

TETON
YOUTH
& FAMILY
SERVICES
PRESENTS

YOUTH MENTAL HEALTH SUMMIT '25



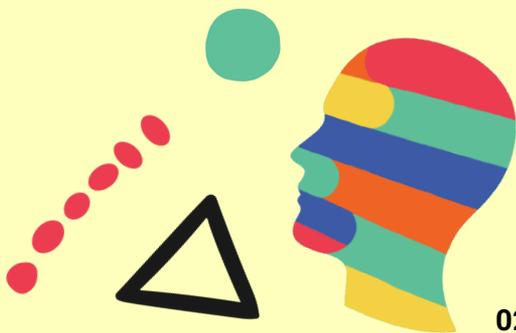
The Impact of Technology On
Modern-Day Youth

May 14 - 16, 2025



TABLE OF CONTENTS

Table of Contents	02
Event Partners	03
Sponsors	04
Introduction	05
Abbreviated Schedule	06
Detailed Schedule	08
Meet the Speakers	12
Continuing Education Credits Information	17





THANK YOU SUMMIT PARTNER

PROSPER.

EVENT PARTNERS

THE VIRGINIAN LODGE



THE LODGE
AT JACKSON HOLE



TETON COUNTY
LIBRARY
BIBLIOTECA DEL CONDADO DE TETON



Boston Children's
Digital Wellness Lab



ASTORIA
PARK CONSERVANCY

CREATIVE
CURIOSITY

SELF CARE BREAK PARTNERS

DANCERS'  WORKSHOP

 ART ASSOCIATION
OF JACKSON HOLE



Daniela Botur
Sound Healing in the Tetons

Mindfulness with
Rev. Dr. Travis Helms



Moriss Weintraub
Breathwork

THANK YOU SPONSORS!

SUMMIT SUPPORTER



YOUTH ADVOCATE



(The CFJH Competitive Grant helped provide free admission for all youth to attend the Summit!)

COMMUNITY CONNECTOR



FAYE
CAMPBELL



MENTAL HEALTH ENTHUSIAST



THE MENTAL WELLNESS COLLABORATIVE



care solace

Jonathan Updike, MD, MPH



SPONSOR AN EDUCATOR!



Welcome to the Youth Mental Health Summit!

A Letter from Our Executive Director

Dear Friends,

At Teton Youth & Family Services, we have spent more than 45 years walking alongside young people and families in this community—through moments of celebration, challenge, and change. We have seen firsthand what happens when a young person feels heard, supported, and surrounded by a community that believes in their potential. And we have also seen what happens when help comes too late—or not at all.

This is why we are offering the Youth Mental Health Summit.

We know that the landscape our kids are navigating today is drastically different than it was even a decade ago. The impacts of technology, the rise in youth anxiety and suicidality, and the increasing strain on families are not abstract ideas to us—they are realities that shape the work we do every day. Whether through crisis shelter, residential care, day treatment, school-based therapy, or parent coaching, TYFS serves as a lifeline to hundreds of youth and families each year.

The Summit is an extension of that mission. It's our way of saying: you're not alone. That as a community, we can have hard conversations, ask better questions, and build stronger systems of support. Over the next three days, we'll explore critical topics like social media's impact on mental health, how to talk about suicide with our youth, and what it takes to create trauma-informed environments where young people can thrive.

But most importantly, this Summit is about connection. Youth will be heard. Parents and professionals will listen. We'll share meals, stories, and strategies. And we'll leave with a renewed sense of possibility—not just for our own families, but for all families in our community.

Our goal is simple: to make sure every child and every family can access the help they need, when they need it. We believe in that vision. And we believe in you—for showing up, for caring deeply, and for continuing to be part of this work.

Thank you for joining us. Let's keep showing up for one another—and for our youth.

With gratitude,

Sarah Cavallaro
Executive Director
Teton Youth & Family Services



Kick Off the Summit with us at Astoria Hot Springs on Wednesday, 5/14, 4-7:30pm!

Join us for a family-friendly evening with food, from Buffalo Bills Food Truck, music, and healing practitioners to help us set our intentions for the summit.

