

MENTAL WELLNESS SYMPOSIUM

ACCOMPANIMENT THROUGH THE "INNER PANDEMIC"



How Bay Area Catholic schools accompany students, staff and families striving to overcome Mental Health challenges

March 17, 2023

10:00am to 2:00pm

Julia Morgan Ballroom
465 California Street
San Francisco, CA 94104

SYMPOSIUM SCHEDULE

9:30 AM	Hospitality
10:00 AM	Welcome
10:15 AM	<i>Flexing Our Hope Muscle: The Impact of COVID 19 on Our Students & What We Can Do About It</i> — Erin Hawkins, Vice President, Hanna Institute
11:00 AM	Break/Processing Time/Networking
11:15 AM	Panel Discussion w/ Audience Q & A <ul style="list-style-type: none">• Christo Centric Trauma Responsive Practices• Supporting Healing and Building Resilience• Navigating Diversity and Identity Challenges• Monitoring Mental Health and Development
12:00 PM	Food for Thought Table Talks w/ Lunch
1:00 PM	<i>Health through Hope & Connection: Reflections for Parents, Teachers, and Supporters of School Communities</i> — Dr. Joseph Gumina, Ph.D., Clinical Psychologist, CPMC Department of Pediatrics, Kalmanovitz Child Development Center
1:45 PM	Closing Call to Action
2:00 PM	Cocktail Reception

*"...be strong and steadfast!
Do not fear nor be
dismayed, for the LORD,
your God, is with you
wherever you go."*

—JOSHUA 1:9

To register, please scan
the QR code or visit:
<https://paybee.io/@bayscholars@10>



MENTAL WELLNESS IN ADOLESCENTS BY THE NUMBERS

Source: Center for Disease Control (CDC)

42%



OF STUDENTS FELT PERSISTENTLY
SAD OR HOPELESS (2021)

29%



OF STUDENTS EXPERIENCED POOR
MENTAL HEALTH (2021)

22%



OF STUDENTS SERIOUSLY CONSIDERED
ATTEMPTING SUICIDE (2020)

8.9%



STUDENTS ATTEMPTED SUICIDE
(2020)

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