



# Active Minds National Conference

THE NATION'S PREMIER CONFERENCE FOCUSED ON STUDENTS & MENTAL HEALTH

# 2019

## CONFERENCE PROGRAM

*Building a Mental Health Culture*

Georgetown University  
Hotel & Conference Center  
Washington, DC

# Many Thanks to Our 2019 National Conference Sponsors

## SPONSORS

---



James  
Kirk  
Bernard  
Foundation



PORCHLIGHT



*Stephanie Becker Fund*

## EXHIBITORS

---



# Welcome!

*Thank you for joining us at the 2019 Active Minds National Conference in Washington, DC.*

*We are so thrilled to bring together hundreds of campus and school professionals, government, foundation, and corporate representatives, and student and mental health leaders from across the country to share ideas and advance knowledge about mental health education, advocacy, and awareness.*

*Over the weekend, you'll see showcased the country's most innovative and effective approaches for "Building a Mental Health Culture." Our presenters are leading experts in the field, who will address mental health as one of the most important issues of our time. Together, we're advancing approaches for supporting student well-being and changing the conversation about mental health on campuses, in workplaces, and within our communities.*

*I very much look forward to meeting and talking with you over the next couple of days. Thank you for being passionate and fearless advocates for suicide prevention and mental health awareness. Your work makes a profound difference in how mental health is talked about, cared for, and valued among us all.*



*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 located in the West Lobby.

## #ActiveMindsCon19

Use the hashtag so we can all stay connected.



ActiveMindsInc



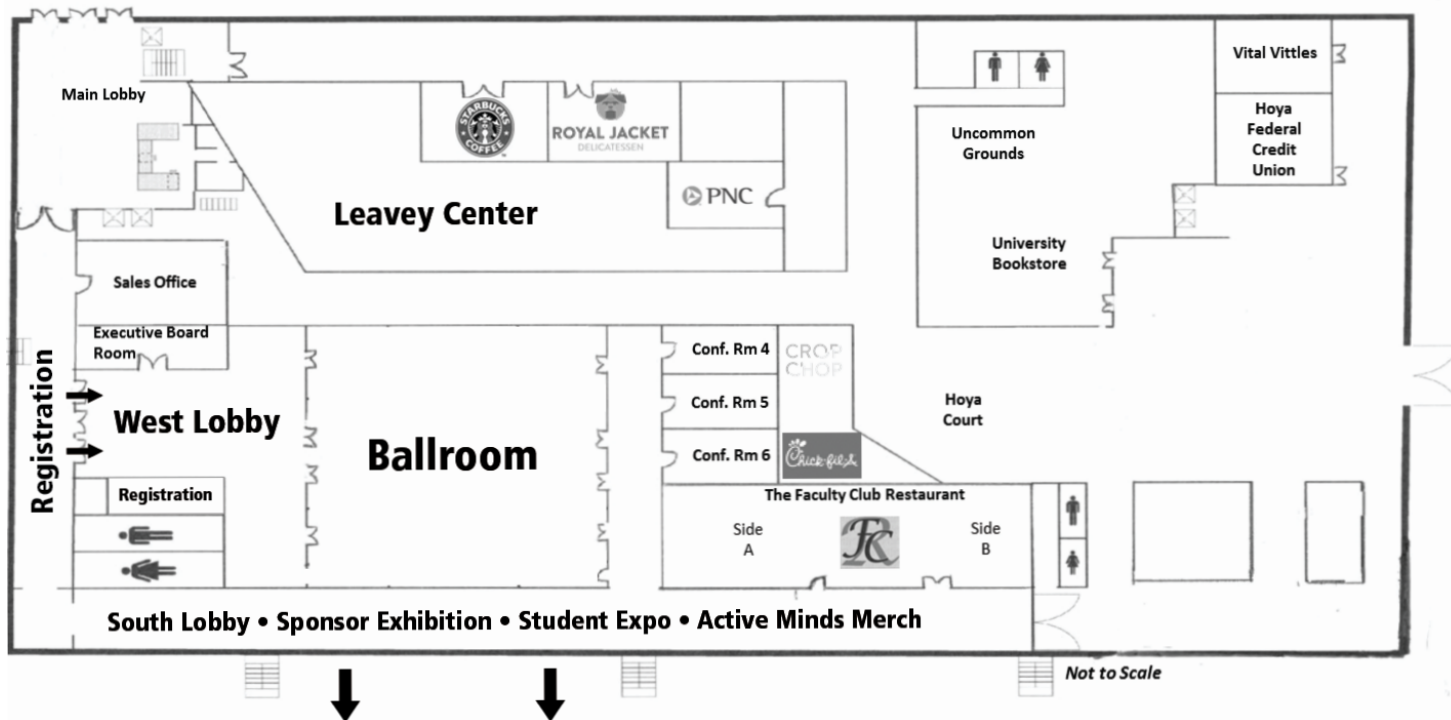
@Active\_Minds



@Active\_Minds

# Conference Map

Georgetown University Hotel and Conference Center • 202-687-3200



To McDonough School of Business

All Breakout Sessions for the Active Minds National Conference will take place at the McDonough School of Business located across the patio from the South Lobby. Please review session descriptions for specific rooms.

## Location and Parking Information

**Please build in extra time getting to and from Georgetown as the campus is currently under construction.**

The entrance to Georgetown University Hotel and Conference Center (also known as the Leavey Center) is located on Georgetown University's main campus. Please note the address for the entirety of campus is **37th and O Streets, NW, Washington, DC 20057**. If you use this address, you will most likely be led to the front gates of campus, which are a **ten minute walk** to the conference center.

**If you plan to take an Uber / Lyft**, please use the "Georgetown University Hotel and Conference Center" as your destination. Instruct the driver to enter the Georgetown Campus through the Canal Road entrance. The car will need to go up the hill, passing the football field and making its way to the Conference Center. **You will see signs posted that say Hotel Taxi/Rideshare Drop Off that will point you to a garage where you can be dropped off.** Once dropped off, you will see banners leading you to the hotel elevator, which will bring you to the Conference Center lobby. For outgoing rides, use the Lombardi Cancer Center name for pick up location and pick up in front of hotel. Please ask front desk for help if you are having difficulty.