Blessing by The Rev. Dr. Travis Helms



SCHEDULE

Thursday, May 14th

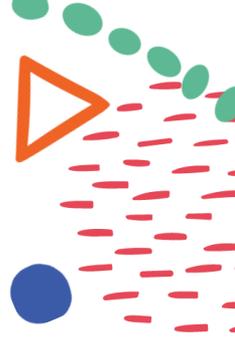
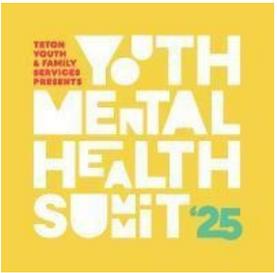
- 7:30 - 8:00 Registration and Check In [The Virginian, Wister Hall](#)
- 8:00 - 8:30 WELCOME [The Virginian, Wister Hall](#)
- 8:30 - 9:30 Risk Management is Everyone's Responsibility
[The Virginian, Wister Hall](#)
- 9:30 - 9:45 Applied Stress Management Activity & Self Care Break
[The Virginian, Wister Hall](#)
- 9:45 - 10:15 Youth Impact Panel #1
[Adults at The Virginian, Wister Hall](#)
[Youth at The Lodge at Jackson Hole, Bridger Ballroom](#)
- 10:15 - 10:30 Self Care Break
[The Virginian, Wister Hall](#)
- 10:30 - 12:00 Technology and Youth Mental Health Workshops
[Nicholas Kardaras at The Virginian, Wister Hall](#)
[Megan Moreno at The Lodge at Jackson Hole, Bridger Ballroom](#)
- 12:00 - 1:30 Keynote Luncheon
[The Virginian, Wister Hall](#)
- 1:30 - 1:45 Self Care Break
[The Virginian, Wister Hall](#)
- 1:45 - 2:15 Youth Impact Panel #2
[Adults at The Virginian, Wister Hall](#)
[Youth at The Lodge at Jackson Hole, Bridger Ballroom](#)
- 2:15 - 2:30 Applied Stress Management Activity & Self Care Break
[The Virginian, Wister Hall](#)
- 2:30 - 4:00 Youth Suicide - A Talk About Safety
[The Virginian, Wister Hall](#)
- 4:00 - 4:30 Wrap-Up [The Virginian, Wister Hall](#)
- 4:30 - 6:30 Summit Break
- 6:30 - 9:00 Dinner, Film, and Keynote Talk with Drew Petersen
[The Virginian, Wister Hall](#)

SCHEDULE



Friday, May 15th

- 7:30 - 8:00 Registration and Check In **The Virginian, Wister Hall**
- 8:00 - 8:30 WELCOME **The Virginian, Wister Hall**
- 9:00 - 12:00 Youth Attend Boston Children's Digital Wellness Lab
Teton County Library, Ordway Auditorium
- 8:30 - 12:00 Panel Discussions on Youth Mental Health
The Virginian, Wister Hall
- 8:30 - 9:30 Education Panel
- 9:30 - 9:45 Self Care Break
- 9:45 - 10:45 Medical Panel
- 10:45 - 11:00 Self Care Break
- 11:00 - 12:00 Community Panel
- 12:00 - 1:30 Lunch and Learn Workshops
 "Brain Cooking" at **The Virginian, Wister Hall**
 Coaches Workshop at The Virginian, The Saloon
- 1:30 - 1:45 Applied Stress Management Activity & Self Care Break
The Virginian, Wister Hall
- 1:45 - 3:00 Youth Attend Boston Children's Digital Wellness Lab
Teton County Library, Ordway Auditorium
- 1:45 - 3:00 Focus Group Breakout Sessions
Educators and Coaches at The Virginian, The Saloon
Medical and Mental Health Providers at The Lodge at Jackson Hole, Cheyenne Room
Parents and Community Members at The Virginian, Wister Hall
- 3:00 - 3:15 Applied Stress Management Activity & Self Care Break
The Virginian, Wister Hall
- 3:15 - 4:30 Report out from Facilitators & Youth Leaders
The Virginian, Wister Hall
- 6:00 - 10:00 Shine On Gala **The Cloudveil Hotel**



