

# 2024 CNY Youth Mental Health Summit

#OnMyMindCNY



ON  
MY  
MIND



Presented By

**CONTACT**

*Community Services*

FRIDAY

**OCT 25**

**8AM - 3:30PM**

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IN EAST SYRACUSE, NY**

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ON  
MY  
MIND



Presented By

CONTACT

Community Services

2024 CNY Youth  
Mental Health Summit

# EVENT SCHEDULE

FRIDAY

**OCT 25**

8 AM - 3:30 PM

**8:30 AM**

Opening Remarks by Dr. DeSiato, Superintendent of the East Syracuse Minoa School District & Youth Award Presentation

**9 AM**

Keynote Speaker  
Rickey Gregory Jr, MSW\*

**10 AM**

Panel: Perspectives on Youth Mental Health

**11 AM**

**Lunch**

**12:15 PM**

**Breakout Sessions**

- Social Media & Mental Health\* (Adam's Basin)
- Substance Use & Youth Mental Health\* (Huron/Ontario)
- The Body Project\* (Michigan)
- Self-harm in teens: Signs, Causes & Help (Superior/Erie)

**1:30 PM**

**Breakout Sessions**

- Honoring Life through Storytelling & Uplifting Voices\* (Superior/Erie)
- Understanding and Preventing Youth Suicide\* (Huron/Ontario)
- Suicide Prevention and Response in LGBTQ+ Community\* (Adam's Basin)

**2:30 PM**

Closing Session by Contact Community Services Team

\* CEU Available



## A Message from the event organizer

### **Dear Summit Participants,**

Welcome to the first annual CNY Youth Mental Health Summit! We are honored to come together for this important event, created with a shared commitment to supporting the mental wellness of the youth in our community.

Today, we not only have the privilege of hearing from experts but also the invaluable opportunity to listen directly to the voices of our youth. Their insights, stories, and experiences will guide us as we work to build a community where mental health is prioritized, and everyone feels supported.

Thank you for being part of this journey of hope, healing, and growth.

Sincerely,

A handwritten signature in black ink that reads "Antara Mitra". The signature is fluid and cursive.

Antara Mitra

Executive Director

Contact Community Services

**CONTACT**

*Community Services*



# Thank you

We are incredibly grateful to all the speakers, Contact staff, and attendees who made this event possible. Your dedication, insights, and enthusiasm have made the CNY Youth Mental Health Summit a success. Thank you for being a part of this important conversation and for your commitment to supporting our community!

 **Syracuse University**  
School of Social Work

Thank You to the SU School of Social Work for their support in providing Continuing Education Units (CEUs) for select sessions at the CNY Youth Mental Health Summit.



Our sincere gratitude to Mary Carney of Mary Carney Consulting for her support and tireless efforts in organizing the CNY Youth Mental Health Summit. Her dedication and vision have been instrumental in bringing this event to life.

Continue the conversation online  
use the hashtag  
**#OnMyMindCNY**

# 2024 AWARD WINNERS

*Congratulations!*

## Youth Mental Health Leadership Award

- Emma Wilson-Hefti
- Juliana Liedka

## Youth Mental Health Community Leader

- Cynthia (Aduke)  
Watts-Branch



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# Keynote Speaker

CEU Available



**Rickey Gregory Jr.**

HE/HIM

**VICE PRINCIPAL  
BRIGHTON ACADEMY**

Rickey Gregory Jr., MSW, Vice Principal at Brighton Academy of the Syracuse City School District, is a life-long resident of Syracuse. Rickey grew up on the West side of Syracuse with a single mother in the James Geddes housing projects. Without positive role models, Rickey dropped out of school and fell into a cycle of drugs and violence. Unable to deal with his childhood trauma in a positive way, Rickey ended up in Jamesville Correctional Facility for a year. During this time, he was able to get his GED. Upon his release, he tried to find a job. But without the necessary skills to navigate the workplace, or the knowledge of how to present for a job interview, Rickey was unable to find employment and fell back into the street life.

