



PUTTING YOUTH MENTAL HEALTH FIRST

NEW YORK STATE YOUTH MENTAL HEALTH SUMMIT

governor.ny.gov/youthmentalhealth

[#NYSYouthMentalHealth](https://twitter.com/NYSYouthMentalHealth)

THURSDAY, JUNE 15 AT 10:00AM | JAVITS CENTER | 445 11TH AVE | NYC

WELCOME MESSAGE FROM GOVERNOR KATHY HOCHUL



Dear Youth Mental Health Experts, Young People, Advocates, and Allies:

I'm proud to welcome you to the **New York State Youth Mental Health Summit**.

We'll be joined by distinguished panelists, including thought leaders from top universities and professional organizations who have dedicated their professional careers to improving the mental health and wellbeing of our young people. Experts from likeminded organizations, state government, the clinical setting, and the world of child and family advocacy will lead frank and inclusive conversations throughout the day on how we can jointly build upon our investments in New York's youth.

As a mother, I know that there is nothing we worry about more than the health and safety of our children. The truth is, young people in the United States are facing an unprecedented mental health crisis. The Surgeon General recently released a report on youth and social media citing that social media sites "have a profound risk of harm to the mental health and well-being of children and adolescents." According to the CDC's Youth Risk Behavior Survey Data Summary & Trends Report (2011-2021), 42 percent of high school students felt sad or hopeless almost every day for at least two weeks in a row in 2021, with nearly 3 in 5 (57%) U.S. teen girls feeling persistently sad or hopeless — a nearly 60 percent increase, and the highest level reported over the past decade. In 2021, 18 percent of high school students made a suicide plan and 10 percent attempted suicide, with more than 1 in 5 of young people who identify as LGBTQ+ attempting suicide in the past year. That is heartbreaking and unacceptable, and we're stepping up to help.

Our \$1 billion mental health plan includes investments in youth and family care, including \$30 million to expand school-based mental health services, \$10 million to strengthen suicide prevention programs for high-risk youth, and \$12 million for programs that promote early childhood development and in-home Crisis Intervention treatment for our most high-risk kids. But that's just the beginning. This spring, my office took the conversation around youth mental health to counties across the state to hear from teens directly.

I'll be sharing the report from those listening sessions. We had important conversations to help inform how we can best serve our kids.

I encourage you to listen, share, learn, and connect with fellow attendees throughout this summit. Please use [#NYSYouthMentalHealth](https://twitter.com/NYSYouthMentalHealth) on social media to make your posts easier to find.

Thank you for your attendance, participation, and advocacy.

Kathy Hochul
GOVERNOR



@GOVKATHYHOCHUL | GOVERNOR.NY.GOV

Get email updates from the Governor's office: governor.ny.gov/signup

SUMMIT AGENDA

- | | |
|---------|---|
| 9:00am | Registration and Breakfast |
| 10:00am | Welcome Plenary Session: <ul style="list-style-type: none">• Remarks by Governor Hochul
Room 503 |
| 10:20am | Keynote Plenary Session: <ul style="list-style-type: none">• The State of Our Youth: Growing Up in the Social Media Era
Room 503 |
| 11:30am | Break |
| 11:40am | Morning Breakout Sessions <ul style="list-style-type: none">• Finding Balance and Safety on Social Media: Is it Possible?
Room 501• Classroom Well-being: A Discussion on Student and Educator Mental Health
Room 502 |
| 12:35pm | Networking lunch |
| 1:35pm | Afternoon Breakout Sessions <ul style="list-style-type: none">• Social and Emotional Learning: Pathway to Healthy, Caring, and Successful Students
Room 501• The Power of Families and Communities
Room 502 |
| 2:30pm | Break |
| 2:40pm | Closing Session
Room 503 <ul style="list-style-type: none">• Kathryn Garcia, Director of State Operations• Kalani Davis-Gray, Youth Peer Advocate• Remarks by Governor Kathy Hochul |
| 3:15pm | Summit Concludes |

FAQs:

How do I get to the Javits Center?

[Click here](#) for a comprehensive list of transit options. The most convenient entrance is at the 38th Street and 11th Avenue cross streets. Upon entering the venue, staff will be onsite to assist you to Level 5 - The Overview for registration.

What time should I arrive?

Registration and breakfast will be available at 9:00 AM. Please arrive no later than 9:45 AM.

Can I bring a guest?

