director of Greater Boston PFLAG for sixteen years. Now a positive psychology speaker, trainer and life coach, Pam presents her programs to schools and businesses. Pam's presentations will leave you feeling energized, relaxed, filled with purpose, and happier!

Pam has been awarded the GOAL Community Service Award, the Greater Boston Business Council's Individual Award for Excellence, the Grace Sterling Stowell Award for Excellence in Advocacy and Service and the North Shore Pride Professional Achievement Award. Currently, she teaches "How to be Happier" to middle and high school students, teachers and corporate employees.

## **Afternoon Keynote Presenter**



## 3rd Annual Teen Mental Health Summit

### Resource Exhibitors

American Foundation for Suicide Prevention ssimpson@afsp.org <a href="https://afsp.org">https://afsp.org</a>	Middlesex Partnerships for Youth stephanie.guyotte@state.ma.us <a href="http://www.mpyinc.org">www.mpyinc.org</a>
A Mother's Journey lisaabrod@charter.net <a href="http://www.lisabrodeur.com">www.lisabrodeur.com</a>	Minding Your Mind karen@mindingyourmind.org <a href="http://www.mindingyourmind.org">www.mindingyourmind.org</a>
Army National Guard Justin.a.linfield.mil@mail.mil <a href="http://www.nationalguard.com">www.nationalguard.com</a>	The NAN Project jcavanaugh@thenanproject.org <a href="http://www.thenanproject.org">www.thenanproject.org</a>
Families for Depression Awareness susan@familyaware.org <a href="http://www.familyaware.org">www.familyaware.org</a>	Pamela M. Garramone pamela.m.garramone@gmail.com <a href="http://www.pamgarramone.com">www.pamgarramone.com</a>
IAM Strong Foundation info@iamstrongfoundation.org <a href="http://www.iamstrongfoundation.org">www.iamstrongfoundation.org</a>	Plymouth County Suicide Prevention Coalition jbabcock13@comcast.net
Jessica Minahan jessicaminahan1@gmail.com <a href="http://www.jessicaminahan.com">www.jessicaminahan.com</a>	Samaritans, Inc. lgablinke@samaritanshope.org <a href="http://www.samaritanshope.org">www.samaritanshope.org</a>
Leaders and Learners Consulting RachelPoliner@leadersandlearners.org <a href="http://www.leadersandlearners.org">www.leadersandlearners.org</a>	Screening for Mental Health mdiamon@mentalhealthscreening.org <a href="http://www.mentalhealthscreening.org">www.mentalhealthscreening.org</a>
MIAA/MSSAA <a href="http://www.miaa.net">www.miaa.net</a> <a href="http://www.mssaa.org">www.mssaa.org</a>	The SHINE Initiative Prichard@shineinitiative.org <a href="http://www.shineinitiative.org">www.shineinitiative.org</a>
MEDA, Inc. rbmonroe@medainc.org <a href="http://www.medainc.org">www.medainc.org</a>	Student Health 101 sarah@studenthealth101.com <a href="http://www.studenthealth101.com">www.studenthealth101.com</a>

# 3rd Annual Teen Mental Health Summit



## Sponsor

The MIAA and MSSAA would like to thank the I AM Strong Foundation for their generous support of this conference.



The **IAM** Strong Foundation

[www.iamstrongfoundation.org](http://www.iamstrongfoundation.org)  
[info@iamstrongfoundation.org](mailto:info@iamstrongfoundation.org)

### Resources and Information



In collaboration with the MA D.P.H. and MassTAPP, the MIAA developed resources and action steps to prevent opioid misuse and overdose among student athletes. This packet can be found at [www.miaa.net](http://www.miaa.net), under Hot Topics. Click on Opioid Misuse Prevention Information for Student Athletes, Teachers, Coaches, and Parents.

Additional resources can be found in the Opioid and Other Substance Misuse Prevention Toolkit at: [www.miaa.net](http://www.miaa.net). Click on Educational Athletics, Wellness and the Toolkit graphic. These materials and resources can be utilized at preseason meetings, parent and community forums, wellness classes, pre-prom programs and other school functions.

### MIAA Speaker Listing

Are you looking for speakers for your school or community?



Please visit [www.miaa.net](http://www.miaa.net), and click on Wellness Speakers List located under Quick Links. The Talking Phone Book is an interactive directory of Resources and Speakers, and arranged by topic. Where

applicable, click on the photo and listen to the brief clip of the presenter.

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## Upcoming Offerings Under the Wellness Pillar of Educational Athletics

### **Mindfulness and Positivity Workshop**

Friday, May 12, 2017, MIAA Conference Center, Franklin, MA

### **So You're a Leader...Now What?! Leadership and Substance Misuse Prevention Conference**

for High School Students and Adult Leaders

Monday, May 15, 2017, MIAA Conference Center, Franklin, MA

### **SBIRT in Schools Implementation Essentials**

Monday, May 22, 2017, MIAA Conference Center, Franklin, MA

### **YOU LEAD Leadership and Substance Misuse Prevention Conference**

Monday, June 5, 2017, MIAA Conference Center, Franklin, MA

### **Save the Date!**

### **21st MIAA Annual Wellness Summit**

Friday, October 27, 2017 Doubletree Hotel, Westborough, MA

Register for workshops and conferences at [www.miaa.net](http://www.miaa.net). Click on conference by date and select the desired program.