SUMMIT AGENDA

Wednesday May 14th at Astoria Hot Springs	
4:00 7:30	<p>Summit Kick Off Party <i>Astoria Hot Springs</i></p> <p>Summit Blessing by The Rev. Dr. Travis Helms</p> <p><i>A family-friendly evening with food, music, and healing practitioners to help us set our intentions for the summit and practice</i></p> <p><i>Complimentary for Summit participants, \$25pp or \$50 per family.</i></p>
Thursday May 15th at the Virginian Lodge	
7:30 8:00	<p>Registration and Check-In <i>(The Virginian, Wister Lodge)</i></p>
8:00 8:30	<p>WELCOME</p> <p>Setting the Stage for the Summit TYFS and PROSPER TEAM <i>(The Virginian, Wister Hall)</i></p>
8:30 9:30	<p>Risk Management is Everyone's Responsibility</p> <p>Presenter: Clark Fairbanks, ACES Trainer and WYSA Executive Director <i>(The Virginian, Wister Hall)</i></p> <p>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.</p>
9:30 9:45	<p>Applied Stress Management Activity & Self Care Break</p> <p>Movement activity graciously provided by Dancer's Workshop <i>(The Virginian, Wister Hall)</i></p>
9:45 10:15	<p>Youth Impact Panel #1</p>
9:45 10:15	<div style="width: 48%; background-color: lightblue; padding: 5px;"> <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> </div> <div style="width: 48%; background-color: lightgreen; padding: 5px;"> <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> </div>
10:15 10:30	<p>Self Care Break</p> <p>Please go checkout our Provider's Space in the Courtyard! <i>(Wister Hall & The Virginian Courtyard)</i></p>

10:30 12:00	Technology and Youth Mental Health Workshops <i>Register for one of the two workshops</i>	
10:30 12:00	<p style="text-align: center;">Intersection of Technology and Youth Mental Health Dr. Megan Moreno <i>(The Lodge of 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 <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>
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 Please go checkout our Provider's Space in the Courtyard! <i>(The Virginian, Wister Hall & the Courtyard)</i></p>	
1:45 2:15	<p>Youth Impact Panel #2</p>	
1:45 2:15	<p style="text-align: center;">Youth Panel #2 PROSPER TEAM <i>(The Lodge at Jackson Hole, 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 <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>
2:15 2:30	<p>Applied Stress Management Activity & Self Care Break Mindfulness activity graciously provided by The Rev. Dr. Travis Helms <i>(The Virginian, Wister Hall & the Courtyard)</i></p>	
2:30 4:00	<p>Youth Suicide- A Talk About Safety PROSPER Team <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>	

4:00 4:30	Wrap-Up Wrap-up, Action Planning, and What's Coming Up Tonight/Tomorrow <i>(The Virginian, Wister Hall)</i>
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4:30 6:30	Summit Break
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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 <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;"><i>Dinner is included for Summit participants</i> Non-Summit Participants welcome to attend- \$50pp requested to cover additional cost; Youth are free to attend</p>
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Friday May 16th at the Virginian Lodge

7:30 8:00	Registration and Check-In <i>(The Virginian, Wister Hall)</i>
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8:00 8:30	WELCOME Set the Stage for the Day, Introduction to Boston Children's Hospital Digital Learning Lab <i>(The Virginian, Wister Hall)</i>
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8:30 12:00	<p>Youth Attend Boston Children's Hospital Digital Learning Lab Program</p> <p style="text-align: center;"><i>Boston Children's Hospital</i> Nicole Powell, MSW Hannah Chikedel, MPH <i>(Teton County Library, Ordway Auditorium)</i></p> <p>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.</p> <p style="color: green; text-align: center;">Youth Registration 9:00-9:30am Workshop - 9:30 - 12:00p</p>
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Panel Discussions on Youth Mental Health <i>Facilitator: PROSPER TEAM</i> <i>(The Virginian, Wister Hall)</i>	
8:30-9:30 Education Panel <i>Dustin Brown, Wyoming Dept of Education</i> <i>Ashley Bright, Boys & Girls Clubs of Central WY</i> <i>Julie Mackey, Jae Foundation</i> Youth Leaders <i>Moderated by Doug Hazen, Superintendent of Big Horn School District #2</i>	
9:30-9:45- Self Care Break Activity graciously provided by Daniela Botur, Sound Healing in the Tetons	
9:45-10:45 Medical Panel <i>Dr. Megan Moreno, American Academy of Pediatrics</i> <i>Kristie Gordy, Wyoming Department of Family Services</i> <i>Barbara Merritt</i> Youth Leaders <i>Moderated by Jim Cowser, CEO of Central Wyoming Counseling</i>	
10:45-11:00-Self Care Break Activity graciously provided by Dancer's Workshop	
11:00-12:00 Community Panel <i>Austin Brookwell, Sheriff of Worland</i> <i>Max Mickelson, Mayor of Rock Springs</i> <i>Dr. Jen Yturriodobaitia, Whole Healthcare Organization</i> Youth Leaders <i>Moderated by Jim Whipps, Natrona County Coroner</i>	

