

MENTAL HEALTH MATTERS

Session Round 1 (6:00pm-6:50pm)

Room	Session Title	Category	Presenter	Name/Organization
W111	Supporting the Social and Emotional Needs of Gifted Students	Gifted & Talented	Allison Woods, LPC	Heart-Centered Counseling
W109	Loss Happens: Let's Deal With It	Grief	Kristin Glenn, MBA, Director of Outreach 3Hopeful Hearts	3Hopeful Hearts
W107	Home as a Safe Place	LGBT	Kimberly Chambers	SPLASH Youth & NoCoPride
ROUND HOUSE	Emotional Regulation and Stress Management in Daily Life	Mental Health	James Schultz	James Schultz Counseling
W102	Mental Health and Traditional Outdoor Recreation	Mental Health	Gregg Knoll	Colorado Youth Outdoors
W104	Praise versus Validation	Mental Health	Yohance Humphery, LCSW	Centennial Peaks Hospital
W106	Navigating Mental Health Issues for Teens and Young Adults <i>(Servicios de traducción al español estarán disponibles)</i>	Mental Health	Dr. Steve Blad, Ph.D. Licensed Clinical Psychologist	Private Practice (all ages) Psychologist & SummitStone Health Partners (Adult Psychologist)
W108	Gentil – Actitude positiva para vivir – Reconociendo la ansiedad y la depression	Mental Health	Lucero Castro	FloreSer – Positive Interactions for Growth
W110	My Kids are Laughing at Me...And I Love It! Positive Parenting that puts the FUN back in your Family	Mental Health	Dr. Renee Cohn Jones	Helping Parents Parent, LLC
W112	The Power of Presence: How the use of mindfulness can positively affect our mental wellness, and therefore everything else!	Mindfulness	Laurel Carter, MA, LPC	Heart Centered Counseling & Old Town Yoga
E102	Cutting: Understanding and Supporting Adolescent Who Self Harm	Self Harm	Kristen Cochran-Ward	Connections
E104	Self-Harm	Self Harm	Bree N. Emery MSW LCSW	Emery Counseling
E106	Hope For Today: Interrupting the Path to Suicide	Suicide Prevention	Rick Hufnagel	Alliance for Suicide Prevention
E108	Understanding Self Harm	Self Harm	Doug Wenger	Heart Centered Counseling
E110	Connection, Protection, and Action: Suicide Prevention in Poudre School District <i>(Servicios de traducción al español estarán disponibles)</i>	Suicide Prevention	Margaret LeMasters, MSW, CACII and Melanie Voegeli-Morris, LCSW	Poudre School District
W105	Empowering Individuals To See Beyond Their Reflections <i>(Servicios de traducción al español estarán disponibles)</i>	Self Image	Jen Knopp, MA, LPC & Bree Hough, MA, LPCC	Beyond the Mirror Counseling & Wellness
E103	It's On Us Fort Collins	Sexual Assault	Katie Abeyta	Sexual Assault Victim Advocate Center
E105	Sexual Assault Prevention and Awareness	Sexual Assault	FRHS Student Ambassadors & Sara James	SAVA/FRHS Student Ambassadors
E107	Child Sexual Abuse Prevention Efforts in Larimer County	Sexual Assault	Liz Boeck, MSW Prevention & Events Coordinator	Voices Carry Child Advocacy Center
W103	Social Media and You!	Social Media	Keith M. Maynard	Fort Collins Police Department
E109	Stress: What are the signs and what do we do?	Stress	Dr. Jennifer Gray & Dr. Tiah Terranova	Stress Management Family Counseling Center
E111	Stress Less for Teens and Parents	Stress	Jen Strating	Fort Collins Biofeedback
E112	Solving our Stress (SOS): How to See and Relieve Stress Using a Visual Tool	Stress	Donovan Dreyer	Get Ready Coaching and Frederick High School

Session Round 2 (7:00pm-7:50pm)

