APA MOORE Equity in Mental Health Youth Summit
In Partnership with the Marion Barry Youth Leadership Institute

Breaking Barries and Building Bridges: Prioritizing Youth Mental Wellness

Join us at Catholic University on July 24th to learn more about mental wellness, connect with peers, mental health clinicians, & amazing speakers!

Register here:
PROGRAM

Check-In & Opening Remarks 9:30 AM - 10:10 AM
Welcome Remarks: Regina S. James, M.D.
Opening Session: Marketa M. Wills, M.D., M.B.A., FAPA

Breakout Session I 10:20 AM - 11:05 AM
Trauma and its Impact on the Brain (WISE Center)
Mindfulness and its Impact on the Mind and Body (WISE Center)
Effective conflict resolution (SchoolTalk DC)
Effective conflict resolution (SchoolTalk DC)

Breakout Session II 11:15 AM - 12:00 PM
Effective conflict resolution (SchoolTalk DC)
Effective conflict resolution (SchoolTalk DC)
Trauma and its Impact on the Brain (WISE Center)
Mindfulness and its Impact on the Mind and Body (WISE Center)
Reconvene in the Great Hall for Lunch

Lunch & Keynote Address: 12:20 PM - 1:20 PM
Keynote: Jay Barnett, D.H.A.
Q&A from the Audience

Prioritizing My Mental Wellness 1:25 PM - 1:40 PM
Susan Smallwood, Owner of Gradiosity Events

Closing Session 1:45 PM - 2:15 PM
Zainab Okolo, Ed.D., LCMFT, Senior Vice President of Policy, Advocacy, and Government Relations, Jed Foundation

Closing Remarks & Dismissal 2:15 PM - 2:20 PM