12:00 1:30	<p align="center">Lunch and Learn Workshops Register for one of the two workshops <i>Dr. Drew Ramsey or Coaches Workshop</i></p>	
12:00 1:30	<p>“Brain Cooking” Mental Health and Nutrition Interactive Lunch and Learn Dr. Drew Ramsey <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>Coaches Workshop Lunch and Learn Drew Peterson <i>(The Virginian, 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—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 Art activity graciously provided by Art Association of JH, Shana Stegman <i>(Wister Hall & the Virginian 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 Nicole Powell, MSW Hannah Chikedel, MPH <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.</p> <p>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>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>Educators and Coaches <i>(The Virginian, Saloon)</i></p> <p>Medical and Mental Health Providers <i>(The Lodge of JH, Cheyenne Room)</i></p> <p>Parents and Community Members <i>(The Virginian, Wister Hall)</i></p>
3:00 3:15	<p align="center">Applied Stress Management Activity & Self Care Break Sound Bowl activity graciously provided by Daniela Botur, Sound Healing in the Teton <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	<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 align="center">A thriving community begins with empowering our youth. Let’s come together, celebrate, and help them shine their brightest!</p> <div style="text-align: right;">  <p>2025</p> <p>THE CLOUDVEIL <small>AUTOGRAPH COLLECTION HOTELS</small></p> <p>Teton Youth & Family Services</p> </div>	



MEET THE SPEAKERS

PROSPER,

PROSPER began with a small group of committed individuals who shared the belief that while every life is precious, effective change requires innovative approaches. What started as a focused effort to bridge the gap between research and practice has evolved into a global network of advocates, experts, and communities united by a shared mission. Today, PROSPER connects diverse professionals, including healthcare providers, educators, and law enforcement officers, in a collective effort to inspire hope, foster resilience, and transform suicide prevention globally.

Dr. Kent Corso

Dr. Kent Corso is a board certified behavior analyst and licensed clinical psychologist. He is a U.S. Air Force veteran whose background over the last 20 years is marked by one consistent theme: the practical application of behavioral sciences to challenging problems in society such as national security, organizational change and healthcare. He is heavily involved in suicide prevention research, program development and evaluation, delivering hundreds of lectures and interviews and publishing numerous peer-reviewed research papers on this matter.

Dr. Lesley Manson

Dr. Lesley Manson has spent over a decade providing direct service. Her dedication to integrated care led her to directing programs, providing continuing education to healthcare providers, and developing workshops and trainings for interprofessional teams. She has spearheaded interprofessional teams leading them to meet the quadruple aim of healthcare.

Mr. William Miller

William Miller is a Ph.D. candidate in Education at Liberty University and the Director of Curriculum and Design for PROSPER. He focuses on developing evidence-based suicide prevention programs that are culturally adaptive and community-driven. Collaborating with educators, mental health professionals, and policymakers, he works to implement strategies that reduce suicide risk and foster open conversations.

Mary Reagan, M.S., J.D., BCBA, LBA, IBA

Mary Reagan is a behavioral scientist, executive leader, and organizational strategist with a diverse background in law, education, and applied behavior analysis. Currently pursuing a Ph.D. in Applied Behavior Analysis at Simmons University, she brings over a decade of experience leading systemic change in educational, nonprofit, and organizational settings.