All attendees must be registered in advance by Monday, June 12. Capacity is limited and walk-in guests cannot be accommodated. Please direct any questions to mentalhealth@exec.ny.gov.

What should I bring with me?

Photo identification for registration.

Should you wish to take tangible notes, please bring your own pen and paper.

You may wish to bring your own water bottle with you. Water, coffee, and tea service will be provided throughout the day, as well as breakfast and lunch.

What should I not bring with me?

Weapons, controlled substances, parcels, and signage are strictly prohibited at the venue. Backpacks, totes, and briefcases are permitted, and are subject to search. Bag check will be available.

Will meals be provided?

Light breakfast will be provided between 9:00 AM - 9:45 AM. Lunch will also be provided following the morning breakout session.

Can my dietary restriction be accommodated?

Dietary restrictions should be [shared via this link](#). Please provide any requested accommodations by Monday, June 12.

Will ASL interpretation be available?

Yes, ASL interpretation will be provided for all sessions. If you require additional disability accommodations, please reach out to mentalhealth@exec.ny.gov.

What lodging accommodations are available?

[Click here](#) to access the Javits Center guide for attending events and staying nearby.

Will there be Wi-Fi available?

Yes, Wi-Fi will be available for all attendees. The network name is YMHSummit.

THE STATE OF OUR YOUTH: GROWING UP IN THE SOCIAL MEDIA ERA

Room: 503 | 10:20AM

Moderated by:



DR. WARREN NG

PRESIDENT
AMERICAN ACADEMY OF CHILD
AND ADOLESCENT PSYCHIATRY

Panelists:



DR. MEGAN JONES BELL

CLINICAL DIRECTOR OF CONSUMER AND MENTAL HEALTH
GOOGLE



CYNTHIA BISSETT GERMANOTTA

PRESIDENT AND CO-FOUNDER
BORN THIS WAY FOUNDATION



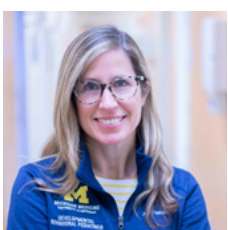
DR. MITCH PRINSTEIN

CHIEF SCIENCE OFFICER
AMERICAN PSYCHOLOGICAL ASSOCIATION



DR. KARA ALAIMO

ASSOCIATE PROFESSOR, FAIRLEIGH DICKINSON UNIVERSITY
AND AUTHOR, *OVER THE INFLUENCE: WHY SOCIAL MEDIA IS TOXIC
FOR WOMEN AND GIRLS — AND HOW WE CAN TAKE IT BACK*



DR. JENNY RADESKY

CO-MEDICAL DIRECTOR
CENTER OF EXCELLENCE ON SOCIAL MEDIA AND YOUTH
MENTAL HEALTH AT THE AMERICAN ACADEMY OF PEDIATRICS

[Click here](#) for more information on the panelists

FINDING BALANCE AND SAFETY ON SOCIAL MEDIA: IS IT POSSIBLE?

Room: 501 | 11:40AM

Moderated by:



TIARA SPRINGER-LOVE, LMSW

DIRECTOR OF YOUTH POWER
FAMILIES TOGETHER IN NEW YORK STATE

Panelists:



DR. MADELYN GOULD

IRVING PHILIPS PROFESSOR OF EPIDEMIOLOGY IN PSYCHIATRY,
COLUMBIA UNIVERSITY, AND RESEARCH SCIENTIST,
NEW YORK STATE PSYCHIATRIC INSTITUTE



SENIOR INVESTIGATOR JUSTIN STEVENS

ASSISTANT COMMANDER, NEW YORK STATE POLICE
INTERNET CRIMES AGAINST CHILDREN (ICAC) TASK FORCE



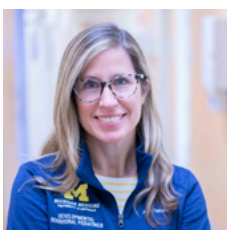
LIEUTENANT FELIX RIVERA

COMMANDER, NEW YORK CITY POLICE DEPARTMENT
COMPUTER CRIMES SQUAD



DR. MUNMUN DE CHOUDHURY

FOUNDER
SOCIAL DYNAMICS AND WELLBEING LAB AT GEORGIA TECH



DR. JENNY RADESKY

CO-MEDICAL DIRECTOR
CENTER OF EXCELLENCE ON SOCIAL MEDIA AND YOUTH
MENTAL HEALTH AT THE AMERICAN ACADEMY OF PEDIATRICS

[Click here](#) for more information on the panelists

CLASSROOM WELL-BEING: A DISCUSSION ON STUDENT AND EDUCATOR MENTAL HEALTH

Room: 502 | 11:40AM

Moderated by:



REBECCA BENGHIAT, J.D.

