



2018 Adolescent Mental Wellness Conference

Overcoming Cultural Barriers to Access

Santa Clara Convention Center
April 27-28, 2018



Stanford
Children's Health

Lucile Packard
Children's Hospital
Stanford



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Center for Youth
Mental Health & Wellbeing
*Department of Psychiatry
& Behavioral Sciences*



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Department of Pediatrics
Division of Adolescent Medicine

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Welcome

Thanks for joining us at the second Adolescent Mental Wellness Conference! This year's theme is "Overcoming Cultural Barriers to Access." Our goal is to bring together a diverse group of community members and leaders to create greater awareness, understanding and support for youth mental health. In doing so, we hope to make it easier for everyone to access safe, culturally appropriate mental health care.

Since we first held this event in 2016, the conversation around the mental health needs of our young people has only intensified. After hearing from many attendees that the first conference helped bridge the gap between seeking and finding mental health support, we hope this year's event will keep the conversation going. In an effort to support broad community dialogue, we have again developed sessions for youth, families, policy experts, clinicians and educators.

Today, the challenges that many of our youth and families face often remain hidden, and too many mental health issues remain untreated. There is much work still to be done to build additional culturally relevant mental health access, education and support for our young people and their families.

We hope you are ready to engage with us in exploring integrated, innovative and preventive approaches for supporting the mental health of our youth, and we look forward to the shared discussion and collaboration that will arise from it. Thanks so much for your participation!



Sherri Sager, MPA



Steven Adelsheim, MD

2018 Adolescent Mental Wellness Conference Agenda

Day 1 | April 27, 2018

Time	Session Title	Audience/ Track	Room
8:00 a.m. – 8:30 a.m.	Registration/Breakfast		
8:30 a.m. – 9:00 a.m.	Welcoming Remarks	General Session	Mission City Ballroom
	<p>Sherri Sager, MPA Chief Government and Community Relations Officer, Lucile Packard Children’s Hospital Stanford</p> <p>Steven Adelsheim, MD Director, Stanford Center for Youth Mental Health and Wellbeing</p> <p>Amia Nash, MA Miss Silicon Valley</p>		
9:00 a.m. – 10:15 a.m.	Plenary Panel: Cultural Barriers to Access	General Session	Mission City Ballroom
	<p>Jeffrey Hutchinson, MD Colonel, United States Uniformed Services University of the Health Sciences</p> <p>Maricela Gutiérrez Services, Immigrant Rights, and Education Network (SIREN)</p> <p>Rania Awaad, MD Khalil Center</p> <p>Moderator: Fernando Mendoza, MD Stanford School of Medicine</p>		
10:15 a.m. – 10:30 a.m.	Break		

Morning Breakout Sessions

10:30 a.m. – 12:00 p.m. **When to Worry: Typical Teen Behavior versus Signs of Mental Distress** **Family** **203**

Neville Golden, MD

Stanford Department of Adolescent Medicine

Shashank Joshi, MD

Stanford Department of Psychiatry and Behavioral Sciences

Denise Pope, PhD

Challenge Success, Stanford School of Education

10:30 a.m. – 12:00 p.m. **Supporting the Mental Health of College Students of Color** **Educator** **201**

Jan Barker Alexander, MEd

Interim Assistant Vice Provost, Centers of Equity, Community, and Leadership; Resident Fellow of Ujamaa House, Stanford University

Dereca Blackmon, MDiv

Associate Dean and Director, Stanford Diversity and First-Gen Office

Tamara Strong-Chavez

Psychology Trainee, Asian Americans for Community Involvement

Anthony Miner, PsyD

Internship and Training Manager, Asian Americans for Community Involvement

Moderator: **Erika Roach, MA**

Stanford Center for Youth Mental Health and Wellbeing

Time	Session Title	Audience/ Track	Room
Morning Breakout Sessions			
10:30 a.m. – 12:00 p.m.	Using Technology to Promote Culturally Competent Mental Health Care Siavash Zohoori Community Program Specialist for San Mateo County, Co-founder of #HowAreYou Campaign Bhupendra Sheoran Executive Director, youth + tech + health (YTH) Mariela Uribe Program Officer, youth + tech + health (YTH)	Youth	204
10:30 a.m. – 12:00 p.m.	Clinical Art Therapy with Adolescents: Neurodevelopment, Assessment and Treatment Utilizing Art Therapy Process Sarah Kremer, LPCC, ATR-BC Acknowledge Alliance Lisa Manthe, LMFT, ATR-BC New Directions Adolescent School Jennifer Harrison, PsyD, ABPP, ATR-BC, DAAETS Therapy Partners of the Peninsula	Clinician	209
10:30 a.m. – 12:00 p.m.	Adolescent Substance Abuse: Risk, Resilience, Prevention and Treatment Paula Riggs, MD University of Colorado Anna Lembke, MD Stanford Department of Psychiatry and Behavioral Sciences Moderator: David Grunwald, MD Stanford Department of Psychiatry and Behavioral Sciences	Clinician	210

