

# TEEN WELLNESS ON MENTAL HEALTH SUMMIT



- FUN
- FOOD
- FRIENDS
- RAFFLES
- COMMUNITY
- AND MORE!

**UCSF MISSION BAY:  
GENENTECH HALL**



CREATED BY UCSF'S  
TEEN WELLNESS CONNECTION  
SCIENCE & HEALTH EDUCATION PARTNERSHIP

# TEEN WELLNESS CONNECTION



## Welcome to the Teen Wellness Summit on Mental Health!

*We are a group of passionate teens from various San Francisco high schools, proudly representing UCSF's Teen Wellness Connection. Through our shared experiences with demanding classes, complex social interactions, and the weight of parental expectations, we deeply understand the critical importance of mental health among our peers.*

*In the summer of 2024, we spent 3 weeks together exploring different aspects of mental health with professionals from UCSF and the SF community. On a field trip to Mount Sutro during the summer, we were given the opportunity to learn about the city's natural spaces and volunteered with one another to keep it clean. We bonded, listened, and communicated to accomplish our shared common goal: to inform and support our peers about teen mental wellness.*

*Thus, over the course of the year, we have worked on this Summit, bringing our goal to life. We aspire to bring awareness and destigmatize mental wellness and empower teens in order to build a strong community with the new skills to share with your communities. We hope you enjoy your day of learning together, hopefully we can transform the **Silence to Strength!***

~ The Teen Wellness Connection Team

*(Aaron, Alicia, Angel, Angie, Antonio, Camila, Caroline, Compassion, Deena, Eloise, Isaac, Jett, Jordan, Kenny, Laila, Lily, Maimuna, Marcus, Meriam, Rachel, Soli, Somaiya, Symona, Valerie)*

# KEYNOTES AND PERFORMANCES



## **Morning Session Keynote: 1 Hundred Years Enterprise**

Three unique men entered the prison pipeline as teenagers and collectively spent 100 years incarcerated. Best believe, though – “1 Hundred Years” represents more than just the time served.

That time has translated into:

1 Hundred Years of REFLECTION

1 Hundred Years of GROWTH

1 Hundred Years of RAISING CONSCIOUSNESS

1 Hundred Years of BUILDING SELF AWARENESS, SELF WORTH, AND SELF LOVE

Through these experiences, Lejon, Dante, and Patrick are on a mission to serve the communities they once hurt through storytelling, mentorship, workshops, and community engagement.



## **Lunch Performance: Galileo K-pop**

The Galileo K-pop Club has been active since 2018. They perform K-pop dance covers for school assemblies and shows, as well as bonding over their love for K-pop to build a strong community and make long lasting friendships and memories.



## **Afternoon Session Keynote: Barbara Stuart, UCSF**

Dr. Barbara Krishna Stuart, PhD, ABPP, is a licensed, board-certified clinical psychologist and Professor of Clinical Psychiatry and Behavioral Sciences at UCSF where she oversees comprehensive behavioral health services and training initiatives. Dr. Stuart specializes in the early identification and treatment of mental health needs in youth. She is deeply committed to advancing clinical education and cultivating a diverse and capable mental health workforce.



## **Afternoon Session Performance: Lowell Dance Company**

The Lowell Dance Company presents **Gotta Go**, a powerful exploration of the complex emotions we all experience and the mental battles we face. This piece delves into the pressure to conform, hide our struggles, and suppress our true selves, often leading to an internal storm. **Gotta Go** captures these overwhelming emotions and reminds us that it's okay not to be okay and to embrace the full spectrum of our feelings as part of our mental well-being.

# MORNING BREAKOUTS

## Childhood Trauma and Immigration

Room  
2100

This session will review the definitions of trauma and how experiences of immigration may lead to intergenerational trauma. We will focus on the impact of trauma on childhood, trauma responses and some ways to manage and hope for recovery.



