



SUMMIT AGENDA

****Note- 14.75 CEUs available upon request- contact egetsinger@tyfs.org**

Wednesday May 14th at Astoria Hot Springs

Summit Kick Off Party

Astoria Hot Springs

Summit Blessing by **The Rev. Dr. Travis Helms**

4:00 7:30

A family-friendly evening with food, music, and healing practitioners to help us set our intentions for the summit and practice

Complimentary for Summit participants \$25pp or \$50 per family. [Summit Registration Link](#)

Thursday May 15th at the Virginian Lodge

Registration and Check-In

(The Virginian, Wister Hall)

7:30 8:00

WELCOME

Setting the Stage for the Summit

TYFS and PROSPER TEAM

(The Virginian, Wister Hall)

8:00 8:30

Risk Management is Everyone's Responsibility

Presenter: **Clark Fairbanks, ACES Trainer and WYSA Executive Director**

(The Virginian, Wister Hall)

8:30 9:30

In this session, Clark Fairbanks—ACES Trainer and Executive Director of Wyoming Youth Services Association—will explore how understanding Adverse Childhood Experiences (ACEs) is essential to effective risk management in youth-serving environments. Participants will learn how trauma-informed approaches can help prevent crises, reduce risk, and create safer spaces for both youth and staff. The session will emphasize that when all team members—regardless of role—are trained in ACEs and the effects of toxic stress, they are better equipped to respond with empathy, consistency, and clarity. Attendees will leave with practical tools and shared language to promote a culture of accountability, safety, and resilience.

9:30 9:45

Applied Stress Management Activity & Self Care Break

Activity graciously provided by **Dancer's Workshop**

(The Virginian - Wister Hall & the Courtyard)

9:45 10:15	Youth Impact Panel #1	
	<p style="text-align: center;">Youth Panel #1 PROSPER TEAM <i>(The Lodge at Jackson Hole, Bridger Ballroom)</i></p> <p>Youth will be led in a discussion focused on technology. Adults will listen at a different location and have their own opportunity for reflection and dialogue.</p>	<p style="text-align: center;">Adult Listening Session #1 PROSPER TEAM <i>(The Virginian, Wister Hall)</i></p> <p>Adults will gather in a separate location for reflection and dialogue, while youth will be led in a discussion focused on technology. Adults will be able to hear the youth but not speak with them.</p>
9:45 10:15		
10:15 10:30	<p>Self-Care Break Please go checkout our Provider's Space in the Courtyard! <i>(Wister Hall & the Virginian Courtyard)</i></p>	

10:30 12:00	<p>Technology and Youth Mental Health Workshops <i>Register for one of the two workshops HERE</i></p>	
	<p style="text-align: center;">Intersection of Technology and Youth Mental Health Dr. Megan Moreno (Bio) <i>(The Lodge at Jackson Hole, Bridger Ballroom)</i></p> <p>In this session, Dr. Megan Moreno will explore the complex and evolving relationship between social media and youth mental health. Grounded in the latest research and a strengths-based, action-oriented framework, Dr. Moreno will highlight how young people can use technology in ways that support connection, identity, and well-being. Attendees will learn how to approach conversations about social media with curiosity and empathy, recognizing that each child's experience is shaped by their unique strengths, challenges, and developmental stage. Participants will leave with practical tools and conversation starters to help parents and teens navigate technology use in everyday life, fostering open dialogue and mutual understanding.</p>	<p style="text-align: center;">Behavioral Effects of Screens Dr. Nicholas Kardaras (Bio) <i>(The Virginian, Wister Hall)</i></p> <p>Led by Dr. Nicholas Kardaras, a leading expert on technology and mental health, this workshop will dive into the neurological and behavioral impacts of screen use on youth. Participants will gain a deeper understanding of how excessive exposure to digital media affects brain development, attention, emotional regulation, and social behavior. Dr. Kardaras will also explore the concept of tech addiction—what it is, how it manifests in children and adolescents, and why it's becoming an urgent public health concern. This interactive session will provide research-based insights and practical strategies for parents, educators, and mental health professionals working to support youth in a screen-saturated world.</p>
10:30 12:00		
12:00 1:30	<p>Keynote Luncheon PBS Episode A State of Mind: Generation Found Wyoming Youth Mental Health with a Keynote from Senator Fred Baldwin Joanna Kale, PBS State of Mind Series Creator Senator Fred Baldwin <i>(The Virginian, Wister Hall)</i></p>	
	<p>Join us for a powerful keynote luncheon featuring the PBS episode A State of Mind: Generation Found – Wyoming Youth Mental Health, part of the acclaimed State of Mind series created by Joanna Kale. The event will include a screening of the episode, which highlights the challenges and resilience of Wyoming youth, followed by keynote remarks from Senator Fred Baldwin. A passionate advocate for mental health in Wyoming, Senator Baldwin will share his insights on current efforts, policy solutions, and the importance of community-driven change. This luncheon offers a unique opportunity to reflect, connect, and be inspired to take action for youth mental health across the state.</p>	