## 3rd Annual Teen Mental Health Summit

### **The MIAA Partners In Prevention and The MIAA Coalition for the Prevention of Youth Substance Misuse**

On September 19, 1985, the Massachusetts Interscholastic Athletic Association held a press conference to address the Association's commitment to a long-term, comprehensive program to promote the chemical health of the student-athlete. Learning from the successful models of pre-season meetings and coaches and captains workshops, the Association's commitment expanded in 1994, beyond student-athletes, to partner with MSSAA to help schools create programs and educational strategies for all constituents to address any matter that might embrace or improve the well-being of the student.

The MIAA and MSSAA then founded "Partners in Prevention", a powerful collaboration of more than 65 public and private prevention agencies and initiatives, many of whom are featured at today's conference.

In 2016, the MIAA founded the MIAA Coalition for the Prevention of Youth Substance Misuse, a powerful group of key stakeholders from across the Commonwealth. Coalition members include representatives from the Following: District Attorneys Offices, the Attorney General's Office, recovery high Schools, law enforcement, The Department of Elementary & Secondary Education, the Department of Public Health Bureau of Substance Abuse Services, MassTapp, Mass Medical Society, Athletic Trainers Association, Athletic Directors, Massachusetts Legislature, treatment programs, and individuals in recovery. Many of these folks are here today, and are dedicated to providing resources and information to your schools and communities.

These agencies provide outstanding support, resources, and expertise in our Associations' delivery of wellness services and programs.

For more information, please contact the MIAA Educational Athletics Staff.

# 3rd Annual Teen Mental Health Summit



**Special thanks to the following for their efforts to  
make today's conference possible:**

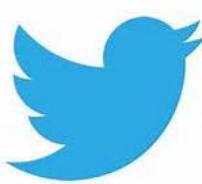
Conference Attendees  
Conference Presenters  
Conference Exhibitors  
The Doubletree Hotel  
MIAA Partners in Prevention  
MIAA Staff  
MSSAA Staff  
Ridgewood Printing

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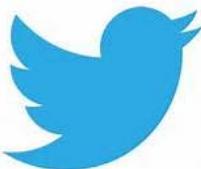
**If you are experiencing a difficult time today, please  
check in at the Registration Table for the location of  
the Jonathan Room.**

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Follow MIAA on Twitter and Instagram @miaa033



Follow MSSAA on Twitter @mssaa33 and Massachusetts  
Secondary School Administrators Association on Facebook





- *Be gentle with yourself. Many caregivers forget about themselves and their needs and eventually burn out.*
- *Remind yourself that you are a loving helper, not a magician. None of us can change anyone else - we can only change the way that we relate to others.*
- *Find a place where you can be a hermit - use it every day - or when you need to.*
- *Learn to give support, praise and encouragement to those about you - and learn to accept it in return.*
- *Remember that in the light of all the pain we see around us, we are bound to feel helpless at times. We need to be able to admit this without shame. Just in caring and in being there, we are doing something important.*
- *Learn to vary your routine often and to change your tasks whenever possible.*
- *Learn to know the difference between complaining that relieves tension and the complaining that reinforces it.*
- *On your way home from work, focus on one good thing that happened during the day.*
- *Become a resource to yourself! Be creative and open to new approaches to old things.*
- *Use the support you give to others or a "buddy" system regularly. Use these as a support, for reassurance and to redirect yourself.*
- *Avoid "shop talk" during your breaks or when you are socializing with colleagues.*
- *Learn to use the expression "I choose to..." rather than expressions like "I have to..." "I ought to..." or I should..."*
- *Learn to say "I won't..." rather than "I can't..."*
- *Learn to say "no" and mean it. If you can't say "no," what is your "yes" worth?*
- *Aloofness and indifference are far more harmful than admitting to an inability to do more.*

# 3rd Annual Teen Mental Health Summit



*Too often we underestimate  
the power of a touch,  
a smile, a kind word,  
a listening ear,  
an honest compliment,  
or the smallest act of caring,  
all of which have  
the potential to turn a life around.*

Leo Buscaglia

Thank you for attending today and  
supporting our youth.



## 3rd Annual Teen Mental Health Summit

### Special Thanks to



Massachusetts Organization of Educational Collaboratives



masc



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***In order to issue professional development hours, DESE requires the use of assessment questions as part of today's program evaluations. Thank you for your cooperation.***

**The link to today's Summit evaluation is:**  
**<https://www.surveymonkey.com/r/3rdHealthSummit>**