Clark Fairbanks

Clark Fairbanks has 42 years of experience as a Youth Care Professional. He has 8 years as an A.C.E. Interface, Wyoming Master Trainer, sharing his knowledge and expertise in understanding how resilience trumps Adverse Childhood Experiences, and providing strategies to create self-healing communities. Clark is the Executive Director of Wyoming Youth Services Association, past director of Youth Emergency Services in Gillette, WY, the Evergreen House in Bemidji, MN, and Superintendent of the WY Girls School in Sheridan, WY. Clark is passionate about improving the lives of children living in rural communities. In semi-retirement, this means he is blessed to be spending more quality time with his wife, children, and grandchildren.

Dr. Megan Moreno

Dr. Moreno is an adolescent medicine physician at the University of Wisconsin-Madison and co-medical director of the American Academy of Pediatrics Center of Excellence on Social Media and Youth Mental Health.



Her research focuses on 3 core areas: 1) innovative approaches to adolescent health using social media, 2) internet safety education and 3) measuring technology use and misuse. You can follow her team on social media on @SMAHRTeam. Clinically, she is interested in complex medical conditions and the intersection of physical and mental health among adolescents. She is author of a parenting handbook for internet safety based on research and collaborations with the American Academy of Pediatrics and was the lead author on the 2016 policy statement Media Use in School-Aged Children and Adolescents. Dr. Moreno is passionate about helping teens through the challenges around balancing relationships, influences, and experiences, and to consider ways in which technology may provide new venues for education and support.



Dr. Nicholas Kardaras



Dr. Kardaras is an Ivy-League educated psychologist, a best-selling author, an internationally renowned speaker, and one of the country's foremost experts on mental health, addiction and the clinical and social impacts of the digital age. He is the Founder and Chief Clinical Officer of Omega Recovery in Austin, Texas and a Clinical Professor at Stony Brook Medicine in NY where he specializes in teaching the treatment of mental health and addiction.

Dr. Kardaras is the author of the best-selling "Glow Kids" (St. Martin's Press, 2016), the seminal book on screen-effects ("Glow Kids" has now been translated into 15 languages) and is also the author of "Digital Madness: How Social Media is Driving our Mental Health Crisis" (St. Martin's, 2023). He has appeared on ABC's 20/20, Dr. Phil, Good Morning America, the CBS Evening News, CNN, FOX & Friends, NPR, Good Day New York and in Esquire, New York Magazine and Vanity Fair, and has written for TIME Magazine, Scientific American, Psychology Today, Salon and FOX News. He was featured on the 2019 A&E TV series "Digital Addiction" and the Amazon documentary "Screened Out".

Considered a pioneer in issues related to the digital age and technology's impact on mental health, education and our society, he's been an in-demand speaker on the subject for both national news media and as a keynote speaker at both national and international mental health and/or education conferences; he has presented in London, Athens, New Zealand, Maui, and has worked with both state legislators and Congress to help enact digital media legislation to protect children and teens.





Dr. Drew Ramsey



Drew Ramsey, MD is a board-certified psychiatrist, psychotherapist and author. His work focuses on evidence-based integrative psychiatry, Nutritional Psychiatry and male mental health. He founded the Brain Food Clinic, a digital mental health practice, and Spruce Mental Health in Jackson, Wyoming. Using the latest research along with decades of clinical experience, he hopes to help people improve their mental health and build resilient mental fitness.

Drew Petersen



Drew Petersen is a professional skier and passionate ultrarunner who is on a mission to change our culture surrounding mental health. He blends his athletic adventures—ranging from skiing peaks in the backcountry to running 100 miles—with his storytelling as a writer, filmmaker, and speaker in order to bring others along for the ride and to advocate for what he cares most about. As a skier, he has graced magazine covers and starred in dozens of award-winning ski films. His writing has appeared in Outside Magazine, Powder Magazine, SKI Magazine, and more publications.

In 2022, Drew produced, co-directed, and starred in Ups and Downs a mold-breaking film that mirrors the mountains and valleys of ski touring with his own mental health journey. His newest film Feel It All chronicles running the Leadville 100, one of the most iconic 100-mile ultramarathons in the world, through the peaks he has skied surrounding the course and the deep, mental health goal that drives him to pursue both audacious athletic goals and a full life.





