

SAMHSA's

**Center for Mental Health Services
Presents:**

**CHILDREN, YOUTH, AND YOUNG ADULT
MENTAL HEALTH SYMPOSIUM**

**CHAMPIONING MENTAL HEALTH
TOGETHER**

May 17, 2024 | 8am-5pm EST | Rockville, MD

Livestream Link: <https://www.youtube.com/watch?v=N3TSew7BDQ4>

Please save and access the link above the day of the event. The livestream event does not have a registration.

Overview

The Substance Abuse and Mental Health Services Administration (SAMHSA), through the Center for Mental Health Services (CMHS), is hosting the 2024 Children, Youth, and Young Adult Symposium convening multidisciplinary stakeholders and thought leaders to share perspectives and solutions for improved outcomes in prevention, early identification, and treatment for children, youth, young adults, and their families.

Grounded in this year's theme, "*Championing Mental Health Together*," the Symposium:

- Features panel discussions on emerging trends;
- Showcases evidence-based practices, programs, and services; and
- Provides networking opportunities for collaboration.

Keynote

Trace Terrell

NAMI Next Gen Advisor, National Alliance on Mental Illness



Trace Terrell is a 20-year-old public mental health activist from La Pine, Oregon. A Kessler Scholar at Johns Hopkins University, he studies public health and writing seminars with a hope to pursue a career in mental health policy and management. His current research examines transnational relationships in crisis intervention services.

Trace is a current NAMI Next Gen Advisor and member of Active Minds and MTV's A.S.K. Acknowledge, Support, Keep-in-Touch Youth Leadership Council (A.S.K. YLC). He is also part of MHA's (Mental Health Alliance's) Youth Policy Accelerator and the 988 You Matter Blogger Council. Trace advocated at the White House, the MTV

Video Music Awards (VMA), and before the United States Senate Committee on Finance. His work has been featured on NPR, C-SPAN, and Bloomberg, among others.

His interest areas are peer support, school mental health services, workforce development, and adolescent crisis intervention. For fun, Trace loves to hike and explore Baltimore and Washington D.C.'s food scenes with friends.

Agenda

TIME (EST)

SESSIONS

7:30am - 8:30am **Registration and Networking**

8:30am - 8:40am **Welcome and Opening Remarks**

Dr. Anita Everett, MD, DFAPA
*Director, CMHS
SAMHSA*

Dr. Miriam E. Delphin-Rittmon, PhD
*Assistant Secretary for Mental Health and
Substance Use, SAMHSA*

Sonia Chessen
*Deputy Assistant Secretary
SAMHSA*

8:40am - 9:55am **Children's Mental Health Awareness Month Presentation**

Dr. Anita Everett, MD, DFAPA
Director, CMHS, SAMHSA

Jeanette Betancourt, EdD
Senior Vice President, U.S. Social Impact, Sesame Workshop

9:55am - 10:00am **Break**

10:00am - 11:15am **Panel 1: Fostering Family-Centered Solutions for Promoting Mental Health**

Alisa Santucci, MS, LCMFT (she/her/hers)
*Branch Chief, Disaster Behavioral Health Branch
Division of Trauma and Disaster Behavioral Health*

SAMHSA CMHS Moderators

Kate Perrotta, LCSW
*Program Coordinator "Children's Mental Health Initiative"
Child, Adolescent, and Family Branch
Division of Children and School Mental Health*

Carol W. Cecil, MA, ED (she/her/hers)
Public Health Advisor, Office of Recovery, SAMHSA

Panelists

Lynda Gargan, PhD
Executive Director, National Federation of Families

Henry Moore
Director, Family-Driven Practice, Families as Allies of Mississippi

Sue Smith, PhD
Chief Executive Officer, Georgia Parent Support Network, Inc.

11:15am - 11:25am **Break**

11:25am - 12:40pm **Panel 2: Enhancing School Mental Health Capacity – A Roadmap for Success**

Jennifer Treger, MS
*Program Coordinator "Project AWARE"
Mental Health Promotion Branch
Division of Children and School Mental Health*

SAMHSA CMHS Moderators

Courtney McFadden, MSW, LICSW, LISW-S, LCSW
*Public Health Advisor
Mental Health Promotion Branch
Division of Children and School Mental Health*

Rebecca Astorga, MASEL, CHES
*Director, School Safety Partnerships and Health Programs
Project Director, Arizona Project AWARE
Arizona Department of Education*