**10:30 a.m. – 12:00 p.m. Resiliency and Culturally- Policymaker 212
Based Life Skills Training**

Virgil Moorehead, PsyD

Two Feathers Native American Family Services

Ana Lilia Soto, MA

Andariega Collective, Stanford Center
for Youth Mental Health and Wellbeing

Subrina Reyes

Mayahuel graduate and Youth Advisor
for Santa Clara County “headspace”

Tristin Severns

Advisory Board Member for Humboldt County
Transition-Age Youth Collaboration

Moderator: **Steven Adelsheim, MD**

Director, Stanford Center for Youth Mental Health
and Wellbeing

12:00 p.m. – 1:00 p.m. Lunch

Time	Session Title	Audience/ Track	Room
Afternoon Breakout Sessions			
1:00 p.m. – 2:30 p.m.	Interfaith Approaches to Youth Mental Wellness Gigi Crowder NAMI Contra Costa Rania Awaad, MD Khalil Center Rabbi Lisa Delson Peninsula Temple Sholom Moderator: Denise Pope, PhD Challenge Success, Stanford School of Education	Family	209
1:00 p.m. – 2:30 p.m.	Creating Gender-Inclusive Schools to Support Gender-Minority Children and Youth Lisa Kenny Executive Director, Gender Spectrum Pier Angeli La Place Assistant Principal, Gunn High School	Educator	201
1:00 p.m. – 2:30 p.m.	My Parents Don't Get It: Bridging Cultural and Generational Divides Jason Li Stanford Undergraduate, CHIPAO for Teens Diana Zhao Stanford Undergraduate, CHIPAO for Teens Amia Nash, MA Miss Silicon Valley Salma Mostafa Khalil Center Youth Advisory Group Moderator: Rona Hu, MD Stanford Department of Psychiatry and Behavioral Sciences	Youth	203

1:00 p.m. – 2:30 p.m.	<p>Supporting Immigrant Families: Trauma-Informed Approaches</p> <p>Jen Coloma, PhD Children’s Health Council</p> <p>Martha Merchant, PhD UCSF HEARTS</p> <p>Heyman Oo, MD, MPH FUERTE</p> <p>Moderator: Mio Hidaka, LCSW Program Manager, Asian Americans for Community Involvement</p>	Youth	204
1:00 p.m. – 2:30 p.m.	<p>Supporting the Mental Health Needs of Diverse Communities</p> <p>Jeffrey Hutchinson, MD Colonel, United States Uniformed Services University of the Health Sciences</p> <p>Clayton Chau, MD, PhD Well Being Trust</p> <p>Moderator: Steven Sust, MD Stanford Department of Psychiatry and Behavioral Sciences</p>	Clinician	210
1:00 p.m. – 2:30 p.m.	<p>Intersectionality as a Critical Framework for Supporting Youth</p> <p>Dereca Blackmon, MDiv Associate Dean and Director, Stanford Diversity and First-Gen Office</p> <p>Yvette Flores, PhD UC Davis Department of Chicana/o Studies</p>	Policymaker	212
2:30 p.m. – 2:45 p.m.	Break		

Time	Session Title	Audience/ Track	Room
Afternoon Breakout Sessions			
2:45 p.m. – 3:15 p.m.	Mindfulness Session John Rettger, PhD Director of Mindfulness, Early Life Stress and Pediatric Anxiety Program, Stanford Department of Psychiatry and Behavioral Sciences	General Session	Mission City Ballroom
3:15 p.m. – 4:15 p.m.	Plenary Panel: Intersection of Mental Health and Marijuana Legalization Paula Riggs, MD Professor and Director of the Division of Substance Dependence, University of Colorado School of Medicine David Mineta, CEO Momentum for Mental Health; Former Deputy Director of Demand Reduction, Office of National Drug Control Policy (ONDCP) Seth Ammerman, MD Division of Adolescent Medicine, Department of Pediatrics, Stanford University/Stanford Children’s Health; Medical Director, Teen Health Van	General Session	Mission City Ballroom
4:15 p.m. – 5:00 p.m.	Closing Keynote: The System of Care Approach – Overcoming Barriers, Improving Outcomes Gary Blau, PhD Chief of the Child, Adolescent and Family Branch of the U.S. Center for Substance Abuse and Mental Health Services Administration	General Session	Mission City Ballroom