Years later, Rickey experienced a traumatic event that shifted his worldview. He began to seek change that would allow him to be a father to his children. Rickey enrolled in Onondaga Community College and received an associate's degree in criminal justice. Rickey then transferred to Lemoyne College and graduated with a degree in sociology. Being able to view the world through a sociological perspective, Rickey was able to find his true calling, which is helping people who are experiencing similar challenges that he had faced in his youth. Rickey enrolled in Syracuse University's School of Social Work. After receiving his master's in social work, Rickey got a job with the Syracuse City School District.

As a school social worker, Rickey recognized that cultural competence and community ties could be strengthened between teachers and students. To make the changes he envisioned, Rickey knew that he would need to work with and within the district's administration staff. Rickey then enrolled in the Certificate of Advanced Study (CAS) program for educational leaders at Syracuse University. Currently, Rickey is a Vice Principal at Brighton Academy and hopes to obtain his PhD in education so that he can continue to follow his lifelong passion of supporting children and the city of Syracuse.



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# Youth Panel

## Perspectives on Youth Mental Health

**Moderated by Dr. Reba Hodge** (She/Her)

A panel of students from Onondaga County High Schools share their perspectives on mental health

**Leah Barone**

(She/Her)

**Youth Panelist**

ITC Syracuse

**Raiah DeLooze**

(She/Her)

**Youth Panelist**

Cicero North  
Syracuse  
CanTeen Center

**Angelina Grevi**

(She/Her)

**Youth Panelist**

ITC Graduate,  
Syracuse  
University

**Joy Marr**

(She/Her)

**Youth Panelist**

Fayetteville-  
Manlius

**Neonna (Nene) Vanco**

(She/Her)

**Youth Panelist**

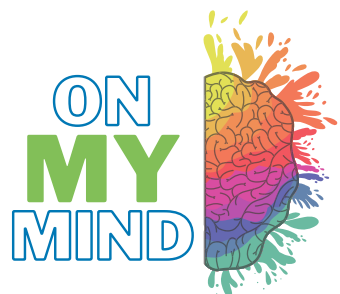
ITC Syracuse

**Amra Delic**

(She/Her)

**Panel Assistant**

East Syracuse  
Minoa



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# Thank You



For supporting the 2024 CNY Youth Mental Health Summit

# Breakout Sessions

Continuing Education Units (CEUs) offered by



Adam's Basin

## SOCIAL MEDIA AND MENTAL HEALTH

STRATEGIES FOR HEALTHY AND BENEFICIAL USE

CEU Available

**Dr. Sarah E. Domoff**

The current research on social media and adolescent mental health will be outlined. Strategies for identifying risky or harmful social media use will be shared, as well as how both teens and adults can foster healthy social media use. The benefits of social media, particularly around building connectedness and community among youth who may feel isolated, will be emphasized. A balanced approach, weighing the benefits of safe online communities with risks of stressful online interactions, will be provided.

Huron/Ontario

## UNDERSTANDING THE LINK

SUBSTANCE USE AND MENTAL HEALTH IN YOUTH  
STRATEGIES FOR RECOGNITION AND INTERVENTION

CEU Available

**Kien Treas, Kelly Clookey**

Participants will learn about the relationship between substance use and mental health, as well as strategies for recognizing and addressing substance use issues in youth.



# Breakout Sessions

Michigan

## THE BODY PROJECT

CEU Available

**Kriti Behari, Meg Milligan,  
Dr. Afton Kapuscinski, Dr. Shannon Sweeney**

The Body Project is a scientifically-supported prevention program aimed at improving body image and related mental health problems. Participants will learn about the effects of trying to adhere to the “appearance ideal” and engage in exercises to help practice body positivity and resisting pressure to adhere to the appearance ideal. Since girls and women are disproportionately affected by these pressures, cultural factors that put these groups uniquely at risk will also be discussed.

Superior/Erie

## SELF-HARM IN TEENS

(SIGNS, CAUSES AND HELP)

**Dr. Jessica Costosa-Umina**

Self-harm is a way of coping with intense emotions, such as anxiety and depression. It is a dangerous behavior that can lead to long-term negative consequences. During this breakout session participants will learn some of the causes of self-harm behaviors, warning signs, some skills to help manage intense emotions and information about treatment.