Panelists

Tami Benton, MD
*President, American Academy of Child and Adolescent Psychiatry,
Psychiatrist-in-Chief and Chair, Department of Child and
Adolescent Psychiatry and Behavioral, Sciences, Children's
Hospital of Philadelphia*

Dustin Brown, MS, FACHE
Project Director, Wyoming Project AWARE
Wyoming Department of Education

Jenny Radesky, MD
Co-Director, Center of Excellence on Social Media and Youth
Mental Health, Associate Professor of Pediatrics, Division Director,
Developmental Behavioral Pediatrics, University of Michigan
Medical School

12:40pm - 1:25pm **Lunch**

1:25pm - 1:55pm **Keynote: Trace Terrell, NAMI Next Gen Advisor, National Alliance on Mental Illness**

1:55pm - 2:00pm **Break**

2:00pm - 3:15pm **Panel 3: Innovative Approaches for Youth Mental Wellness**

SAMHSA CMHS Moderators

Raphaelle Richardson, MPA
Branch Chief Traumatic Stress Branch
Division of Trauma and Disaster Behavioral Health

Ewelina Taran, LMSW (she/her/hers)
Project Coordinator
Division of Trauma and Disaster Behavioral Health

Panelists

Juan Acosta
Mental Health Advocate

Jeidah DeZurney (she/her/hers)
Native Youth and Family Support Program Manager, Multnomah
Education Service District, Center for Native American Youth,
"2024 Champion of Change"

Kaitlyn Everett (she/her/hers)
Research Assistant, Youth Evaluator
University of Oklahoma ETEAM, The University of Oklahoma

Ms. Pink, BA, NCPS, CYAPSS
Licensed Peer Support Specialist
National Youth Program Specialist, Youth MOVE

3:15pm - 3:30pm **Break**

3:30pm - 4:45pm **Panel 4: Showcasing Community-Driven Strategies for Optimal Mental Health Care**

SAMHSA CMHS Moderators

Maryann E. Robinson, PhD, RN
CAPT, United States Public Health Service
Director, Division of Trauma and Disaster Behavioral Health

David de Voursney, MPP
Director, Division of Community Behavioral Health

Panelists

Joshua Arvidson, MSS, LCSW
Chief Operating Officer, Director, Rural Child Trauma Center,
Alaska Behavioral Health

Katherine Grimes, MD, MPH
Director, Children's Health Initiative
Cambridge Health Alliance

Nasuh Malas, MD, MPH, DFAACAP
Division Director and Service Chief, Child, and Adolescent
Psychiatry, Clinical Associate Professor, Department of Psychiatry,
Clinical Associate Professor, Department of Pediatrics
University of Michigan Health System

Lauren Raskin Ramos, MPH
Director, Maternal and Child Health Bureau
Division of Maternal and Child Health Workforce Development

4:45pm - 5:00pm **Closing Summary and Adjournment**

Children's Mental Health Awareness Month Presentation

Early childhood is a critical period to foster mental well-being. In this session, Sesame Workshop will offer strategies for caregivers, families, and community providers to help children learn the essential skills they need to understand and manage their feelings and will spotlight a wide range of available resources.

SPEAKER

Jeanette Betancourt, EdD

Senior Vice President, U.S. Social Impact, Sesame Workshop

Dr. Jeanette Betancourt is the Senior Vice President for US Social Impact at Sesame Workshop. She directs all the philanthropically funded social impact initiatives designed to reach children, families, and providers influencing young children's development and resilience. The goal is to drive awareness and bring the voice of the young child, especially those most marginalized, to issues, advocacy, and resources that address traumatic experiences, while bringing hope for the future through the lens of Sesame Street. Dr. Betancourt has a BA and MA in Speech and Language Pathology, an MS in Bilingual Reading/Special Education, and an EdD in Special Education.

Panel 1: Fostering Family-Centered Solutions for Promoting Mental Health

Families can serve as a cornerstone of unwavering strength and support and are a significant influence for ensuring treatment access and achieving positive outcomes for children, youth, and young adults. In this session, panelists will share available family and peer support resources and opportunities to work in partnership with providers for better treatment outcomes.