1:30 1:45	<p>Self Care Break</p> <p>Please go checkout our Provider's Space in the Courtyard!</p> <p><i>(The Virginian, Wister Hall & the Courtyard)</i></p>
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1:45 2:15	<p>Youth Impact Panel #2</p>	
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1:45 2:15	<p style="text-align: center;">Youth Panel #2 PROSPER TEAM</p> <p style="text-align: center;"><i>(The Lodge at JH, Bridger Ballroom)</i></p> <p>Youth will be led in a discussion focused on youth mental health. Adults will listen at a different location and have their own opportunity for reflection and dialogue.</p>	<p style="text-align: center;">Adult Listening Session #2 PROSPER TEAM</p> <p style="text-align: center;"><i>(The Virginian, Wister Hall)</i></p> <p>Adults will gather in a separate location for reflection and dialogue, while youth will be led in a discussion focused on technology. Adults will be able to hear the youth but not speak with them.</p>
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2:15 2:30	<p>Applied Stress Management Activity & Self Care Break</p> <p>Mindfulness Activity provided by Rev. Dr. Travis Helms</p> <p><i>(The Virginian, Wister Hall & the Courtyard)</i></p>	
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2:30 4:00	<p style="text-align: center;">Youth Suicide- A Talk About Safety PROSPER Team</p> <p style="text-align: center;"><i>(The Virginian, Wister Hall)</i></p> <p>This essential workshop will equip participants with the tools and confidence to talk openly and safely about suicide with young people. Led by the PROSPER Team, the session will explore what suicidal thoughts may look like in youth, how to recognize warning signs, and—most importantly—how to start the hard but necessary conversations. Through a compassionate and practical lens, attendees will learn how to foster safety, connection, and support for the youth in their lives.</p>	
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4:00 4:30	<p>Wrap-Up</p> <p>Wrap-up, Action Planning, and What's Coming Up Tonight/Tomorrow</p> <p><i>(The Virginian, Wister Hall)</i></p>	
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4:30 6:30	<p>Summit Break</p>	
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6:30 9:00	<p style="text-align: center;">Dinner, Film and Keynote Talk with Athlete & Mental Health Advocate Drew Petersen</p> <p style="text-align: center;"><i>(The Virginian, Wister Hall)</i></p> <p>Professional skier, ultrarunner, filmmaker, and mental health advocate Drew Petersen brings his full-hearted approach to life to the Youth Mental Health Summit stage. Known for pushing boundaries both physically and emotionally, Drew uses storytelling—through writing, film, and public speaking—to change the narrative around mental health in the outdoor community. As the creator of the groundbreaking film Ups and Downs, and Executive Director of the Quality Ski Time Film Tour, Drew shares his own journey with vulnerability and strength, inspiring others to embrace their struggles, speak openly, and live passionately. His keynote will challenge, energize, and empower youth and adults alike to lead with empathy and live with intention.</p> <p style="text-align: center;">Dinner is included for Summit participants</p> <p style="text-align: center;">Non-Summit Participants welcome to attend- \$50pp requested to cover additional cost- purchase tickets here- Dinner Registration</p>	
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Friday May 16th at the Virginian Lodge