**The Onondaga County Suicide Prevention Coalition (OCSPC) is a collaboration of stakeholders devoted to creating a suicide safer community.**

We are here to link our community with suicide prevention resources, to reduce stigma, to promote help-seeking, and to save lives.

**Need help now? Call or Text 988**

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# Breakout Sessions

Superior/Erie

## HONORING LIFE THROUGH STORYTELLING AND UPLIFTING STUDENT VOICES

CEU Available

**Krysta Broeker, William DeSantis**

A training to introduce the idea of storytelling in a safe environment. This training is intended for members of the school community to learn about and participate in restorative circles, as well as get the opportunity to support youth in coping with the aftermath of tragedy and loss in a unifying way. The goal is to offer hope and healing for all affected by loss so that deep connections can be made when applying meaning to our students' experiences.

Huron/Ontario

## UNDERSTANDING AND PREVENTING YOUTH SUICIDE

TRENDS, CAUSES, AND INTERVENTIONS

CEU Available

**Dr. Michiko Ueda-Ballmer**

Suicide is the third leading cause of death for individuals aged 15-19 years and the second leading cause of death for those aged 10-14 years in the United States. This session will explore the underlying factors contributing to these premature deaths, such as mental health conditions and school-related issues. In addition, we will examine the influence of media, including social media, on youth suicidal behavior and discuss effective intervention strategies to prevent youth suicide.

Adam's Basin

## SUICIDE PREVENTION AND RESPONSE IN THE LGBTQ\* COMMUNITY

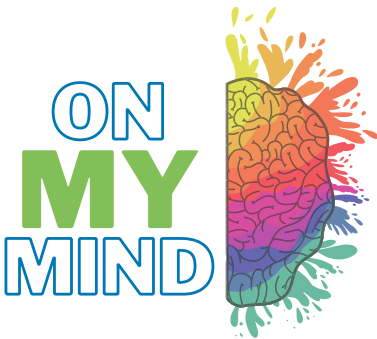
CEU Available

**Ashley Davis, Karen Fuller**

This presentation covers basic terminology, statistics, health disparities, and misconceptions around the LGBTQ+ community and the role they play in LGBTQ\* youths' mental health. The training also offers suggestions on best practices on how to support LGBTQ\* individuals and help improve their mental health.



# Meet the Speakers





# About The Speakers



## Dr. Reba Hodge

(SHE/HER)

**DIRECTOR OF DIVERSITY,  
EQUITY, & BELONGING,  
SYRACUSE CITY SCHOOL  
DISTRICT (SCSD)**

Dr. Reba Y. Hodge, PhD, is the Director of Diversity, Equity, and Belonging for Syracuse City School District and an adjunct professor at Syracuse University's School of Education. Previously, she served as vice principal at Van Duyn Elementary, where she led initiatives in Culturally Responsive Education and supervised Special Education. Dr. Hodge is a sought-after speaker, known for her work in advancing equity in education through professional development for teachers and leaders. She holds degrees in Inclusive Elementary Education, Literacy Education, and School Administration, along with a doctorate in Teaching and Curriculum from Syracuse University. A published children's book author under the pen name Yashema Stephens, Dr. Hodge's first book, *Meeting Joy: A Story of Home and Friendship*, reflects her passion for empowering educators to foster equity and inclusion.

## Dr. Michiko Ueda-Ballmer

(SHE/HER)

**ASSOCIATE PROFESSOR  
SYRACUSE UNIVERSITY**

Michiko is an Associate Professor in the Department of Public Administration and International Affairs at the Maxwell School of Citizenship and Public Affairs, Syracuse University. Her research interests include media and suicide, loneliness and social isolation, socioeconomic determinants of suicide, and computational social science. She received her Ph.D. from Massachusetts Institute of Technology (MIT).