**Amina Foda-Khoury, PsyD** is a clinical psychology postdoc at UCSF's Child Trauma Research Program. Her clinical work is primarily focused on children who have experienced trauma and treatment with their parents through Child Parent Psychotherapy. She also works with pregnant and postpartum people with their infants taking a more preventative approach to alleviating the risk of intergenerational trauma. The golden thread throughout all her work is an effort to prevent and intervene on intergenerational trauma at multiple levels of care and society, with a particular passion for the perinatal and early childhood life stage. As a bicultural and bilingual Egyptian American, increasing access to care and working with historically marginalized communities is a cornerstone to all her clinical and research pursuits.

## Discover Your Operating System with the Enneagram

Room  
1407

As our personality develops, patterns are formed that determine how we respond to the world. Discovering your enneagram will allow you to become more mindful of how you operate and empower you to respond more intentionally. This workshop will help you find clarity in who you are, understand other people better, and lean into leadership strengths that flow more naturally for you.



**Ian Michael Enriquez** has worked for SFUSD's Wellness Programs for over 21 years- mostly at Lincoln High School where he is currently a counselor, including being the only special education counselor in the district. He has worked with Bring Change to Mind to start 11 mental health clubs at our high schools.

# MORNING BREAKOUTS

## NAMI SF Presents: Ending The Stigma - Speaking Our Minds

Room  
2103

Speaking Our Minds is all about peer stories, stigma reduction, and community connection. This presentation on mental health focuses on the personal stories of young adult speakers who experienced, and managed, mental health conditions during high school. Speaking Our Minds is designed to foster connection around lived experience and emphasize the human, experiential side of mental health. The program also covers mental health conditions (what they are) and ways to perform self-care.



**Emma Wimsatt** has been a part of the NAMI SF community since 2019, working as a Volunteer and Volunteer Coordinator. She studied Psychology and Theater at the University of San Francisco, and now teaches children's theater. Emma is passionate about mental health advocacy, sharing her journey living with Bipolar 1.



**Fiorella Monteza** Hi everyone my name is Fiorella I am born and raised in SF. I have been a volunteer presentor for a year. On my free time I enjoy going to community events, farmers market and spend time with my friends.

## Sleep Escape Room

Room  
1401

Join TWC leaders for an exciting and interactive experience where you'll learn all about sleep! In this fun escape room challenge, you'll solve puzzles and play games related to sleep, while discovering how it impacts your mental health. It's not only educational but also a great way to have fun and meet new people.



**The Teen Wellness Connection** empowers teen leaders to understand and communicate about teen mental health. This 9-month program connects high school students with UCSF scientists and community experts, culminating in the Teen Wellness Summit today! Lily is a junior at Galileo, Jordan is a junior at Burton, and Antonio is a junior at Lowell High school.

# MORNING BREAKOUTS

## Stress and Coping

Room  
1402

In this interactive session, we will review the physical, emotional, and cognitive components of the stress response, the factors that increase and decrease feelings of stress, and the most effective methods of coping with stress.



**Melissa Hagan, PhD, MPH**, is Associate Professor of Clinical Psychology at San Francisco State University. Her expertise spans clinical, developmental, and biological psychology, with a focus on how stress and adversity impact functioning at different stages of the life span. Her research examines how different forms of stress impact the brain and body. Dr. Hagan is a licensed clinical psychologist, teaches the undergraduates, and provides clinical supervision to therapists in training.

## Substance Use and Mental Health

Room  
2105

What are substance use disorders? How much are teens actually using substances such as alcohol, vape nicotine, and marijuana? How are mental health, trauma, and substance use related? Find out in this interactive session.



**Allie Giovannelli** is a child and adolescent clinical psychologist at UCSF. Her research and consulting focuses on how to use technology to improve teen mental health. She also works with families of teens and young adults struggling with substance use in the UCSF Youth Outpatient Substance Use Program (YoSUP).

## Turning Down the Volume on Anxiety: Know Your Triggers Take Back Control

Room  
1406

This is an interactive and collaborative breakout session that normalizes anxiety in the adolescent community, investigates what triggers anxiety and explores various mindfulness techniques to manage anxiety that can be used anywhere. Participants will leave the session more aware of how to decipher their emotions and what they can do about it.