**Parking: Please park in the Southwest Garage off of Canal Road.** Enter the Georgetown University Campus through the Canal Road entrance, located approximately 200 feet past the Exxon Mobil gas station. (The following address can be used with mapping software: **3607 M Street, NW, Washington, DC 20007**). As you travel up the hill, the parking garage will be on your right. Cost for parking is **\$25 a day (cash only)**. There is a shuttle available from the **Southwest Garage, P3 Level**, to the hotel and conference center. If you're walking, exit the garage through the "North" exit and walk up the hill along the football field. The conference center is located directly past the field. **THERE IS NO PARKING AT THE CONFERENCE CENTER UNLESS YOU ARE A HOTEL OVERNIGHT GUEST.**

**Metro:** To reach the conference center via Metro, board the **Georgetown University Transportation Shuttle (GUTS)** at either the Rosslyn or Dupont Circle Metro Stops. Inform the driver you are attending an event at the University Conference Center. The shuttle begins operating at **6:15 a.m** and runs every 10 minutes. Allow for 20 minutes to reach the conference center from either of the Metro stops. **Pick-up locations:** From Dupont Metro, the intersection of Massachusetts Ave. and 20th. Wait near the green fire hydrant. From Rosslyn Metro, the intersection of N. Moore and 19th.

# 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](https://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. and the National Board for Certified Counselors. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 9.5 total Category I continuing education contact hours. The program is also designated for National Certified Counselors (NCC) to receive up to 9 contact hours. To apply for continuing education credits, please visit the Registration Desk.

\* Sessions approved for CHES/MCHES CE credits  
^ Sessions approved for NBCC CE credits



## 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 rotation throughout conference weekend 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**

<b>8:00am – 9:00am</b>	<b>Breakfast and Registration</b>	<b>West Lobby and Ballroom</b>
<b>9:00am – 9:30am</b>	<b>Welcome</b>	<b>Ballroom</b>
	<i>Alison Malmon, Founder and Executive Director, Active Minds</i> <i>Dr. John J. DeGioia, President, Georgetown University</i>	
<b>9:30am – 10:30am</b>	<b>How Change Happens: Why Some Social Movements Succeed and Some Don't</b>	<b>Ballroom</b>
	<i>Leslie R. Crutchfield, MBA, Author and Executive Director of the Global Social Enterprise Initiative (GSEI), Georgetown University</i>	
<b>10:30am – 11:00am</b>	<b>Networking Break</b>	<b>South Lobby</b>
	Visit with fellow attendees and exhibitors in the South Lobby	
<b>11:00am – 12:00pm</b>	<b>Breakout Sessions: Taking a Collective, Strategic Approach</b>	
	<b>Sexual Assault on Campus: A Public Health Epidemic*^</b>	<b>Business School, Room 150</b>
	<i>Allison Tombros Korman, MHS, Senior Director of Culture of Respect at NASPA</i> <i>Silvia Zenteno, Director of Education and Training, It's On Us</i>	
	<b>Collegiate Recovery and Implications for Mental Health*</b>	<b>Business School, Room 160</b>
	<i>Tim Rabolt, MA, Executive Director, Association of Recovery in Higher Education</i>	
	<b>What the Data Tells Us: Mental Health Initiatives on College Campuses</b>	<b>Business School, Room 230</b>
	<i>Lisa Sontag-Padilla, PhD, Behavioral and Social Scientist, RAND Corporation</i>	
	<b>Postvention: Helping a Community Heal after a Suicide*^</b>	<b>Business School, Room 240</b>
	<i>Traci Callandrillo, PhD, Assistant Vice President of Campus Life, American University</i> <i>Robyn Suchy, Chapter Manager, Active Minds</i> <i>Michael Zibilich, Active Minds Speaker</i>	
	<b>Adopting a Healthy Mental Health Campus Culture: What Faculty Can Do*^</b>	<b>Business School, Room 250</b>
	<i>Kristen Lee, EdD, LICSW, Lead Faculty, Behavioral Science, Northeastern University</i> <i>and Active Minds Speaker</i>	
<b>12:00pm – 1:15pm</b>	<b>Lunch and Panel: We Control the Narrative: Media and Messaging about Mental Health and Suicide</b>	<b>Ballroom</b>
	<b>Panelists:</b> <i>Frances Gonzalez, Senior Director of Marketing and Communications, National Suicide Prevention Lifeline</i> <i>Jennifer Hartstein, PsyD, Hartstein Psychological and Active Minds Board Member</i> <i>Kimberly Torguson, Associate Director of Communications, National Action Alliance for Suicide Prevention</i>	
	<b>Moderators:</b> <i>Emma Edick, Communications Coordinator, Active Minds</i> <i>Angela Gillis, Communications Manager, Active Minds</i>	
<b>1:30pm – 2:30pm</b>	<b>Panel: Mental Health Trends and Implications for Practice</b>	<b>Ballroom</b>
	<b>Panelists:</b> <i>Peter Ceglarek, MPH, Study Coordinator, Healthy Minds Network</i> <i>Ilene Rosenstein, PhD, Associate Vice Provost for Campus Wellness and Education, University of Southern California</i> <i>Lisa Sontag-Padilla, PhD, Behavioral and Social Scientist, RAND Corporation</i>	
	<b>Moderator:</b> <i>Alison Malmon, Founder and Executive Director, Active Minds</i>	

\* Sessions approved for CHES/MCHES CE credits  
^ Sessions approved for NBCC CE credits

2:45pm – 3:45pm

### Breakout Sessions: Innovation for Emerging Issues

#### Technological Advances and Opportunities for Mental Health\*^

Business School, Room 150

*Lisa Desai*, PsyD, Director of Mental Health Screening and Research, MindWise Innovations

*Matthew McEvoy*, Senior Director of Student Support, Morneau Shepell

*Monika Roots*, MD, Chief Medical Officer, Pacifica

*Ashley Womble*, MPH, Head of Communications, Crisis Text Line

#### Maximizing Greek Life to Build a Mental Health Culture\*^

Business School, Room 160

*Colleen Coffey*, EdD, Active Minds Speaker; Education & Business Development, Phired Up