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2018 Adolescent Mental Wellness Conference Agenda

Day 2 | April 28, 2018

Time	Session Title	Audience/ Track	Room
8:00 a.m. – 8:30 a.m.	Registration/Breakfast		
8:30 a.m. – 9:00 a.m.	Welcoming Remarks	General Session	Mission City Ballroom
	Dennis T. Lund, MD Chief Medical Officer and Interim CEO, Lucile Packard Children’s Hospital Stanford		
	Michael Fitzgerald Executive Director, Behavioral Health Services, El Camino Hospital		
9:00 a.m. – 10:15 a.m.	Plenary Panel: Understanding the Experience of Non- Binary Youth	General Session	Mission City Ballroom
	Lisa Wepfer NOVA/City of Sunnyvale and San Mateo County Pride Center		
	Juliana Diaz Graduating Senior and Venture for America 2018 Fellow		
	Ben Liddie Outlet Program Coordinator, Adolescent Counseling Services		
	Gilbert Gammad San Mateo County Pride Center; Outlet Program Coordinator, Adolescent Counseling Services		
	Moderator: Emmie Matsuno, MA Counseling Psychology PhD Candidate, UC Santa Barbara		
10:15 a.m. – 10:30 a.m.	Break		

Morning Breakout Sessions

10:30 a.m. – 12:00 p.m. **Harnessing the Power of Peer Support **Family** **204****

Clayton Chau, MD, PhD

Well Being Trust

Michelle Carlson, MScPH

Executive Director, Teen Line

Tiffany Nguyen

Piedmont Hills High School Student,
Bring Change to Mind Youth Advisor

Sofia Guerra

Burlingame High School Student,
Bring Change to Mind Youth Advisor

Martel Okonji

Program Director, Peer Health Exchange

Moderator: **Solome Tibebe**

Founder and Executive Director, AnxietyinTeens.org

10:30 a.m. – 12:00 p.m. **New Policies and Tools in Suicide Prevention **Educator** **210****

Steven Lo, LMFT, LPCC

ASPIRE Program, El Camino Hospital

Hayley Giniger, LMFT

Program Specialist, Fremont Union High School District

Shashank Joshi, MD

Stanford Department of Psychiatry
and Behavioral Sciences

Stan Collins

Suicide Prevention Specialist

Time	Session Title	Audience/ Track	Room
Morning Breakout Sessions			
10:30 a.m. – 12:00 p.m.	New Ideas in Mental Health Literacy – Youth Innovation Panel Nadia Ghaffari Founder of TeenzTalk.org, Youth Advisor for Children’s Health Council and Santa Clara County “headspace” Nura Mostaghimi, Samhita Bhat, Zoe Adelsheim, Ireene Hsu, Jade Sebti, Stephanie Zhang (representing 2017 Stanford Mental Health Innovation Challenge Winners and/or members of Santa Clara County “headspace” Youth Advisory Group) Moderator: Roshelle Ogundele, MSW Stanford Center for Youth Mental Health and Wellbeing	Youth	203
10:30 a.m. – 12:00 p.m.	What Does Culturally Appropriate Care Look Like? Understanding Differences in Emotional Expression Meag-gan O’Reilly, PhD Vaden Health Center Asale Hubbard, PhD Vaden Health Center Qing Zhou, PhD UC Berkeley Culture and Family Lab Moderator: Erika Roach, MA Stanford Center for Youth Mental Health and Wellbeing	Clinician	201
10:30 a.m. – 12:00 p.m.	Breaking Silos Through Community Partnerships Supervisor Joe Simitian Santa Clara County Toni Tullys Director of Behavioral Health Services, Santa Clara County Moderator: Sherri Sager, MPA Chief Government and Community Relations Officer, Lucile Packard Children’s Hospital Stanford	Policymaker	212
12:00 p.m. – 1:00 p.m.	Lunch		