PANELISTS

Carol W. Cecil, MA, ED (she/her/hers)

Public Health Advisor, Office of Recovery, SAMHSA

Carol Cecil has a Master of Arts in Education from Eastern Kentucky University. She taught in a variety of settings for twelve years. After she and her husband adopted a sibling group of two from Kentucky's Special Needs Adoption Program, she began a new career in helping other families advocate for their children with behavioral health challenges. Ms. Cecil spent the next 24+ years as the executive director for Kentucky Partnership for Families and Children, Inc. (KPFC) which is a statewide family organization. In this role she partnered with Kentucky's System of Care agencies, family and youth leaders, and other advocacy organizations to move forward the agenda of family- and youth-driven

services. During the pandemic, thanks to Kentucky's Department of Behavioral Health, Developmental and Intellectual Disabilities, a System of Care grant from SAMHSA, supported KPFC in creating six Peer Support Centers that offered family and youth peer services across the state. Last month Ms. Cecil began her work at SAMSHA's Office of Recovery which allows her to use her personal experience as a mother and her professional experience at the family organization to continue to be a change agent for children with behavioral health challenges and their families. In addition, Ms. Cecil and her husband also have two biological children.

Lynda Gargan, PhD

Executive Director, National Federation of Families

Dr. Lynda Gargan serves as the Executive Director for the National Federation of Families (Federation). In this position, she leads the country's largest national advocacy organization focused solely on supporting the families of children and young adults who experience mental health and/or substance challenges. Throughout her career, Dr. Gargan worked across the nation providing technical assistance and training to ensure that all individuals are afforded the opportunity to live in the community of their choice. During her tenure as Deputy Special Master, United States Court of Appeals, Fifth Circuit, Dr. Gargan oversaw the successful settlement of a class action lawsuit, returning 1000 children placed in the foster care system to their communities. Dr. Gargan served as the Project Manager and Project Director, respectively, for two Federal Supported Employment Technical Assistance Centers. She more recently served as CEO for an agency specializing in Intensive In-Home Family Therapy services for families navigating both the mental health and substance use systems. Dr. Gargan has a wealth of experience in community-based behavioral health at the local, state, and national levels. She has a rich background in field research, including longitudinal studies in multiple class action lawsuits.

Dr. Gargan serves as a tireless champion for the mission and vision of the Federation. Under her guidance, the Federation has fully operationalized the Family Peer Specialist Certification, an innovative peer support workforce initiative that utilizes the lived experience and specialized training of parents to assist and empower families who are raising children and youth with mental health and/or substance use challenges. Believing that mental health and substance use challenges are often inextricable, Dr. Gargan spearheaded efforts to expand the focus of the organization to embrace these dual diagnoses. Under her leadership, the Federation expanded their focus to include family support in both mental health and/or substance use challenges. Dr. Gargan's most recent accomplishment is the award of SAMHSA's first National Family Support Technical Assistance Center, of which she serves as the Principal Investigator. This five-year award focuses on families who are supporting children who experience mental health and/or substance use challenges, across their lifespan.

Utilizing both her personal and extensive professional experience to inform her work, Dr. Gargan seeks solutions to the challenges that families face as they attempt to navigate the complex systems that serve children, adults, and families. As a native of West Virginia, Dr. Gargan has personal experience and knowledge of the chaos that the opioid crisis has created in families and the challenges that Appalachian families face when attempting to locate services.

Henry Moore

Director, Family-Driven Practice, Families as Allies of Mississippi

Henry Moore is the Director of Family-Driven Practice for Families as Allies, the state chapter of the National Federation of Families. Henry executes projects, conducts workshops, training and professional

development to parents, providers, and stakeholders to ensure family-driven practice. He serves as Project Director for the SAMHSA funded Statewide Family Network grant in Mississippi.

Henry also serves as Hinds County MAP Team Coordinator for the MS Department of Mental Health funded Multidisciplinary/Making-A-Plan Team (MAP Team). Moore was named MAP Team Coordinator of the Quarter in 2021 by the MS Department of Mental Health. There are MAP Teams in all 82 counties in the State of Mississippi. The Hinds County MAP Team consists of 20 representatives from mental health agencies, child protection services, youth court/juvenile justice, state agencies, local school districts, peer support, community leaders, faith-based community, and parents.

As Lead Family Partner, Mr. Moore provides Special Education advocacy and family support to families experiencing Special Education issues with school districts. Henry is also a Family Specialist for University of Mississippi Medical Center DULCE (Developmental Understanding and Legal Collaboration for Everyone) Project which provides family support to families of newborns up to six months.

Mr. Moore is a former Youth Engagement Consultant for Families as Allies and Special Education Teacher for Jackson Public Schools. He is a proud dad of five children and a national family leader with both professional and family lived experience. Moore is a native Mississippian with extensive experience with grassroots organizing in communities across the southeast around social justice issues and substance use prevention. He received his B.S. degree in Special Education from Jackson State University.