PRESIDENT AND CHIEF OPERATING OFFICER
THE JED FOUNDATION

Panelists:



KYLE BELOKOPITSKY

EXECUTIVE DIRECTOR
NEW YORK STATE CONGRESS OF PARENTS AND TEACHERS



DR. MARC BRACKETT

FOUNDING DIRECTOR, YALE CENTER FOR EMOTIONAL
INTELLIGENCE, PROFESSOR IN THE CHILD STUDY CENTER,
YALE SCHOOL OF MEDICINE



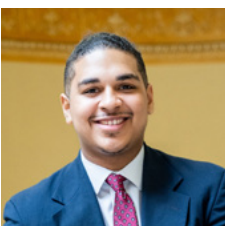
DR. SHARON HOOVER

CO-DIRECTOR
NATIONAL CENTER FOR SCHOOL MENTAL HEALTH



DR. MICHAEL LINDSEY

DEAN
SILVER SCHOOL OF SOCIAL WORK, NEW YORK UNIVERSITY



ISAIAH SANTIAGO

PEER AND YOUNG ADULT MENTOR

[Click here](#) for more information on the panelists

SOCIAL AND EMOTIONAL LEARNING: PATHWAY TO HEALTHY, CARING, AND SUCCESSFUL STUDENTS

Room: 501 | 1:35PM



DR. MARC BRACKETT

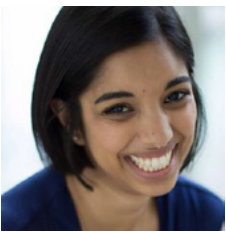
FOUNDING DIRECTOR, YALE CENTER FOR EMOTIONAL INTELLIGENCE, PROFESSOR IN THE CHILD STUDY CENTER, YALE SCHOOL OF MEDICINE

[Click here](#) for more information on the panelist

THE POWER OF FAMILIES AND COMMUNITIES

Room: 502 | 1:35PM

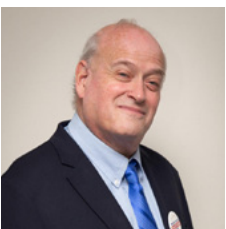
Moderated by:



SARAH KURIAKOSE, PHD, BCBA-D

ASSOCIATE COMMISSIONER, DIVISION OF INTEGRATED COMMUNITY SERVICES FOR CHILDREN AND FAMILIES, NEW YORK STATE OFFICE OF MENTAL HEALTH

Panelists:



GLENN LIEBMAN

CHIEF EXECUTIVE OFFICER
MENTAL HEALTH ASSOCIATION IN NEW YORK STATE



DR. ROSA GIL

FOUNDER, PRESIDENT, AND CHIEF EXECUTIVE OFFICER
COMUNILIFE, INC.



DR. SIDNEY HANKERSON

ASSOCIATE PROFESSOR AND VICE CHAIR, DEPARTMENT OF PSYCHIATRY, ICAHN SCHOOL OF MEDICINE AT MOUNT SINAI



PAIGE PIERCE

CHIEF EXECUTIVE OFFICER
FAMILIES TOGETHER IN NEW YORK STATE

[Click here](#) for more information on the panelists

HOW YOU CAN HELP:

New York's youth are facing an unprecedented mental health crisis.

Governor Hochul is taking unprecedented action to fix it. *The New York State Youth Mental Health Summit* is part of our ongoing work to support our young people and we need to continue to hear from you.

Share your takeaways from the Summit on social media using the official hashtag: **#NYSYouthMentalHealth**.

To continue this conversation, please contact us at NYSYouthMentalHealth@omh.ny.gov.

More information on the governor's actions around youth mental health can be found at governor.ny.gov/youthmentalhealth.

If you or someone you know is struggling, call or text 988 or chat at 988lifeline.org/chat.



PUTTING YOUTH MENTAL HEALTH FIRST

**NEW YORK STATE YOUTH
MENTAL HEALTH SUMMIT**

governor.ny.gov/youthmentalhealth

[#NYSYouthMentalHealth](https://twitter.com/NYSYouthMentalHealth)

THURSDAY, JUNE 15 AT 10:00AM | JAVITS CENTER | 445 11TH AVE | NYC