*Brooke Kingsley Isbell*, Assistant Executive Director of Prevention & Accountability, Pi Kappa Phi

#### School Shootings and Implications for Mental Health\*

Business School, Room 230

*Lisa Hamp*, MS, Active Minds Speaker; Mental Health & Safety Advocate

#### The Power of Storytelling in Shaping a Positive Mental Health Culture

Business School, Room 240

*Pablo Campos*, Active Minds Speaker; Master of Social Work Graduate Student, NC State University

*Kai Roberts*, Active Minds Speaker; Assistant Director of Admission, Carnegie Mellon

\*This session will run until 3:55pm

#### Upstream Approaches to Suicide Prevention: Innovation to Address Everyday Challenges\*^

Business School, Room 250

*Joey Chen*, Alumni, Robert Morris University

*Becky Fein*, MPH, Associate Director of Programs, Active Minds

*Sydney Gray*, Student Leader, San Diego State University

*Megan Larson*, California Mental Health Services Authority Fellow, Active Minds

*Michelle Liu*, Student Leader, University of California at Riverside

\* Sessions approved for CHES/MCHES CE credits

^ Sessions approved for NBCC CE credits



Looking for an easy & creative way to start conversations about mental health?

Purchase a campus PostSecretU toolkit! Available exclusively from Active Minds, this is the official PostSecret event for colleges, as endorsed by Frank Warren.

[activeminds.org/postsecretu](http://activeminds.org/postsecretu)

4:00pm – 5:00pm

### Breakout Sessions – Championing Student Voices

#### Student Voice: The Ultimate Innovation in Student Mental Health\*

Business School, Room 150

*Zuher Ibrahim*, Student Leader, Pace University

*Jessica McDevitt*, Student Leader, Pace University

*Lindsey Templeton*, MA, Director of Research and Training, National Campus Leadership Council

*Victoria Zielinski*, Student Leader, Penn State World Campus

#### Getting Teens Emotionally Prepared for College and Adult Life\*^

Business School, Room 160

*Jessica Orenstein*, MPH, Senior Manager of High School Programming, The Jed Foundation

#### Changing Culture through Active Minds Chapters\*

Business School, Room 230

*Barry Schreier*, PhD, Director of The University Counseling Service and Counseling Center and Professor of Counseling Psychology, University of Iowa

*Samantha Stoll*, Active Minds Chapter President, University of Iowa

*Robyn Suchy*, Chapter Manager, Active Minds

#### Supporting the Mental Health of Academically High-Achieving Students

Business School, Room 240

*Stephanie Cahill*, President of NSCS' National Leadership Council and Chapter President of Active Minds at Arizona State University

*Jen Castillo*, Senior Manager, Scholarships, National Society of Collegiate Scholars (NSCS)

*Hayley Harnicher*, Program Manager, Send Silence Packing, Active Minds

#### Giving Students Seats at the Table: Mobilizing Students for Mental Health\*^

Business School, Room 250

*Melissa Celko*, MBA, Director, Kent State of Wellness, Kent State University

*Becky Fein*, MPH, Associate Director of Programs, Active Minds

*April Scott*, PhD, Associate Director of Mental Health Initiatives, University of South Carolina

*Sue Wasiolek*, JD, EdD, Associate Vice President for Student Affairs and Dean of Students, Duke University

### Featured Session

#### Breaking from Business as Usual: How to Get Companies to Alter Policies and Practices to Advance Your Issues

Business School, Room 130

*Joe Weinstein*, Senior Partner, Global Social Enterprise Initiative (GSEI), Georgetown University

\* Sessions approved for CHES/MCHES CE credits  
^ Sessions approved for NBCC CE credits

## Access to Care Matters

Help stop discrimination against those with mental health and substance use conditions.

Visit The Kennedy Forum table to learn how.



DontDenyMe.org

## PORCHLIGHT

We believe it's important to know **how** our loved ones are doing, so we can be there for each other when it matters most. We built an app to make it easy!



Stop by our booth to find out more.

Get the app



7:30am – 8:30am	<b>Student-Led Roundtables: Elevating Student Mental Health Leadership</b> (for Active Minds Chapter Members)	Ballroom
<p><i>Robyn Suchy</i>, Chapter Manager, Active Minds          Active Minds Student Advisory Committee  <i>(Faculty/Staff Chapter Advisors are welcome to attend)</i></p>		
8:30am – 9:10am	<b>Breakfast and Opening Remarks</b>	Ballroom
<p><i>Alison Malmon</i>, Founder and Executive Director, Active Minds</p>		
9:10am – 10:00am	<b>Featured Keynote</b>	Ballroom
<p><i>Ben Nemtin</i>, Producer, Writer, Speaker          Ben Nemtin is the #1 New York Times bestselling author of <i>What Do You Want To Do Before You Die?</i> and a star of the MTV show, <i>The Buried Life</i>.</p>		
10:00am – 10:30am	<b>Networking Break</b>	South Lobby
<p>Visit with fellow attendees and exhibitors in the South Lobby</p>		
10:45am – 11:45am	<b>Breakout Sessions: Equal Opportunities for Health</b>	
<p><b>Achieving Equity in Mental Health*^</b>  <i>Alfiee Breland-Noble</i>, PhD, Senior Scientific Director, The Steve Fund  <i>Peter Ceglarek</i>, MPH, Study Coordinator, Healthy Minds Network  <i>Becky Fein</i>, MPH, Associate Director of Programs, Active Minds  <i>Raquel Sosa</i>, President, Active Minds Student Advisory Committee, East Stroudsburg University</p>		Business School, Room 140
<p><b>Creating a Mental Health Movement, from Campus Advocacy to Statewide Policies</b>  <i>Heather McClenahen</i>, Senior Manager of Equity Programs, Foundation for California Community Colleges  <i>Joseph Robinson</i>, Each Mind Matters: California’s Mental Health Movement</p>		Business School, Room 145
<p><b>Lightning Talks and Fresh Ideas from Emerging Scholars for Addressing Mental Health among Student Athletes and First-Generation Students</b>  <i>Ryan Flinn</i>, New Mexico State University  <i>Rebecca Houston</i>, Utah State University  <i>Justine Kim</i>, Northwestern University  <i>Gary Kwok</i>, Adelphi University  <i>Hannah Levy</i>, Washington State University  <i>Mariella Marfori</i>, University of Florida</p>		Business School, Room 150
<p><b>Insta, Twitter, Snap: How Social Media Impacts Our Mood</b>  <i>Jennifer Hartstein</i>, PsyD, Hartstein Psychological and Active Minds Board Member</p>		Business School, Room 160
<p><b>Mental Health Challenges for LGBTQ+ Youth</b>  <i>Sam Brinton</i>, Head of Advocacy and Government Affairs, The Trevor Project</p>		Business School, Room 240