Sue Smith, EdD

Chief Executive Officer, Georgia Parent Support Network, Inc.

Dr. Smith received her Doctor in Education in 2000 and is a parent/professional with over 33 years' experience in the field of services provided in Systems of Care, Family and Youth Involvement, Policies and Practices. She has managed a System of Care (CHAMPS) in Atlanta, GA, Therapeutic Foster and Respite Services, a Peer-to-Peer Transition Program for youth with mental illness and addictive diseases and a receiving center, Family Resource Center, for all of the youth removed from their homes by Georgia's Department of Family and Youth Services in Fulton County, GA. Dr. Smith is well-known and respected in Georgia and at the national level for her expertise in children's services, advocacy, education, and Systems of Care. Dr. Smith is currently focusing on two new demonstration projects. The first is "Street Outreach", a program to locate and get to know homeless youth in Atlanta, GA, and the surrounding Metropolitan areas, to better understand their needs and develop a comprehensive program. The staff for this project are Certified Parent and Youth Peer Specialists. The second demonstration project is placing Certified Peer Specialist-Parents in Children's Healthcare of Atlanta's Emergency Rooms.

Dr. Smith is a founding member of the Georgia Parent Support Network, Georgia's Federation of Families for Children's Mental Health. Sue has twice served as President of the National Federation of Families for Children's Mental Health. She is the past President of the Mental Health Association of Georgia, past Board Member of Mental Health Association, and current member of and past-Chair of the Behavioral Health Planning Council of Georgia. Dr. Smith is a member of the Georgia 988 Advisory Committee. In addition, Dr. Smith consulted with the Georgia Department of Behavioral Health and Developmental Disabilities, Macro International, Georgetown University, many states, as well as local regions in Georgia regarding issues surrounding children with severe emotional disturbances and the delivery of services to these families and children. Dr. Smith received her Doctor of Education Degree

(EdD), Master of Science Degree in Public Health Administration and completed the University of South Florida's Systems of Care Children's Mental Health Post Graduate Certificate Program.

Dr. Smith is the recipient of the prestigious Rosalyn Carter Caregiver Award, Tipper Gore Remember the Children Award, and the Karl Dennis Unconditional Care Award. She is the mother of one adopted and one foster daughter with severe emotional disturbances.

Panel 2: Enhancing School Mental Health Capacity - A Roadmap for Success

School-based mental health services can reduce barriers to children and families in need of treatment and supports. In this session, panelists will discuss the implementation of a three-tiered public health model with adaptable strategies spanning the spectrum of mental health promotion, prevention, and intervention.

PANELISTS

Rebecca Astorga, MASEL, CHES

Director, School Safety Partnerships and Health Programs, Project Director, Arizona Project AWARE, Arizona Department of Education

Rebecca Astorga is a Certified Health Education Specialist and combines her public health background with over 18 years of experience in the education system at the state and local levels. Rebecca is an advocate for policy, programs and practice that support the mental health and wellbeing of students and adults to create safe and supportive learning communities. She is the Project Director for AZ AWARE and serves as the Director of School Safety Partnerships and Health Programs at the Arizona Department of Education.

Tami Benton, MD

President, American Academy of Child and Adolescent Psychiatry; Psychiatrist-in-Chief and Chair, Department of Child and Adolescent Psychiatry and Behavioral Sciences, Children's Hospital of Philadelphia

Tami Benton, MD is the Frederick H. Allen Chair in Child Psychiatry at the Children's Hospital of Philadelphia (CHOP). She is the Psychiatrist-in-Chief and Chair of Psychiatry at the Children's Hospital of Philadelphia (CHOP) and Professor of Psychiatry and Pediatrics at the Perelman School of Medicine at the University of Pennsylvania. She is a distinguished fellow of the American Academy of Child and Adolescent Psychiatry (AACAP). She directs the Child and Adolescent Mood Program and the Youth Suicide Prevention Center at CHOP, a multidisciplinary clinical and research program focused on depression and suicide among children and adolescents, with an emphasis upon minority youth.

