

Keynote Speakers



Winnie Ho

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Winnie Ho is a senior at Cornell University studying Neurobiology and Sociology, with an interest in Global Health and Inequality Studies. During her time on campus, she formerly served as the President of Alpha Phi Omega, Gamma Chapter (APO), a national co-ed service fraternity and one of the largest student organizations at Cornell with hundreds of student volunteers. She has found the most rewarding experiences through building bridges with other communities on campus and integrating resources and connections to accomplish goals together. Winnie is passionate about community engagement and service, and has devoted much of her time to supporting collegiate and community mental health through partnerships, direct action, and fundraising. As a Long Island native, she is thrilled to have the opportunity to learn about the great mental health work being done in New York State!



Matt Jirsa

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Matt Jirsa is a recently graduated senior from Cornell University with a major in Biology and Society and Minors in Health Policy, Global Health, and Nutrition. On campus, Matt is deeply involved with mental health activism and advocacy. He served as the Co-President of Cornell Minds Matter, the largest mental health organization on campus. His most impactful work was by founding and chairing of the student-run Mental Health Task Force, a group of student that developed a set of policy recommendations and implements them alongside the Cornell administration. Matt also served as chair of Mental Health Awareness Week for the past two years and currently works at the Mental Health Association of Tompkins County, a local nonprofit where he is working on developing a Leave of Absence Program to support college students. In his free time Matt enjoys running and lifting, nature walks and hammocking, and spending time trying out new restaurants with friends.