12:00pm – 1:00pm	<b>Lunch and Presentation of Chapter Awards</b>	Ballroom
1:15pm – 2:15pm	<b>Creative Programming Expo</b>	South Lobby Hall
2:30pm – 3:30pm	<b>Featured Keynote</b>	Ballroom

*Cynthia Germanotta*, President, Born This Way Foundation, Active Minds Hero Award Recipient

Cynthia Bissett Germanotta is President of Born This Way Foundation, which she co-founded with her daughter Lady Gaga in 2012, with the goal of supporting the wellness of young people and empowering them to build a kinder, braver world.

3:30pm – 4:00pm	<b>Closing Remarks</b>	Ballroom
-----------------	------------------------	----------

*Alison Malmon*, Executive Director and Founder Active Minds

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

## Send Silence Packing

Looking to enhance the conversation about mental health?

Apply to host the nationally renowned Send Silence Packing display.

This awareness-building display features personal stories of lives who have been lost to suicide, messages of hope and help for people who may be struggling, and resources to inspire action to prevent suicide within your community.

Learn more at [activeminds.org/sendsilencepacking](http://activeminds.org/sendsilencepacking)



# Keynote Speakers & FEATURED PRESENTERS



## **John J. DeGioia**

*President, Georgetown University*

**Friday (Mar 22) 9:00am-9:30am**

John J. DeGioia is the 48th President of Georgetown University. Dr. DeGioia is deeply engaged in addressing broader issues in education. He currently serves as Chair of the Board of Directors of the Forum for the Future of Higher Education; he also serves as a member of the Board of Directors of the Carnegie Corporation of New York, and the National Association of Independent Schools.



## **Leslie R. Crutchfield**

*MBA, Author and Executive Director of the Global Social Enterprise Initiative (GSEI), Georgetown University*

**Friday (Mar 22) 9:30am-10:30am**

Leslie Crutchfield is an author, the Executive Director of the Global Social Enterprise Initiative (GSEI) at Georgetown University's McDonough School of Business, and a Senior Advisor at FSG. Leslie co-authored *Do More Than Give: The Six Practices of Donors Who Change the World* with FSG managing directors, John Kania and Mark Kramer; recognized as a "game changer for philanthropy in the 21st century," and she collaborates with FSG on developing new knowledge designed to advance social sector thinking and practice.



## **Ben Nemtin**

*Producer, Writer, Speaker*

**Saturday (Mar 23) 9:10am-10:00am**

Ben Nemtin is the #1 New York Times bestselling author of *What Do You Want To Do Before You Die?* and a star of the MTV show, *The Buried Life*. As the co-founder of *The Buried Life* movement, Ben's message of radical possibility has been featured in major media including The Today Show, The Oprah Winfrey Show, CNN, FOX, ABC, CBS, NBC News, and more. By showing how his vulnerabilities have become his strengths, Ben gives others the courage to talk about their internal battles. Ben shares the tools that help him cope with the stresses of life and emphasizes that it is ok to reach out for help.



## **Cynthia Germanotta**

*President, Born This Way Foundation  
Active Minds Hero Award Recipient*

**Saturday (Mar 23) 2:30pm-3:30pm**

Cynthia Bissett Germanotta is President of Born This Way Foundation, which she co-founded with her daughter, Lady Gaga, in 2012 with the goal of supporting the wellness of young people and empowering them to build a kinder, braver world.

## Friday, Mar 22

### How Change Happens: Why Some Social Movements Succeed and Some Don't

9:30am - 10:30am • Ballroom

**Leslie R. Crutchfield**, Author and Executive Director of the Global Social Enterprise Initiative (GSEI), Georgetown University

Movements matter—today as much as ever. Yet, some changes take hold, while others don't. Take tobacco: Just a couple of decades ago, people smoked pretty much everywhere; now the harmful habit has been dramatically reduced. How did so many abandon this highly addictive behavior? Just as most Americans stopped smoking, they started stockpiling guns. Gun laws today are more lenient than ever, and now firearms are everywhere – legally owned, easily purchased, and openly carried in most states – despite the efforts of gun safety advocates. In this same timeframe, LGBT advocates have made marriage equality the new law of the land. How did U.S. society get to a place in the 21st century where it celebrates gay weddings, bans smoking in most places, and openly carries pistols and freely stockpiles assault weapons? The answers are not what you might think.

*How Change Happens* author, Leslie Crutchfield, reveals in this session the leadership approaches, campaign strategies, and ground-level tactics used in a range of modern change campaigns. Based on several years of research with a team of 21 staff, students and faculty at Georgetown University's Global Social Enterprise Initiative (GSEI), she unearthed six key factors that explain why winning movements triumph. She will explore in this session how you can apply these best practices toward advancing emerging movements like #MeToo, Never Again, Black Lives Matter and other important causes.

### Sexual Assault on Campus: A Public Health Epidemic

11:00am - 12:00pm • Business School, Room 150

**Allison Tombros Korman**, MHS, Senior Director of Culture of Respect at NASPA

**Silvia Zenteno**, Director of Education and Training, It's On Us

Nearly 75% of people who experience sexual assault screen positively for a significant mental health problem. Join this conversation to learn about how *It's On Us* and NASPA's *Culture of Respect* are working to break the silence around sexual assault and create safer campus environments.