Boston Children's Digital Wellness Lab



Nicole Powell, MSW

Clinical Research Specialist

Nicole, a Clinical Research Specialist at the Digital Wellness Lab, earned her B.A. in Psychology from East Carolina University and is currently pursuing a dual Master's degree in Social Work & Public Health at Boston University. During her tenure as a Research Fellow at the Yale Child Study Center, she embraced an interdisciplinary approach, focusing on the social-emotional development of children. These experiences honed her understanding of diverse human environments and connections, shaping her holistic perspective.

As the digital space is its own medium that humans interact with, Nicole works to conceptualize, analyze and report findings involving technology's influence on health and well-being. Her research interests align with the Digital Wellness Lab's mission, advocating for user-focused design strategies, promoting youth-led research, and ensuring technology adapts to the unique needs and experiences of individuals.

Hannah Chidekel, MPH

Clinical Research Specialist

Hannah Chidekel comes to the Digital Wellness Lab as a Clinical Research Specialist with a B.A. in Public Health and French from Brandeis University and an MPH from the Harvard T.H. Chan School of Public Health. She has previously worked with public and private organizations to develop health communications interventions on topics ranging from substance use to pedestrian safety at local, state, and national levels.

Drawing on her past work in health media and academic spaces, Hannah is particularly interested in the connections between communications theory, research, and health. She sees research as a dynamic, relational process that can create impact in the world of digital wellness across a variety of stakeholders.



CONTINUING EDUCATION CREDITS

We are able to provide a maximum of **14.75 continuing education credits** from the American Psychological Association and American Medical Association (see CE information below).

This year, we will explore critical topics such as:

- The impact of social media & technology on adolescent health
- Suicide prevention, stress management, & crisis response strategies
- Trauma-informed care & Adverse Childhood Experiences (ACEs)
- Empowering youth voices in health conversations
- Building community-based action plans for long-term change

Our goal is to provide attendees with **practical strategies** to navigate youth whole health challenges, engage in meaningful conversations, and implement community-driven solutions.

CE Information:

Joint Accreditation Statement

In support of improving patient care, this activity has been planned and implemented by Amedco LLC and NCR Behavior Health. Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. Professions in scope for this activity are listed below. Amedco Joint Accreditation Provider Number: 4008163

Physicians

Amedco LLC designates this live activity for a **maximum of 14.75 AMA PRA Category 1 Credits™** for physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychologists



**AMERICAN
PSYCHOLOGICAL
ASSOCIATION**

This course is co-sponsored by Amedco and NCR Behavior Health. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and content. **Maximum of 14.75 hours.**

The following state boards accept courses from APA providers for Psychologists/Counselors: AK, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, MA (LEP ONLY), MD, ME, MN, MO, NC, ND, NH, NE, NJ, NM, NV, OK*, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY **MI:** Accepts courses from APA for Psychologists. No general CE requirement for Counselors. **OK:** Accepts APA credit for live, in-person activities but not for ethics and/or online courses. **The following state boards accept courses from APA providers for MFTs:** AK, AR, AZ, CA, CO, CT, DE, FL, GA, IA, ID, IN, KS, MD, ME, MO, NE, NC, NH, NJ, NM, NV, OK*, OR, PA, RI, SC, SD, TN, TX, UT, VA, WA, WDC, WI, WY **AL MFTs:** Credits authorized by NBCC or any other state licensing agency will be accepted. **MA MFTs:** Participants can self-submit courses not approved by the MAMFT board for review. **MI MFTs:** There are no CE requirements for MFTs in MI. **The following state boards accept courses from APA providers for Addictions Professionals:** AK, AR, CO, CT, DC, DE, GA, IA, IN, KS, LA, MD, MO, MT, NC, ND, NE, NJ, NM, NY (held outside NY ONLY), OK*, OR, SC, UT, WA, WI, WY **The following state boards accept courses from APA providers for Social Workers:** AK, AR, AZ, CA, CO, DE, FL, GA, ID, IN, KY, ME, MN, MO, NE, NH, NM, OR, PA, VT, WI, WY

KEEP THE CONVERSATION GOING

How to Get Your CE Certificate:

Scan the QR Code **or**

1. Go to ncrbh.cmecertificateonline.com
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3. Evaluate the meeting.
4. Print, download, or save your certificate for your records.
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Thank you for join us for our first Youth Mental Health Summit!

We hope to see you all again in 2027!