Dr. Benton was recently awarded: the 2023 Service Award presented by the Council on Concerns of Women Physicians (CCWP) of the National Medical Association (NMA), the Blanche Ittelson Award for Child Psychiatry Research in 2023 by the American Psychiatric Association (APA), the Shelly Leaphart-Williams Community Outreach Award by the American Foundation for Suicide Prevention and the

Humanitarian Award by the Society of Biological Psychiatry, The McGavin award for advocacy by the American Psychiatric Association, The Virginia Q Anthony Women's leadership award and the Jeanne Spurlock Award for Leadership in Diversity and Culture by the American Academy of Child and Adolescent Psychiatry. She has served on the APA's Council for Research and the NIMH Advisory Council and previously as AACAP's Program Committee Co-chair. She is the President of The American Association of Directors of Child and Adolescent Psychiatry (AADCAP) and the President of The American Academy of Child and Adolescent Psychiatry (AACAP). She receives funding for research from the NIH, PCORI and the American Foundation for Suicide Prevention. Dr. Benton's career has been dedicated to developing leadership for a diverse child psychiatry workforce. Her mission is to prepare the next generation of diverse physician leaders in pediatric and mental health care and create partnerships between communities and academic centers that will be critical for eliminating disparities in health care.

Dustin Brown, MS, FACHE

Project Director, Wyoming Project AWARE, Wyoming Department of Education

Dustin Brown serves as the Wyoming Project AWARE Director and Mental Health Program Manager for the Wyoming Department of Education. In this role, he advanced school-based mental health to support 14 school districts serving approximately 40% of Wyoming youth. Under his proof of concept, telehealth and in person services are delivered to youth through the school day with the support of the district. Dustin has authored three School-Based Mental Health Grants valued at \$23M. He directed \$1M in CDC rescue funds supporting school-based health center operations. He was the senior advisor to the Wyoming COVID-19 transmission working group devising state school reopening guidelines where Wyoming successfully had the highest per capita attendance in 2020 & 2021 in the nation.

In his previous role, Dustin served as a Program Manager for Wyoming Medicaid overseeing 17 product lines with an annual budget of \$100M serving 62,000 residents. Prior to his career in state government, he was a Medical Service Corps officer in the United States Air Force. As a healthcare administrator, he has experience in health plans, practice management, resource management, supply chain management and acquisitions, and financing. He received recognition in each position held since 2013 including the 2021 American College of Healthcare Executives Service Award, the Secretary of Defense Special Recognition Award, the Department of Defense Patient Safety Award, and the Department of Defense Access to Care Award. He was a featured speaker in diversity, multigenerational workforce, telehealth, patient safety, tele-mental health, and US government healthcare.

Jenny Radesky, MD

Co-Director, Center of Excellence on Social Media and Youth Mental Health, Associate Professor of Pediatrics, Division Director, Developmental Behavioral Pediatrics, University of Michigan Medical School

Dr. Radesky is the David G. Dickinson Collegiate Professor of Pediatrics at the University of Michigan Medical School, where she directs the Division of Developmental Behavioral Pediatrics. Her NIH-funded research examines the use of mobile and interactive technology by parents and young children, parent-child relationships, and child social-emotional development. She authored the American Academy of Pediatrics (AAP) policy statements Media and Young Minds and Digital Advertising to Children and is co-Medical Director of the AAP Center of Excellence on Social Media and Youth Mental Health. She is editor of the developmental behavioral pediatrics textbook Encounters With Children, 5th Edition.

Panel 3: Innovative Approaches for Youth Mental Wellness

Youth and young adults experience a range of mental health challenges. In this session, youth will spotlight the most effective practices for engagement and share innovative interventions to support their mental health and well-being.

PANELISTS

Juan Acosta

Mental Health Advocate

Juan Acosta is a first-generation Mexican immigrant who grew up in Woodland, California. He is a Mental Health +, LGBTQ+ Activist, Content Creator, and Public Speaker. He began his advocacy work locally at age 13. At 21, Juan drafted a historic LGBTQ+ proclamation for his hometown of Woodland. He received his bachelor's degree in psychology from San Francisco State University. His work is focused on underserved communities specifically on the LGBTQ+, Immigrant and Latinx communities. He served on various national mental health committees, and his speaking engagements included: United Nations Side Events and the first-ever Youth Mental Health Action Forum White House Event where he spoke alongside FLOTUS Dr. Jill Biden, Selena Gomez, and U.S. Surgeon General Vivek Murthy.

Juan co-authored the New York Times Bestselling "Channel Kindness: Stories of Kindness and Community" with musical artist and actress Lady Gaga + other Born This Way Foundation Reporters. His work has been featured by DOSOMETHING, MTV, Yahoo, LGBTQ Nation, Out Magazine and more. In 2023, Acosta was recognized by STAT News in their 2023 STATUS list for his influential work in life sciences, and by The Advocate Magazine in their 2023, 30 Under 30 List.