### Collegiate Recovery and Implications for Mental Health

11:00am - 12:00pm • Business School, Room 160

**Tim Rabolt**, MA, Executive Director, Association of Recovery in Higher Education

Collegiate recovery programs (CRPs) and communities for students in or seeking recovery from a substance use disorder have been added to the spectrum of student services on an increasing number of campuses. Often, CRPs are offering services to students with mental health issues as well. Tim Rabolt, Executive Director for the Association of Recovery in Higher Education, will share the various ways in which collegiate recovery work intersects with mental health and how the mental health community can partner with CRPs on campuses and beyond.

### What the Data Tells Us: Mental Health Initiatives on College Campuses

11:00am - 12:00pm • Business School, Room 230

**Lisa Sontag-Padilla**, PhD, Behavioral and Social Scientist, RAND Corporation

Scientists at the RAND Corporation are leading the way in mental health research, with regard to the role of campus climate, mental health initiatives, and the economic implications of prevention and early intervention. Most recently, they led a landmark study demonstrating that familiarity with Active Minds on a campus decreases stigma and increases mental health awareness and helping behaviors among college students. Join us to learn more about the research and explore how the data may inform programmatic design and decision-making.

### Postvention: Helping a Community Heal after a Suicide

11:00am - 12:00pm • Business School, Room 240

**Traci Callandrillo**, PhD, Assistant Vice President of Campus Life American University

**Robyn Suchy**, Chapter Manager, Active Minds

**Michael Zibilich**, Active Minds Speaker

Traumatic events like suicide need to be handled delicately in a community to encourage healing and help-seeking while also balancing the wishes of the family and other institutional concerns. Join a panel of campus postvention experts, student mental health professionals, and community stakeholders to learn about the vital best practices of postvention in the wake of a death by suicide on campus and the role students can play in these conversations.

## Adopting a Healthy Mental Health Campus Culture: What Faculty Can Do

11:00am - 12:00pm • Business School, Room 250

**Kristen Lee**, EdD, LICSW, Lead Faculty, Behavioral Science, Northeastern University and Active Minds Speaker

In this “Age of Anxiety” and era of campus and global mental health crises, faculty increasingly require skills that allow them to effectively respond to student needs that go beyond traditional academic content support. This session provides a “double-dip” toolbox of practical, evidence-based strategies to inspire faculty and students to thrive and cultivate resilience in today’s intensive landscape.

## We Control the Narrative: Media and Messaging about Mental Health and Suicide

12:00pm - 1:15pm • Ballroom

*Panelists:*

**Frances Gonzalez**, Senior Director of Marketing and Communications, National Suicide Prevention Lifeline, Vibrant Emotional Health

**Jennifer Hartstein**, PsyD, Hartstein Psychological and Active Minds Board Member

**Kimberly Torguson**, Associate Director of Communications, National Action Alliance for Suicide Prevention

*Moderators:*

**Emma Edick**, Communications Coordinator, Active Minds

**Angela Gillis**, Communications Manager, Active Minds

Everyone has an audience and everyone’s voice has power. What we say about mental health and suicide truly matters. This applies to the language we use; the videos, films, podcasts we produce; and the memes and images we create, tweet, like, and forward. Through the choices we make, each of us can help control the narrative and promote stories of hope and recovery that have a positive rather than negative impact on mental health and rates of suicide. Panelists will share lessons learned in steering the narrative and the role each of us play in that work.



## Store Sale

Enjoy **20% off** Active Minds Merch this weekend! Head to the Pop-Up Shop in the South Lobby to check out what we have new in store.

\*Excludes bracelets.

## Mental Health Trends and Implications for Practice

1:30pm - 2:30pm • Ballroom

*Panelists:*

**Peter Ceglarek**, MPH, Study Coordinator, Healthy Minds Network

**Ilene Rosenstein**, PhD, Associate Vice Provost for Campus Wellness and Education, University of Southern California

**Lisa Sontag-Padilla**, PhD, Behavioral and Social Scientist, RAND Corporation

*Moderator:*

**Alison Malmon**, Founder and Executive Director, Active Minds

As we look to build a mental health culture together, some may say that the opportunities and resources for exploring and testing ideas for improving mental health culture are no more abundant than on our college campuses. Panelists will explore the shifting trends in campus mental health and promising ideas for applying lessons learned beyond campuses and into our communities nationwide.

## Technological Advances and Opportunities for Mental Health

2:45pm - 3:45pm • Business School, Room 150

**Lisa Desai**, PsyD, Director of Mental Health Screening and Research, MindWise Innovations

**Matthew McEvoy**, Senior Director of Student Support, Morneau Shepell

**Monika Roots**, MD, Chief Medical Office, Pacifica

**Ashley Womble**, MPH, Head of Communications, Crisis Text Line

Students and campus administrators alike show interest in exploring technology to provide greater access to services and address students’ needs. Representatives from Crisis Text Line, Morneau Shepell, and MindWise Innovations will discuss exciting trends and the future of campus-based and individual use of technology and related mental health outcomes.

## Maximizing Greek Life to Build a Mental Health Culture

2:45pm - 3:45pm • Business School, Room 160

**Colleen Coffey**, EdD, Active Minds Speaker; Education & Business Development, Phired Up

**Brooke Kingsley Isbell**, Assistant Executive Director of Prevention & Accountability, Pi Kappa Phi

39% of students report a mental health issue and sorority and fraternity members are no exception. Furthermore, Greek Life communities provide the kind of support, connection, and shared values that make them strategic partners for changing the campus culture to support student mental health. Dr. Colleen Coffey and Brooke Kingsley Isbell will share insight into how to best approach and partner with Greek Life to change campus climate.

## **School Shootings and Implications for Mental Health**

2:45pm - 3:45pm • Business School, Room 230

**Lisa Hamp**, MS, Active Minds Speaker; Mental Health & Safety Advocate

Virginia Tech shooting survivor, Lisa Hamp, will share her experience and journey towards recovery to teach attendees about community and campus response to tragedy and how it can support or hinder a healthy mental health culture.

## **The Power of Storytelling in Shaping a Positive Mental Health Culture**

2:45pm - 3:55pm • Business School, Room 240

**Pablo Campos**, Active Minds Speaker; Master of Social Work Graduate Student, NC State University

**Kai Roberts**, Active Minds Speaker; Assistant Director of Admission, Carnegie Mellon

Studies show that storytelling is an effective tool for changing mental health perceptions. Join Active Minds speakers Pablo Campos and Kai Roberts to learn more about the power of storytelling and practice tips and resources for sharing your story with others in a safe and empowering way. All attendees have a story to tell and are welcome to attend.