## About The Speakers

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### Dr. Sarah E. Domoff

(SHE/HER)

**ASSISTANT PROFESSOR  
DEPARTMENT OF PSYCHOLOGY,  
UNIVERSITY AT ALBANY**

Dr. Sarah Domoff is an Assistant Professor at the University at Albany, in the Department of Psychology. Dr. Domoff completed her PhD at Bowling Green State University in Clinical Psychology (Child Clinical concentration) and post-doctoral training at the University of Michigan. She has developed measures (Problematic Media Use Measure and Addictive Patterns of Use scale) that screen

for problematic media use in children and adolescents. Dr. Domoff is a leading scholar on the etiology of problematic media use across childhood. Her recent work has emphasized training teachers to support youth in their social media use and creating programming that promotes healthy social media use.

### Dr. Jessica Costosa-Umina

(SHE/HER)

**PROGRAM DIRECTOR, CHILD AND  
ADOLESCENT INTENSIVE SERVICES  
PROGRAM (CAIOS)**

**SUNY UPSTATE MEDICAL UNIVERSITY**

Dr. Jessica Costosa-Umina is the Program Director of the Child and Adolescent Intensive Services Program (CAIOS) at SUNY Upstate Medical University. She has been working with teens and families that engage in self-harm and suicide behaviors for almost two decades. She is an expert in Dialectical Behavioral Therapy (DBT). In her current position she teaches a seminar about self-harm and suicide behaviors, supervises social workers, psychologist and medical students on how to apply DBT treatment to high acuity teens. She is also a consultant for the Treatment Implementation Collaborative, which is one of the leading organizations in DBT training.

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## About The Speakers

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### Kien Trease

(HE/HIM)

**TEAM LEADER FOR YOUTH  
ENGAGEMENT & EMPOWERMENT  
PREVENTION NETWORK**

Kein Trease is the Team Leader for Youth Engagement and Empowerment and Director of the Heart of New York Teen Institute at Prevention Network. He has been an employee with Prevention network for the past 7.5 years and has worked in various programs in his time with the agency, including Onondaga County STOP DWI, community education, and OCC's Alcohol and Other Drugs program.

Kein is trained in Botvin's Life Skills, Too Good for Drugs, Project Success, Hidden Mischief, and much more. He has a bachelor's degree in business management and marketing from St John Fisher College and 17 years of combined experience serving youth, families, and the community at large.

### Kelly Clookey

(SHE/HER)

**STUDENT ASSISTANCE PROGRAM  
CLINICAL COORDINATOR  
CONTACT COMMUNITY SERVICES**

Kelly Clookey is a Licensed Mental Health Counselor and Licensed Practical Nurse with over 7 years of experience the wellness field. She is currently the Clinical Coordinator for the Student Assistance Program at Contact Community Services and is an independent private practice owner. Kelly's work with youth, families, teachers and counselors, includes a scope of comprehensive therapeutic approaches, education, and coaching.

As a former Student Assistance Program Counselor in the Syracuse City School District and CNS CanTeen Community Center, she successfully integrated substance use prevention education, school wide awareness activities, referrals within the community and mental health counseling for students. Kelly previously held roles in the nursing and mental health field.

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# About The Speakers



**Kriti Behari**

(SHE/HER)

**CLINICAL PSYCHOLOGY  
GRADUATE STUDENT**



**Meg Milligan**

(SHE/HER)

**CLINICAL PSYCHOLOGY  
GRADUATE STUDENT**



**Dr. Afton Kapuscinski**

(SHE/HER)

**CLINIC DIRECTOR &  
ASSOCIATE TEACHING  
PROFESSOR**



**Dr. Shannon Sweeney**

(SHE/HER)

**ASSOCIATE TEACHING  
PROFESSOR**

Syracuse University's Psychological Services Center ([psc.syr.edu](http://psc.syr.edu)) is pleased to have several graduate students and faculty presenting on The Body Project program for this year's Center New York Mental Health Summit. Kriti Behari is a third year graduate student in the Clinical Psychology program who is interested in how stigma affects LGBTQ+ people's mental health and how psychologists can help. Megan Milligan is also a third year Clinical Psychology graduate student who is interested in teen/emerging adult mental health and how this relates to body image, eating, identity, and biological factors like the gut microbiome. Dr. Afton Kapuscinski and Dr. Shannon Sweeney are both licensed clinical psychologists and faculty supervisors at Syracuse University with a passion for addressing health disparities surrounding poor body image and eating disorders.





