



2020 Child & Adolescent Behavioral Health Summit Event Agenda

7:30 – 8:15 AM

8:15 – 8:45 AM



8:45 – 9:45 AM

10:00 – 11:00 AM

REGISTRATION – CONTINENTAL BREAKFAST SERVED

KEYNOTE PRESENTATION: Hilinski's Hope

PRESENTERS: Mark & Kym Hilinski

The Hilinski's Hope Foundation was founded in 2018 by Kym & Mark Hilinski to honor the life of their son, Tyler, who died by suicide on January 16, 2018. Tyler was a Division 1 quarterback at Washington State University and his death was a shock to those around him, including his teammates, family, and friends. He showed no visible signs of depression or mental illness and suffered in silence. The mission of Hilinski's Hope is to advocate, educate, and remove the stigma associated with mental illness, while funding programs that provide student athletes with the tools needed to support their mental health and wellness. The Hilinskis continue to travel the country to spread their message, and have partnered with athletic organizations including the NCAA and SEC to develop best practices for educators, athletic directors, coaches, trainers, and players to recognize the symptoms of mental illness and how to help someone in need.

PANEL DISCUSSION: Mental Health Issues of Student Athletes

PARTICIPANTS: Mark & Kym Hilinski; Brian Jones, Associate Athletic Director/Athletic Healthcare Administrator, University of Toledo; Matt Bell, Former Athlete, President of Team Recovery and Midwest Recovery Center; Moderated by Larry Burns, President & CEO, The Children's Foundation

CONCURRENT BREAKOUT SESSIONS:

- A) Trauma and Post-Traumatic Stress Disorder: Neurobiology, Clinical Presentations, and Interventions – Dr. Arash Javanbakht, MD, Wayne State University
- B) TRAILS - Transforming Research into Action to Improve the Lives of Students - Dr. Elizabeth Koschmann, PhD, University of Michigan Medicine, and Ray Stoeser, Associate Director of Special Projects, Detroit Public Schools Community District
- C) Get in the Water: Identifying and Assessing Suicide Risk – Nancy Buyle, School Safety and Student Assistance Consultant, Macomb Intermediate School District; Dennis Liegghio, Founder and Executive Director, KnowResolve

11:15 AM – 12:15 PM

PANEL DISCUSSION: Substance Use Disorder – Students in Recovery
PARTICIPANTS: Moderated by Anthony Muller, Vice President of Substance Use Disorder Programming, Samaritas; Three Michigan State University students in recovery

12:15 – 1:15 PM

LUNCH AND LUNCHTIME PRESENTATION: Mindfulness, Meditation, and the Self-Care of Behavioral Health Providers
PRESENTER: Libby Rapin



The founder of Something Beautiful and certified meditation coach through the Chopra Center, Libby Rapin is on a mission to create awareness about the mental health crisis and share the gifts of mindfulness and meditation to help people heal. Libby will conduct a presentation on wellness and self-care for educators, providers, and others who experience the stress of helping, treating, and living with children, adolescents, and young adults in crisis.

1:30 – 2:30 PM

CONCURRENT BREAKOUT SESSIONS:

- D) Perspectives on Social Determinants of Health Panel – Dr. Katherine Rosenblum, MD, University of Michigan; Kirk Smith, CEO, Greater Flint Health Coalition; Barb Petee, Executive Director, The Root Cause Coalition; Moderated by Luanne Thomas Ewald, COO, University of Michigan C.S. Mott Children’s Hospital
- E) Building Resilient Staff, Students, and Families – Terri Czerwinski, MSN, RN, and Linda Kell, MA, Wayne RESA
- F) Screen Time and Adolescent Mental Health: Assessing and Treating Digital Addiction – Dr. Sarah Domoff, PhD, Central Michigan University

2:45 – 3:30 PM

KEYNOTE PRESENTATION: Cinder Girl: My Journey Out of the Ashes to a Life of Hope

PRESENTER: Christina Meredith



- Miss California 2013
- Commissioned Officer, United States Army
- Trauma and Foster Care Survivor
- Author of *Cinder Girl: My Journey Out of the Ashes to a Life of Hope*

Empowering others with her inspiring life story, Christina Meredith survived sexual, mental and emotional abuse, incest, trauma, aging out of foster care, poverty, and homelessness to forge a life committed to helping others. She has spoken to Congress on the foster care crisis pushing for bigger mental health budgets and trauma therapy services for all foster youth, and to hundreds of foster youth and providers teaching trauma awareness. She continues to travel the country as a foster care activist and mental health advocate, and recently launched the Christina Meredith Foundation, advocating for foster care reform, and for youth to receive basic necessities, health care, trauma care, and education.

The 2019 Child & Adolescent Behavioral Health Summit has been approved for 6.0 State Continuing Education Clock Hours (SCECH) by the Michigan Department of Education (MDE). These hours can be used for renewal of certificates and licenses issued by the MDE, Office of Professional Preparation Services.

For questions, please contact:

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