## **Upstream Approaches to Suicide Prevention: Innovation to Address Everyday Challenges**

2:45pm - 3:45pm • Business School, Room 250

**Joey Chen**, Alumni, Robert Morris University

**Becky Fein**, MPH, Associate Director of Programs, Active Minds

**Sydney Gray**, Student Leader, San Diego State University

**Megan Larson**, California Mental Health Services Authority Fellow, Active Minds

**Michelle Liu**, Student Leader, University of California at Riverside

Prevention, early detection, and intervention techniques are promising steps towards supporting students' development of healthy coping skills and addressing the complex challenge of mental health services wait times. Learn about tools, policies, and programs that are being implemented on campuses around the country that help to prevent crises.

## **Student Voice: The Ultimate Innovation in Student Mental Health**

4:00pm - 5:00pm • Business School, Room 150

**Zuher Ibrahim**, Student Leader, Pace University

**Jessica McDevitt**, Student Leader, Pace University

**Lindsey Templeton**, MA, Director of Research and Training, National Campus Leadership Council

**Victoria Zielinski**, Student Leader, Penn State World Campus

As the primary financier and end user, students are the most important stakeholder in higher education. Are we making the most of opportunities to engage students, to consider their point of view, and incorporate their suggestions into institutional decision-making? The National Campus Leadership Council will share pivotal findings from their Student Voice Index research project and Active Minds student leaders will share examples of positive collaboration with student government for elevating mental health.

## **Getting Teens Emotionally Prepared for College and Adult Life**

4:00pm - 5:00pm • Business School, Room 160

**Jessica Orenstein**, MPH, Senior Manager of High School Programming, The Jed Foundation

The Jed Foundation has created Set to Go, a web resource dedicated to getting teens emotionally prepared for college and Text, Talk, Set to Go, a special activity that combines text messaging with face-to-face dialogue on mental health and the transition to college. The Jed Foundation will share more details about the programs and how attendees can get involved.

## **Changing Culture through Active Minds Chapters**

4:00pm - 5:00pm • Business School, Room 230

**Barry Schreier**, PhD, Director of The University Counseling Service and Counseling Center and Professor of Counseling Psychology, University of Iowa

**Samantha Stoll**, Active Minds Chapter President, University of Iowa

**Robyn Suchy**, Chapter Manager, Active Minds

A recent study by the RAND Corporation demonstrated that the mere presence of an Active Minds chapter on a campus changes mental health knowledge and attitudes among the student body. In this session, both existing Active Minds chapters and campuses interested in starting a chapter can learn from administrators and students at the University of Iowa about how to successfully impact campus community, culture, and the student body through the leadership of an Active Minds chapter.

## Supporting the Mental Health of Academically High-Achieving Students

4:00pm - 5:00pm • Business School, Room 240

**Stephanie Cahill**, President of NSCS' National Leadership Council and Chapter President of Active Minds at Arizona State University  
**Jen Castillo**, Senior Manager, Scholarships, National Society of Collegiate Scholars (NSCS)  
**Hayley Harnicher**, Program Manager, Active Minds

New survey data from The National Society of Collegiate Scholars and Active Minds reveal opportunities to better support academically high-achieving students with their mental health. Leaders from both organizations will share key findings, next steps, and more information about their nationwide partnership.

## Giving Students Seats at the Table: Mobilizing Students for Mental Health

4:00pm - 5:00pm • Business School, Room 250

**Melissa Celko**, MBA, Director, Kent State of Wellness, Kent State University  
**Becky Fein**, MPH, Associate Director of Programs, Active Minds  
**April Scott**, PhD, Associate Director of Mental Health Initiatives, University of South Carolina  
**Sue Wasiolek**, JD, EdD, Associate Vice President for Student Affairs and Dean of Students, Duke University

Hear from representatives from three Healthy Campus Award-winning campuses about their cutting-edge mental health program design and sustainability and commitment to student well-being. The presenters will discuss tangible ways that their campuses have partnered with students to impact student mental health, based on principles from Active Minds' Framework for Mobilizing Students for Mental Health.

## Breaking from Business as Usual: How to Get Companies to Alter Policies and Practices to Advance Your Issues

4:00pm - 5:00pm • Business School, Room 130

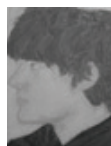
**Joe Weinstein**, Senior Partner, Global Social Enterprise Initiative (GSEI), Georgetown University

In her session this morning, *How Change Happens* author Leslie Crutchfield revealed the leadership approaches, campaign strategies, and ground-level tactics used in a range of modern change campaigns. Based on several years of research with a team of 21 staff, students and faculty at Georgetown University's Global Social Enterprise Initiative (GSEI), she unearthed six key factors that explain why winning movements triumph.

In a follow-up to Leslie's session, Joe Weinstein, GSEI Senior Partner, will dig deeper in to *Breaking from Business as Usual*, one of the six key factors utilized in successful movements. With proof that business can be a powerful ally for social movement organizers, Joe will speak about tactics used to get companies, employers and educational institutions to alter policies and practices and how you can apply these best practices toward advancing movements and causes important to you and your organization.

## James Kirk Bernard Foundation

The James Kirk Bernard Foundation is proud to support Active Minds for the development of best practice guidelines for promoting mental health at colleges.



- Funding scientific research in mental health and suicide prevention
- Celebrating the enduring power of creativity through POBA, Where the Arts Live
- Supporting wellness programs, scholarships, and facilities at Bard College
- Remembering the magic and uniqueness of Jamie - artist, brother, friend, son

[www.jameskirkbernardfoundation.org](http://www.jameskirkbernardfoundation.org)

Thank you to our partners, Crisis Text Line and the National Suicide Prevention Lifeline, for helping to ensure that every student has mental health crisis numbers on hand when they need it most.