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# About The Speakers



## Krysta Broeker

(SHE/HER)

**YOUTH MENTAL HEALTH MANAGER  
FOR SCHOOL SERVICES  
CONTACT COMMUNITY SERVICES**

Krysta Broeker has dedicated her career thus far to mental health in various settings, from outreaching those experiencing homelessness in Buffalo, NY, to working in an inpatient psychiatric center, Broeker is now a Mental Health Educator for Suicide Safety in Schools at Contact Community Services. Broeker plays an integral role in crisis leadership and management, serving Onondaga County with free suicide prevention, intervention and postvention

training, presentations, and support. Broeker continues her work to support Contact Community Services' mission to help individuals and organizations create positive personal and social change to improve the quality of lives in Central New York.

## William DeSantis

(HE/HIM)

**ASSISTANT DIRECTOR  
FOR SCHOOL SERVICES  
CONTACT COMMUNITY SERVICES**

William DeSantis is a Mental Health Educator with the Fayette-Manlius School District thanks to a partnership with Contact Community Services. William has worked for Contact Community Services for over five years serving school communities with evidence based programming, grounded in prevention,

intervention and postvention. In his current role, he provides training and educational programming for students, families and staff related to suicide prevention, intervention and postvention. He has supported multiple school communities to cope with the loss of a student with informed compassion and care by promoting standardized protocols and practices designed to protect the most vulnerable members of the community.



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## About The Speakers

### Karen Fuller, FPA-C

(SHE/HER)

**CREDENTIALLED FAMILY PEER ADVOCATE  
ACR HEALTH**

Karen began working with The Q Center at ACR Health as a volunteer in 2008 and became an official staff member in September 2015 working with parents and caregivers of LGBTQ youth, with a specific focus on parents of transgender youth. In her role as a Family Peer Advocate, she facilitates support groups for parents and families in all regions. She also works with families one on one to assess for support, answer questions or address concerns they may have, and link

to appropriate medical and mental health providers, and legal support for name and document changes. She provides education, resources, and advocates for support in schools. As a parent of a trans youth herself, she can relate to what parents/caregivers may experience and is devoted to assisting them on their journey, so they can be their child's best advocate.

### Ashley Davis

(SHE/HER)

**CULTURAL COMPETENCY SPECIALIST  
ACR HEALTH**

Ashley started at ACR Health in April 2020 as The CNY Q Center Coordinator and in January 2023 became the Cultural Competency Specialist for the Q Center. In her role as the Cultural Competency Specialist, Ashley creates trainings to meet the specific needs of the community on how to provide open and affirming spaces for LGBTQ individuals. Whether it is a training for school staff and faculty, students, businesses, social agencies or the general public, she can tailor the training to meet your specific needs. Ashley is a graduate of Le Moyne College with a degree in political science and is well-informed on both current events and the history of the LGBTQ\* community. Ashley's passion is to create equitable and affirming spaces for queer youth in the community beyond the doors of The Q Center.



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# CONTACT

*Community Services*

## About Us

Contact Community Services is a nonprofit organization based in CNY passionately committed to empowering community members of all ages through compassionate support. Our mission is to provide a lifeline for individuals in crisis, fostering mental well-being across communities.



For more information on our programs visit [contactsyracuse.org](http://contactsyracuse.org)

## Contact Us

- **Contact Hotline:** Call 315-251-0600
- **988 Lifeline:** Call/Text 988 or chat at [988lifeline.org](http://988lifeline.org)
- **Health & Human Services:** Dial 211 for referrals or visit [211cny.com](http://211cny.com)

For immediate emergencies, contact your local emergency services.

## Connect With Us

 [contactsyracuse.org](http://contactsyracuse.org)

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