Jeidah DeZurney (she/her/hers)

Native Youth and Family Support Program Manager, Multnomah Education Service District, Center for Native American Youth, "2024 Champion of Change"

Jeidah DeZurney (she/her), is a member of the Confederated Tribes of Siletz Indians, her bands are Chetco, Euchre Creek, Galice Creek, Klamath River, Molalla, Sixes, Tututni, and Yamhill. Jeidah is a Program Manager at Multnomah Education Service District (MESD) for Native Youth and Family Support. Jeidah also serves as a tribal youth delegate for the Northwest Portland Area Indian Health Board, the Operations Manager for Nesika Wilamut, co-founder of the Siletz Regalia Sharing Co-op, and a 2024 Center for Native American Youth Champion of Change. Jeidah continues to advocate for the holistic wellbeing and cultural connectedness of Native youth throughout organizations and her job. As a first-generation college student, Jeidah has a Bachelor of Arts in Cultural Anthropology from Willamette University with a minor in American Ethnic Studies.

Kaitlyn Everett (she/her/hers)

***Research Assistant, Youth Evaluator, University of Oklahoma ETEAM
The University of Oklahoma***

Kaitlyn Everett is a research assistant for the University of Oklahoma ETEAM. ETEAM is a research and evaluation team that has contracts and grants with state and local organizations. In her work, Kaitlyn has been able to pursue a career in presenting her talk “Why Didn’t You Find Me?” as a first-person account on her journey through the Oklahoma children’s behavioral health services- trying to advocate for appropriate services that were also flexible with her school and work schedules.

Kaitlyn presented at the National Center on the Sexual Behavior of Youth panel in February of 2023; the Oklahoma Department of Mental Health and Substance Abuse Services Children’s Behavioral Health Conference in April 2023; the Office of Juvenile Justice and Delinquency Prevention on the “Impact of Military Parents on Mental Health of Youth/Young Adults” in February of 2023; and the National Federations of Families Conference in November of 2023.

Kaitlyn is also the recipient of the 2023 Rising Star Award, awarded annually by the Oklahoma Department of Mental Health and Substance Abuse Services; this award honors a young adult making an outstanding contribution to improving services and systems that support positive development and growth of young people involved in juvenile justice, behavioral health, child welfare, and/or education systems. Kaitlyn strives to be an advocate for youth and young adults that she has and has not met yet.

Ms. Pink, BA, NCPS, CYAPSS

Licensed Peer Support Specialist, National Youth Program Specialist, Youth MOVE

Ms. Pink’s passion lies within her role as serving as a youth and young adult leader. Not only is she an award-winning, Certified Young Adult Peer Support Specialist (CYAPSS) in the state of TN, but she is also a licensed National Peer Specialist through Florida’s Certification Board. Originally born and raised on the south side of Chicago, she utilized life’s adversities, including trauma and violence, as wisdom to create her desired reality. From receiving specialized training and guidance, she strategically shares her healing journey to support peers who share similar experiences and embrace their uniqueness and authenticity. She calls herself “Ms. Fire and desire” because of her high energy persona and inspirational teaching style! Since 2019, Ms. Pink consistently and noticeably continues to go above and beyond the call of duty. She supports youth and young adults with navigating the youth mental health systems and weaves youth voice and youth choice in all she does. She has spoken on the power of peer support in various spaces such as schools, churches, health councils and community advisory boards across the state of TN.

Utilizing her sociology degree, she empowers peers to break free from social conditioning and programming for the opportunity to embrace self-discovery and self-mastery. She has been able to expand her skills and expertise in her current role as a National Youth Programs Specialist with Youth MOVE National, where her primary responsibility lies within ensuring that young people are heard and valued as leaders in the agencies, communities, and systems that impact their lives. Ms. Pink has a special niche in the realm of adverse childhood experiences (ACES), early psychosis and emotional intelligence. Through her heightened sense of self-awareness and compassion, Ms. Pink continues to unapologetically shine her light which causes others to shine theirs through her Triple I mentality! which is to Inspire, Influence, & Impact through her leadership.

Panel 4: Showcasing Community-Driven Strategies for Optimal Mental Health Care

Communities play a pivotal role in ensuring access to comprehensive mental health services. In this session will share how primary care and rural communities are closing the gap for access to comprehensive mental health services and highlight approaches for early detection and treatment.