Download the guide at [activeminds.org/idcards](http://activeminds.org/idcards)



## Saturday, Mar 23

### Student-Led Roundtables: Elevating Student Mental Health Leadership

7:30am - 8:30am • Ballroom

**Robyn Suchy**, Chapter Manager, Active Minds  
**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. *Faculty/Staff Chapter Advisors are welcome to attend.*

### Achieving Equity in Mental Health

10:45am - 11:45am • Business School, Room 140

**Alfiee Breland-Noble**, PhD, Senior Scientific Director, The Steve Fund  
**Peter Ceglarek**, MPH, Study Coordinator, Healthy Minds Network  
**Becky Fein**, MPH, Associate Director of Programs, Active Minds  
**Raquel Sosa**, President, Active Minds Student Advisory Committee, East Stroudsburg University

Learn about culturally-responsive approaches to mental health and tangible steps to ensure the inclusion of diverse perspectives in all aspects of program design, including messaging, program planning, decision-making, and implementation.

### Creating a Mental Health Movement, from Campus Advocacy to Statewide Policies

10:45am - 11:45am • Business School, Room 145

**Heather McClenahan**, Senior Manager of Equity Programs, Foundation for California Community Colleges  
**Joseph Robinson**, Each Mind Matters: California's Mental Health Movement

Since 2012, California counties have joined forces to create a statewide prevention and early intervention mental health movement. Through innovative programming and high-level collaborative partnerships, studies show that the state of California earns a \$6 return on investment for every \$1 invested in mental health programming. Join the conversation to hear about some of the cutting-edge programs, lessons learned, and how you can mobilize a mental health movement in your community.

### Lightning Talks and Fresh Ideas from Emerging Scholars for Addressing Mental Health among Student Athletes and First-Generation Students

10:45am - 11:45am • Business School, Room 150

**Ryan Flinn**, New Mexico State University  
**Rebecca Houston**, Utah State University  
**Justine Kim**, Northwestern University  
**Gary Kwok**, Adelphi University  
**Hannah Levy**, Washington State University  
**Mariella Marifori**, University of Florida

In these lightning 8-minute talks, six students recently awarded an Emerging Scholars Fellowship from Active Minds, the Scattergood Foundation, and the Steve Fund will share their innovative ideas for addressing mental health among student athletes and first generation students.

## Stephanie Becker Fund

*You would be surprised who else has been there... and made it through.*

**Mission:**

1. Promote parity between mental health and other medical illness
2. Support emotional wellness with a focus on the workplace
3. Break the stigma associated with emotional health issues and their treatment



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



**MILKEN FAMILY  
 FOUNDATION**

Leading Advances in Education  
 Since 1982

*We wish you  
 continued  
 success!*



## **Insta, Twitter, Snap: How Social Media Impacts Our Mood**

10:45am - 11:45am • Business School, Room 160

**Jennifer Hartstein**, PsyD, Hartstein Psychological and Active Minds Board Member

In the past decade, we have seen a rise in depression and anxiety amongst young people. Although some could point to this shift as being related to increased openness as a society, many relate it to the introduction of the smartphone and the impact that it has on how we relate to one another, ourselves and how we use our time. This session will focus on the impact of social media on our moods, relationships and interactions with the world, and will discuss ways in which decreasing our screen time could be beneficial.

## **Mental Health Challenges for LGBTQ+ Youth**

10:45am - 11:45am • Business School, Room 240

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

New studies suggest that LGBTQ youth are more likely than their peers to experience abuse, bullying, and mental health problems. Transgender and gender non-conforming youth, in particular, are also facing fear and discrimination amid recent national dialogue and legislative issues. Sam Brinton from *The Trevor Project* will share the latest information about their lifesaving and life-affirming services for LGBTQ youth and discuss how mental health advocates can be good partners to support LGBTQ youth on campuses and beyond.

*speakers*  
BUREAU

active  
minds  
.....



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, educators, professional groups, workplaces, and other audiences.

More than one million people have heard an Active Minds speaker since 2009.

find the perfect speaker for  
your next event

[activeminds.org/speakers](http://activeminds.org/speakers)

[speakers@activeminds.org](mailto:speakers@activeminds.org)  
202-332-9595

# #NeedYouHere

Wear It. Share It. Join NFL players like Don Davis and wear "The World Needs You Here" bracelet to fight mental health stigma.



## THE WORLD NEEDS YOU HERE

### The bracelet with the most powerful message of them all

It's the bracelet you want, for yourself and everyone you care about. Share the hope-filled message that **"The World Needs You Here"** through this exclusive bracelet available for



\$5 from Active Minds. All proceeds go towards Active Minds' suicide prevention activities for high school and college students nationwide.

NFL football players are wearing **"The World Needs You Here"** bracelets and you can too! Every NFL player received a bracelet from Active Minds and the NFL Players Association as part of a league-wide campaign to raise awareness for mental health and suicide prevention.

We've teamed up to spread the lifesaving message that mental health is just as important as physical health and The World Needs You Here. Join us!

**GET YOURS TODAY** [activeminds.org/needyouhere](http://activeminds.org/needyouhere) or **pick one up during conference**

# WHO'S WHO AT ACTIVE MINDS

## Board of Directors

**Steven A. Lerman, Chair**  
Senior Member, Lerman Senter

**Sue Cimbricz, Vice Chair**  
Principal, Cimbricz Consulting

**Rick Mosenkis, Treasurer**  
President and CEO, WorkZone

**Jennifer Hartstein, PsyD, Secretary**  
Hartstein Psychological

**Brad Blanken, Development Committee Chair**  
VP Strategic Alliances, Bandwith.com

**Anthony M. Bongiorno, Esq.**

**Ken Brody**  
Founder, Sutton Square Partners

**John A. Cutler**  
Senior Advisor, Chevy Chase Trust

**Paul Di Vito**  
Marketing Consultant, Washington DC

**Michael Glickman**  
President, Computer Network Architects

**Julie Kantor**  
President & CEO, Twomentor

**William J. Lammers**  
Consultant, Healthcare/Finance/Governance,  
Washington DC

**Gail Kamer Lieberfarb**  
Former Board Chairperson and Executive Director,  
National Mental Health Awareness Campaign

**Alison K. Malmon**  
Founder and Executive Director, Active Minds

**Ilene Rosenstein, PhD**  
Associate Vice Provost for Campus Wellness and  
Education, University of Southern California