7:30 8:00

Registration and Check-In

(The Virginian, Wister Hall)

8:00 8:30

WELCOME

Set the Stage for the Day, Introduction to Boston Children's Hospital Digital Learning Lab

(The Virginian, Wister Hall & the Courtyard)

8:30 12:00

Youth Attend Boston Children's Hospital Digital Learning Lab Program

Boston Children's Hospital
(Teton County Library, Ordway Auditorium)

In this dynamic and youth-centered workshop, participants will engage with experts from Boston Children's Hospital's Digital Learning Lab to explore the intersection of digital media and mental health. Through interactive activities and guided discussion, youth will learn how technology impacts their emotional well-being and discover strategies for using digital tools in healthy, intentional ways. This session empowers young people to better understand their online experiences, build digital resilience, and take actionable steps to support their own mental health and that of their peers.

Youth Registration for Digital Learning Lab

Panel Discussions on Youth Mental Health

Facilitator: PROSPER TEAM

(The Virginian, Wister Hall)

8:30-9:30

Education Panel

Dustin Brown, Wyoming Dept of Education

Barbara Merritt

Ashley Bright, Boys & Girls Clubs of Central WY

Youth Leaders

Moderated by Doug Hazen, Superintendent of Big Horn School District #2

9:30-9:45- Self Care Break

Activity graciously provided by **Daniela Botur, Sound Healing in the Tetons**

9:45-10:45

Medical Panel

Dr. Megan Moreno, American Academy of Pediatrics

Kristie Gordy, Wyoming Department of Family Services

Wyoming Behavioral Health Institute

Youth Leaders

Moderated by Jim Cowser, CEO of Central Wyoming Counseling

10:45-11:00-Self Care Break

Movement activity provided by **Dancer's Workshop**

11:00-12:00

Community Panel

Austin Brookwell, Sheriff of Worland

Max Mickelson, Mayor of Rock Springs

Dr. Jen Yturiondobeitia, Whole Healthcare Organization

Youth Leaders

Moderated by Jim Whipps, Natrona County Coroner

12:00 1:30	<p align="center">Lunch and Learn Workshops <i>Register for one of the two workshops below:</i> Dr. Drew Ramsey or Coaches Workshop</p>	
12:00 1:30	<p>“Brain Cooking” Mental Health and Nutrition Interactive Lunch and Learn Dr. Drew Ramsey (Bio) <i>(The Virginian, Wister Hall)</i></p> <p>Join renowned psychiatrist and author Dr. Drew Ramsey for an engaging and delicious Lunch and Learn exploring the powerful connection between what we eat and how we feel. In this interactive workshop, participants will get hands-on as they create their own “brain bowl”—a nutrient-packed meal designed to support mental health and boost brain function. Dr. Ramsey will share practical tips and the science behind nutritional psychiatry, offering inspiration for making everyday food choices that fuel emotional well-being. As a special summit gift, attendees will also receive a copy of Dr. Ramsey’s newest book to continue their journey toward better brain health at home.</p>	<p align="center">Coaches Workshop Lunch and Learn Drew Peterson (Bio) <i>(The Virginian, The Saloon)</i></p> <p>In this special Lunch and Learn session designed for coaches and youth mentors, mental health advocate and athlete Drew Petersen will lead a focused conversation for coaches and mentors on supporting youth mental health through connection, vulnerability, and resilience. Drawing from his own powerful journey as a professional skier and mental health advocate, Drew will offer insights on how trusted adults in athletic and leadership roles can create a culture of openness and emotional safety. Participants will walk away with tools to recognize signs of struggle, foster meaningful dialogue, and empower young people to thrive—on and off the field. Lunch will be provided as part of this interactive and inspiring session.</p>
1:30 1:45	<p align="center">Applied Stress Management Activity & Self Care Break Activity graciously provided by Art Association of JH <i>(The Virginian, Wister Hall & the Courtyard)</i></p>	