PANELISTS

Joshua Arvidson, MSS, LCSW

Chief Operating Officer, Director, Rural Child Trauma Center, Alaska Behavioral Health

Joshua Arvidson, LCSW, is the Chief Operating Officer at Alaska Behavioral Health. Joshua was the founder of the Alaska Child Trauma Center at Alaska Behavioral Health, Alaska's first National Child Traumatic Stress Network (NCTSN) treatment site and is the founder and Director of the Rural Child Trauma Center, a training center in the NCTSN.

Joshua founded the Alaska Advanced Trauma Training Institute, which has taken place annually since 2012 to promote trauma treatment in Alaska. Joshua was the Project Director for one of Alaska's first Certified Community Behavioral Health Clinics (CCBHCs) and has recently led the development of a new CCBHC serving the Matanuska Susitna Valley, a borough the size of West Virginia with a population of under 100,000. Joshua is passionate about improving behavioral health care outcomes, especially by reducing stigma, improving access, applying implementation science, and developing systems of care. Currently Joshua's team is working with the State of Alaska's Children's Mental Health Systems of Care Initiative to develop alternatives to out-of-home placement and locked psychiatric care for children.

Katherine Grimes, MD, MPH

Director, Children's Health Initiative, Cambridge Health Alliance

Dr. Grimes is a child psychiatrist and children's health services researcher at Harvard Medical School, and the Founder and Director of the Children's Health Initiative at Cambridge Health Alliance. She has an MPH from the Harvard TH Chan School of Public Health and is a former Faculty Research Fellow at the Kennedy School of Government. Dr. Grimes launched the long-running "Mental Health Services Program for Youth" (MHSPY) study, with a planning grant from the RWJ Foundation. Her experience with designing and delivering integrated care in the public sector led her to focus on improving child mental health treatment access and engagement with an emphasis on promoting earlier intervention and effective systemic approaches to reduce health disparities. Dr. Grimes is currently the Principal Investigator (PI) for a four-year SAMHSA grant to the Cambridge Public Health Commission, working alongside primary care and the State's child serving agencies to enhance community-based systems-of-care for children exposed to adverse childhood experiences (ACEs). She received federal funding from MCHB, OMH, CMHS, CSAT. Her earlier work as the PI on pilot projects funded by the BCBSMA Foundation, featuring shared training for pediatric residents and child psychiatry fellows, including peer-to-peer parent as educators, contributed to a new medical education initiative in integrated care recognized by the HMS-Academy. In addition to her faculty role with Child and Adolescent Psychiatry training at HMS, she

serves as a preceptor for students from the Harvard TH Chan School of Public Health, and recently created a systems-of-care rotation which is now required at the Family Medicine Residency at Tufts Medical School.

Nasuh Malas, MD, MPH, DFAACAP

Division Director and Service Chief, Child, and Adolescent Psychiatry, Clinical Associate Professor, Department of Psychiatry, Clinical Associate Professor, Department of Pediatrics, University of Michigan Health System

Dr. Malas graduated from the University of Wisconsin where he received both his Doctor of Medicine and a Master's in Public Health. He completed a five-year Triple Board training with board certification in Pediatrics, General Psychiatry and Child Psychiatry at the University of Pittsburgh. Dr. Malas serves as the Division Director and Service Chief for Child and Adolescent Psychiatry at the University of Michigan, and previously was the Director of Pediatric Consultation-Liaison Psychiatry at C.S. Mott Children's Hospital for nine years. He also serves as the Chair of the Mental Health Quality and Safety Committee, lead of the Children's Hospital Zero Suicide Initiative, and Physician Co-Lead for the Workplace Violence Prevention Lead Team at Michigan Medicine.

Nationally, Dr. Malas is the Chair for the Child Psychiatry Committee, as well as a member of the Planning Committee for the National Updates in Behavioral Emergencies Conference for the American Association for Emergency Psychiatry (AAEP). Dr. Malas also serves as Co-Chair for the Physically Ill Child Committee through the American Academy of Child and Adolescent Psychiatry (AACAP), where he also serves on the Emergency Psychiatry Committee and Clinical Essentials Committee. He has also served on the Psychiatry Residency In-Training Examination (PRITE) Executive Board from 2012-2014 and again from 2018-2021. Dr. Malas has been influential in the field of Emergency Psychiatry, Consultation Psychiatry and Hospital-Based Psychiatry publishing national guidelines on pediatric boarding, delirium, somatic symptom and related disorders and aggression. Dr. Malas was selected to serve on the Governor's Commission for School Mental Health and Safety in 2022 and represents Hospital-Based Psychiatry on this commission.