**David Roter**  
Global Head of Revenue, Players' Tribune

**Raquel Sosa**  
President, Active Minds Student Advisory  
Committee

**David Wisniewski**  
Senior Vice President-Investments,  
Brewer Gayhardt Wisniewski Financial Consulting  
Group

## National Advisory Committee

**Bernard S. Arons, MD**  
Arons Psychiatric Consulting

**Bob Boorstin**  
Marketing Consultant, Washington DC

**Patrick W. Corrigan, PsyD**  
Professor of Psychology, Illinois Institute  
of Technology and Principal Investigator of the  
Chicago Consortium for Stigma Research

**Gregory Eells, PhD**  
Director, Counseling and Psychological Services,  
Cornell University

**Daniel Eisenberg, PhD**  
Assistant Professor, University of Michigan School  
of Public Health; Principal Investigator, Healthy  
Minds Study

**Stephen P. Hinshaw, PhD**  
Professor and Chair, Department of Psychology,  
University of California, Berkeley

**Kay Redfield Jamison, PhD**  
Professor of Psychiatry at the Johns Hopkins  
University School of Medicine

**Richard Kadison, MD**  
Former Chief, Mental Health Service, Harvard  
University Health Services

**Patrick J. Kennedy**  
Former Congressman, First District of Rhode  
Island; Founder, The Kennedy Forum

**Alan Leshner, PhD**  
CEO, American Association for the Advancement  
of Science

**Stephanie Pinder-Amaker, PhD**  
Director, College Mental Health Program, McLean  
Hospital; Instructor, Department of Psychiatry,  
Harvard Medical School

**Daniel S. Pine, MD**  
Chief of Child and Adolescent Research, Mood  
and Anxiety Disorders Program, National Institute  
of Mental Health

**Sally Pingree**  
Trustee, Charles Engelhard Foundation

**Micky M. Sharma, PsyD**  
President, Association of University and College  
Counseling Center Directors; Counseling and  
Consultation Service, Ohio State University

**Jeremy Shure**  
Managing Director, Silicon Valley Bank

## Student Advisory Committee

**Amna Ijaz**, University of Texas at Austin (TX)  
**Gopika Hari**, Virginia Commonwealth University (VA)  
**Christy Benedict**, Jefferson College (MO)  
**Zoe Howland**, Ithaca College (NY)  
**Tori Zielinski**, Penn State World Campus (PA)  
**Veena Velury**, San Jose State University (CA)  
**Sruti Bandlamuri**, Union College (NY)  
**Julia Kohler**, Concordia College (NY)  
**Jenny Sullivan**, Worcester State University (MA)  
**Sydney Gray**, San Diego State University (CA)  
**Asad Mustafa**, University of Texas at Dallas (TX)  
**Raquel Sosa**, East Stroudsburg University (PA)  
**Katia Seitz**, Awty International School (TX)  
**Eileen Camilo**, Ramapo College (NJ)  
**Quinnie Phan**, Virginia Commonwealth University (VA)

## National Office Staff

**Alison Malmon**  
Founder and Executive Director

**Carin Levine**  
Chief Operating Officer

**Laura Horne**  
Director of Programs

**Emma Edick**  
Communications Coordinator

**Becky Fein**  
Associate Director of Programs

**Angela Gillis**  
Communications Manager

**Hayley Harnicher**  
Program Manager, Send Silence Packing

**Nicolle Hill**  
Program Coordinator

**Megan Larson**  
California Mental Health Services Authority Fellow

**Emelyne Ndikumababo**  
Office Manager

**Chris Pahler**  
Special Projects Coordinator

**Maribeth Savoie**  
Sales and Marketing Manager, Active Minds  
Speakers Bureau

**Robyn Suchy**  
Chapter Manager

**Kell Wilkinson**  
Program Manager

# ACTIVE MINDS 2019 Awards

## Healthy Campus Awards

*Arizona State University, Duke University, Jefferson Community College, Kent State University, University of Oregon, University of South Carolina, and University of South Florida*

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 also give equal priority and investment to mental health. This prestigious award is now in its third year.

## The Stephanie Becker Chapter of the Year Award

*Active Minds at Occidental College*

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.

## The Adam Carlson Student Leader of the Year Award

*Joey Chen, Robert Morris University*

This award is given to students who made significant contributions to the Active Minds cause at their school. The Student Leader of the Year recipients lead by example, set a standard of excellence, display leadership, facilitate change on campus around mental health, build coalitions, involve others in advocacy efforts, and develop trust with members of their campus community as individuals dedicated to changing the conversation about mental health.

## Advisor of the Year Award

*Dr. Kimberlee Ratliff, American Public University System*

This award is given to advisors of Active Minds chapters who provide clarity, support, and meaningful counsel to their chapter. Advisor of the Year recipients demonstrate dedication to their chapter that goes well beyond the basics by empowering their Active Minds chapter members to successfully use their voice to change the conversation about mental health on their campus.

## The Peg's Foundation Transformational Change Award

*Active Minds at Tufts 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

*Active Minds at Morningside 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.

## Fundraising Innovation Award

*Active Minds at University of Connecticut*

This award recognizes a chapter that has demonstrated particular creativity and innovation in fundraising for mental health.

## Luke Beischel Chapter Jumpstart Scholarship

*Jessica Alcantara, University of the Pacific*

This scholarship, generously supported by Xavier University chapter alumnus Luke Beischel, is awarded to a chapter member through a competitive application process. Analogous to the support Luke received when he was a student, the scholarship includes funding and additional, invaluable mentorship from Luke.



EST: 2017

PROUD TO PARTNER WITH & SUPPORT  
ACTIVE MINDS' CHAPTERS NATIONWIDE

# THANK YOU FOR ALL YOU DO!



**NSCS.ORG**



*Everyone knows someone* who struggles with depression, anxiety, PTSD, or another mental health condition. Yet the silence that surrounds mental health discourages many people, especially students, from seeking help when it's needed. Active Minds' mission is to fill the silence with a powerful message — that whatever it is you're going through, there is hope, there is help, and you will get yourself back.

**Active Minds is the nation's premier nonprofit organization supporting mental health awareness and education for students.**