1:45 3:00	<p align="center">Action Planning</p>	
1:45 3:00	<p>Youth Attend Boston Children’s Hospital Digital Learning Lab Program Boston Children’s Hospital <i>(Teton County Library, Ordway Auditorium)</i></p> <p>In this last session with the Digital Learning Lab, youth participants will reflect on what they’ve learned throughout the summit and work together to identify meaningful actions they can take to support their own mental health and the well-being of their peers. Through guided activities and open discussion, this session will leave participants with concrete tools, a sense of agency, and a shared commitment to creating healthier, more supportive communities.</p>	<p align="center">Focus Group Breakout Sessions <i>Participants Choose Group</i> <i>Facilitated by PROSPER</i></p> <p>Following the panel discussions, summit participants will have the opportunity to join a breakout session tailored to their role in youth mental health. Facilitated by the PROSPER team, these focused groups—Educators and Coaches, Parents and Community Members, and Medical and Mental Health Providers—will provide space for open dialogue, shared experiences, and collaborative problem-solving. Attendees will connect with peers, reflect on key takeaways, and help shape actionable next steps to better support youth well-being in their unique spheres of influence.</p> <p align="center">Educators and Coaches <i>(The Saloon at The Virginian)</i> Parents and Community Members <i>(Cheyenne Room, The Lodge of JH)</i> Medical and Mental Health Providers <i>(Wister Hall, The Virginian)</i></p>



3:00 3:15	<p align="center">Applied Stress Management Activity & Self Care Break Activity graciously provided by Daniela Botur, Sound Healing in the Tetons <i>(The Virginian, Wister Hall & the Courtyard)</i></p>
3:15 4:30	<p align="center">Report out from Facilitators & Youth Leaders Actionable Steps Presented Conclusion of Summit <i>(The Virginian, Wister Hall)</i></p>
<p align="center">Join us for a post-summit celebration!</p>	
6:00 10:00	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>SHINE ON: A Night of Music, Magic & Meaning</p> <p>Join us for another dazzling evening under the stars as Teton Youth & Family Services proudly partners with The Cloudveil for the third annual SHINE ON rooftop benefit. Get ready to sparkle! With live music from Sister Karee & the Other Brothers, an electric atmosphere filled with dancing, and exquisite cuisine by Bistro Catering, this is a night you won't want to miss.</p> <p>A thriving community begins with empowering our youth. Let's come together, celebrate, and help them shine their brightest!</p> <p>This is a ticketed event tickets are available- CLICK HERE</p> </div> <div style="width: 50%; text-align: center;">  <p>2025</p> <p>THE CLOUDVEIL</p> <p>AUTOGRAPH COLLECTION® HOTELS</p>  </div> </div>

Thank You for Being Part of the Summit!

We're so grateful you chose to spend these past few days with us—learning, sharing, and committing to the well-being of our youth and communities. Your time, energy, and presence made this summit meaningful, and we especially thank the youth participants for showing up for yourselves and each other. We're excited to announce that the **2nd Annual Youth Mental Health Summit will take place in May 2027!** Stay connected and see how others are putting summit ideas into action by subscribing to our monthly newsletter at www.tyfs.org. Until then—keep leading with heart, supporting one another, and shining bright. See you in 2027! *-Sarah and the TYFS Team*



Additional Summit Information:

- **Lodging Room Rate at The Virginian- [CLICK HERE](#)**
- **Continuing Education Credit Information- [CLICK HERE](#)**
- **YMH Summit Sponsorship Information- [CLICK HERE](#)**
 - **YMH Summit Website- [CLICK HERE](#)**
 - **Speaker Biographies- [CLICK HERE](#)**
- **Ticketing and Registration Link- [CLICK HERE](#)**