Afternoon Breakout Sessions

1:00 p.m. – 2:30 p.m.	Safe, Culturally Appropriate Care: Why It's Important and Where to Find It Gina Rosales The Trevor Project Heba el-Haddad, MS, PsyD Candidate Khalil Center Rukhsana Chaudhry, PsyD American Muslim Health Professionals	Family	201
1:00 p.m. – 2:30 p.m.	Digital Citizenship and Safety Online Erica Pelavin, LCSW, PhD My Digital Tat2 Larry Magid, EdD Connect Safely Moderator: Elizabeth Li Google Recruiting and UC Berkeley MPH, 2019	Educator	203
1:00 p.m. – 2:30 p.m.	Directing Change: Suicide Prevention Through Film Stan Collins Suicide Prevention Specialist; Co-Creator, Directing Change “Not Alone” film cast: Lauren Tetrev, Gina Welisch, Anna Gunderson Moderator: Vicki Harrison, MSW Stanford Center for Youth Mental Health and Wellbeing	Youth	210
1:00 p.m. – 2:30 p.m.	Working with Gender-Expansive Youth: Cultural Competence for Clinicians Ruby Spies Berkeley High School Student Jonathan Avilla, MD Stanford Division of Adolescent Medicine Moderator: Neville Golden, MD Stanford Department of Adolescent Medicine	Clinician	204

Time	Session Title	Audience/ Track	Room
Afternoon Breakout Sessions			
1:00 p.m. – 2:30 p.m.	Mental Health Services Act (MHSA): What It Is and How to Access It Toby Ewing Executive Director, California Mental Health Services Oversight and Accountability Commission John Boyd, PsyD CEO, Sutter Health; Chair, California Mental Health Services Oversight and Accountability Commission Moderator: Steven Adelsheim, MD Director, Stanford Center for Youth Mental Health and Wellbeing	Policymaker	212
2:30 p.m. – 2:45 p.m.	Break		
2:45 p.m. – 3:45 p.m.	Plenary Panel: Media and Youth Suicide – Best Practices for Reporting and Storytelling Stan Collins Suicide Prevention Specialist Lauren Tetrev Santa Clara University Student and “Not Alone” film cast member Sansea Jacobson, MD Western Psychiatric Institute and Clinic Moderator: Vicki Harrison, MSW Stanford Center for Youth Mental Health and Wellbeing	General Session	Mission City Ballroom
3:45 p.m. – 4:45 p.m.	“Not Alone” Film Clip and Closing Performance by “Youth Speaks”		Mission City Ballroom
4:45 p.m. – 5:00 p.m.	Closing Remarks Sherri Sager, MPA Chief Government and Community Relations Officer, Lucile Packard Children’s Hospital Stanford		Mission City Ballroom

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Stanford Psychiatry

Schedule at a Glance

Day 1: Friday, April 27, 2018

8:00 a.m. – 8:30 a.m.	Registration/Breakfast
8:30 a.m. – 9:00 a.m.	Welcoming Remarks
9:00 a.m. – 10:15 a.m.	Plenary Panel: Cultural Barriers to Access
10:15 a.m. – 10:30 a.m.	Break
10:30 a.m. – 12:00 p.m.	Morning Breakout Sessions
12:00 p.m. – 1:00 p.m.	Lunch
1:00 p.m. – 2:30 p.m.	Afternoon Breakout Sessions
2:30 p.m. – 2:45 p.m.	Break
2:45 p.m. – 3:15 p.m.	Mindfulness Session
3:15 p.m. – 4:15 p.m.	Plenary Panel: Intersection of Mental Health and Marijuana Legalization
4:15 p.m. – 5:00 p.m.	Closing Keynote

Day 2: Saturday, April 28, 2018

8:00 a.m. – 8:30 a.m.	Registration/Breakfast
8:30 a.m. – 9:00 a.m.	Opening Remarks
9:00 a.m. – 10:15 a.m.	Morning Plenary: Understanding the Experience of Non-Binary Youth
10:15 a.m. – 10:30 a.m.	Break
10:30 a.m. – 12:00 p.m.	Morning Breakout Sessions
12:00 p.m. – 1:00 p.m.	Lunch
1:00 p.m. – 2:30 p.m.	Afternoon Breakout Sessions
2:30 p.m. – 2:45 p.m.	Break
2:45 p.m. – 3:30 p.m.	Afternoon Plenary: Media and Youth Suicide: Best Practices for Reporting and Storytelling
3:30 p.m. – 4:45 p.m.	Closing Youth Performance
4:45 p.m. – 5:00 p.m.	Closing Remarks

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