Lauren Raskin Ramos, MPH

Director, Maternal and Child Health Bureau, Division of Maternal and Child Health Workforce Development, Health Resources and Services Administration

Lauren Raskin Ramos, MPH, is the Director of the Division of Maternal and Child Health Workforce Development at the Health Resources and Services Administration's Maternal and Child Health Bureau (MCHB). In this role, Lauren leads federal efforts to train the current and future MCH workforce. Lauren is also the lead for MCHB's Autism investments and the Pediatric Mental Health Care Access Program.

Previously, Lauren held leadership roles at the Association of Maternal and Child Health Programs and the Association of State and Territorial Health Officials. Lauren is a member of the Interagency Autism Coordinating Committee. She served as an Officer of the MCH Section of the American Public Health Association (APHA) and as a Board member of the National Healthy Mothers, Healthy Babies Coalition. Lauren completed her MPH at the UCLA School of Public Health and received her BA from Tufts University. Lauren is a recipient of APHA's MCH Young Professional Award.

SAMHSA's Programs

Please see below for more information on SAMHSA's Programs represented in the Symposium.

Certified Community Behavioral Health Clinics (CCBHCs)

The CCBHCs are designed to ensure access to coordinated comprehensive behavioral health care. CCBHCs are required to serve anyone who requests care for mental health or substance use, regardless of their ability to pay, place of residence, or age. This includes developmentally appropriate care for children and youth.¹

Children's Mental Health Initiative (CMHI)

The CMHI program provides resources to improve the mental health outcomes for children and youth, birth through age 21, at risk for or with serious emotional disturbances (SED), and their families. This program supports the implementation, expansion, and integration of the System of Care (SOC) approach by creating sustainable infrastructure and services that are required as part of the Comprehensive Community Mental Health Services for Children and their Families Program (also known as the Children's Mental Health Initiative or CMHI). With this program, SAMHSA prepares children and youth with or at risk of SED for successful transition to adulthood and assumption of adult roles and responsibilities.²

National Child Traumatic Stress Initiative (NCTSI)

The NCTSI raises awareness about the impact of trauma on children and adolescents as a behavioral health concern. Congress, recognizing the serious mental health impact of traumatic events on children, adolescents, and families, authorized in 2000 the National Child Traumatic Stress Initiative (NCTSI), as part of the Children's Health Act. NCTSI's goal is to transform mental health care for children and adolescents affected by trauma throughout the country by improving the quality of community-based trauma treatment and services and increasing access to effective trauma-focused interventions.³

Project AWARE (Advancing Wellness and Resiliency in Education)

The Project AWARE program develops a sustainable infrastructure for school-based mental health programs and services. Project AWARE grantees build collaborative partnerships with the State Education Agency (SEA), Local Education Agency (LEA), Tribal Education Agency (TEA), the State Mental Health Agency (SMHA), community-based providers of behavioral health care services, school personnel, community organizations, families, and school-aged youth.⁴

Statewide Family Network (SFN)

The SFN program provides resources to enhance the capacity of statewide mental health family-controlled organizations to engage with family members/primary caregivers who are raising children, youth, and young adults with serious emotional disturbance (SED) and/or co-occurring disorders (COD).⁵

¹ SAMHSA. (2024). Certified Community Behavioral Health Clinics. *Substance Abuse and Mental Health Services Administration*. Retrieved from: <https://www.samhsa.gov/certified-community-behavioral-health-clinics>

² SAMHSA. (2024). Children's Mental Health Initiative. *Substance Abuse and Mental Health Services Administration*. Retrieved from: <https://www.samhsa.gov/grants/grant-announcements/sm-23-013>

³ SAMHSA. (2024). National Child Traumatic Stress Initiative. *Substance Abuse and Mental Health Services Administration*. Retrieved from: <https://www.samhsa.gov/child-trauma/about-nctsi>

⁴ SAMHSA. (2024). Project AWARE. *Substance Abuse and Mental Health Services Administration*. Retrieved from: <https://www.samhsa.gov/school-campus-health/project-aware>

⁵ SAMHSA. (2024). Statewide Family Network. *Substance Abuse and Mental Health Services Administration*. Retrieved from: <https://www.samhsa.gov/grants/grant-announcements/sm-24-001>