Room	Session Title	Category	Presenter	Name/Organization
W111	Supporting the Social and Emotional Needs of Gifted Students	Gifted & Talented	Allison Woods, LPC	Heart-Centered Counseling
W109	Loss Happens: Let's Deal With It	Grief	Kristin Glenn, MBA, Director of Outreach 3Hopeful Hearts	3Hopeful Hearts
W107	Home as a Safe Place	LGBT	Kimberly Chambers	SPLASH Youth & NoCoPride
W106	Navigating Mental Health Issues for Teens and Young Adults	Mental Health	Dr. Steve Blad, Ph.D. Licensed Colorado Psychologist	Private Practice (all ages) Psychologist & Summitstone Health Partners (Adult Psychologist)
W102	Mental Health and Traditional Outdoor Recreation	Mental Health	Gregg Knoll	Colorado Youth Outdoors
ROUNDHOUSE	Emotional Regulation and Stress Management in Daily Life	Mental Health	James Schultz	James Schultz Counseling
W110	My Kids are Laughing at Me...And I Love It! Positive Parenting that puts the FUN back in your Family	Mental Health	Dr. Renee Cohn Jones	Helping Parents Parent, LLC.
W112	The Power of Presence: How the use of mindfulness can positively affect our mental wellness, and therefore everything else!	Mindfulness	Laurel Carter, MA, LPC	Heart Centered Counseling & Old Town Yoga
W105	Love What YOU See!	Self Image	Jen Knopp, MA,LPC/Bree Hough, MA, LPCC	Beyond the Mirror Counseling & Wellness
E102	Cutting: Understanding and Supporting Adolescent Who Self Harm	Self Harm	Kristen Cochran-Ward	Connections
E108	Understanding Self Harm (<i>Servicios de traducción al español estarán disponibles</i>)	Self Harm	Doug Wenger	Heart Centered Counseling
E105	Sexual Assault Prevention and Awareness	Sexual Assault	FRHS Student Ambassadors & Sara James	SAVA/FRHS Student Ambassadors
E103	It's On Us Fort Collins	Sexual Assault	Katie Abeyta	Sexual Assault Victim Advocate Center
W104	Parents Preventing Human Trafficking	Sexual Assault	Beth Bruno, MA	A Face to Reframe
W103	Social Media and You! (<i>Servicios de traducción al español estarán disponibles</i>)	Social Media	Keith M. Maynard	Fort Collins Police Department
E111	Stress Management for Teens	Stress	Jen Strating	Fort Collins Biofeedback
E112	Solving our Stress (SOS): How to See and Relieve Stress Using a Visual Tool	Stress	Donovan Dreyer	Get Ready Coaching and Frederick High School
E110	Stress and Mindfulness in Adolescents - A Look at Research at CSU (<i>Servicios de traducción al español estarán disponibles</i>)	Stress	Jillian Foss	Adolescent Wellness Laboratory
E109	Stress: What are the signs and what do we do?	Stress	Dr. Jennifer Gray/Dr. Tiah Terranova	Stress Management Family Counseling Center

Session Round 3 (8:00pm-8:50pm)

Room	Session Title	Category	Presenter	Name/Organization
W109	Loss Happens: Let's Deal With It	Grief	Kristin Glenn, MBA, Director of Outreach	3 Hopeful Hearts
W107	Home as a Safe Place	LGBT	Kimberly Chambers	SPLASH Youth & NoCoPride
W106	Navigating Mental Health Issues for Teens and Young Adults	Mental Health	Dr. Steve Blad, Ph.D. Licensed Colorado Psychologist	Private Practice (all ages) Psychologist & SummitStone Health Partners (Adult Psychologist)
W110	My Kids are Laughing at Me...And I Love It! Positive Parenting that puts the FUN back in your Family	Mental Health	Dr. Renee Cohn Jones	Helping Parents Parent, LLC
ROUNDHOUSE	Emotional Regulation and Stress Management in Daily Life	Mental Health	James Schultz	James Schultz Counseling
E106	Hope For Today: Interrupting the Path to Suicide	Suicide Prevention	Rick Hufnagel	Alliance for Suicide Prevention
E105	Sexual Assault Prevention and Awareness	Sexual Assault	FRHS Student Ambassadors & Sara James	SAVA/FRHS Student Ambassadors
E103	It's On Us Fort Collins (<i>Servicios de traducción al español estarán disponibles</i>)	Sexual Assault	Katie Abeyta	Sexual Assault Victim Advocate Center
W104	Parents Preventing Human Trafficking (<i>Servicios de traducción al español estarán disponibles</i>)	Sexual Assault	Beth Bruno, MA	A Face to Reframe
W103	Social Media and You!	Social Media	Keith M. Maynard	Fort Collins Police Department
E111	Stress Management for Teens (<i>Servicios de traducción al español estarán disponibles</i>)	Stress	Jen Strating	Fort Collins Biofeedback
E112	Solving our Stress (SOS): How to See and Relieve Stress Using a Visual Tool	Stress	Donovan Dreyer	Get Ready Coaching and Frederick High School