**Emme Williams** is a high school junior from the East Bay and an author of *The Art of Mindfulness*, a book that helps teens learn to manage their anxiety through various mindfulness techniques. She strives to create affordable and easily-accessible mental health resources for teens.

# AFTERNOON BREAKOUTS

## Brain Science, Emotions, and Mood Disorders

Room  
1401

This is a rare chance to see a human brain specimen up close! We will have several scientists hosting hands-on stations to explain basic brain structures and their functions, how the brain processes emotions, and what neural changes might happen when a person is suffering from mood disorder.



**Alexandra Klein** is a postdoctoral researcher at UCSF. Her work is focused on how the brain and the body interact to influence emotional behaviors and how these interoceptive signals are processed in the brain. In particular, she studies the effects of calm breathing on fear and anxiety and uses mice as her model organism.



**Jennifer Langen** is a PhD student in the Neuroscience graduate program at UCSF. She works in Daniele Canzio's lab, where researchers are trying to understand how neurons "branch out" and make the right synaptic connections in the developing brain. Outside of the lab, she keeps herself busy with random artistic pursuits and baking.

## Depression and Anxiety: Current Trends to Treatment

Room  
1407

This session will review symptoms of depression and anxiety, who it currently affects and why, and what treatment options look like. We will also discuss quick ways to manage mood and stress.



**Sara Chung, PhD** is a licensed clinical psychologist and an incoming Assistant Professor in the Department of Psychiatry and Behavioral Sciences at UCSF. Her work focuses on partnering with schools to deliver evidence-based and cost-free treatments, especially for Asian American and Latine/x families. She also specializes in providing culturally attuned care for youth with ADHD, depression, and anxiety.



**Aya Inamori Williams, PhD** is a clinical psychologist and assistant professor at Santa Clara University. Her work is focused on improving access to and use of mental health services for underserved families, particularly for Asian American and immigrant families. Her research studies the role of multilingualism in the context of emotional communication and family relationships. She specializes in providing culturally attuned care for youth with ADHD, depression, and anxiety.

# AFTERNOON BREAKOUTS

## Exploring Mental Health Through Poetry and Spoken Word

Room  
2103

This spoken word session will allow participants to creatively explore their mental health. Activities include: check in question, group brainstorm, individual brainstorm and guided poetry writing. Hosted by Jamey Williams, Word Poet, Actor, Educator, and Rapper From the San Francisco Bay Area.



**Jamey Williams** is a multi hyphenated artist and educator from Richmond, California. His poetry, music, and plays offer vulnerable insights into the tumultuous experience of being Black in America. He's been teaching creative arts workshops in a plethora of institutions since 2016.

## Nutrition 101: Understanding and Developing Good Habits

Room  
1402

Learn about how to create a balanced plate, read nutrition labels, and all about food allergies. A presentation by youth for youth to help you understand nutrition in order to start developing healthy habits. Teaching some tips and tricks aimed at knowing the food you eat and taking care of your body. Learn about nutrition in a simple way and through fun activities as well!



**The SFUSD Student Health Advisory Board (SHAB)** is a student-led organization that amplifies youth voices to promote physical, mental, and social-emotional wellbeing across all San Francisco public schools. Through peer education initiatives, wellness campaigns, and more, SHAB members work to ensure health resources and support services are accessible and responsive to diverse student needs. SHAB representatives collaborate with district administrators, school staff, and community partners to advocate for student health priorities and implement programs that foster a culture of wellbeing across more than 10 SFUSD schools.



# AFTERNOON BREAKOUTS

## The Real Worth of a Good Life: Mindfulness Unplugged

Room  
2100

This session isn't about mastering skills; it's about getting real with ourselves and each other—shedding the weight of daily stress and expectations. Together, we'll explore the power of being present, sharing stories that resonate, experience what it's like to get real and feel closer to the people around you and uncover how mindfulness can transform our lives into something meaningful. Let's create a respectful container where we can listen, learn, and shift our perspectives on what it truly means to live well.



**Enrique Collazo** is a new generation Mindfulness Educator and Buddhist meditation teacher. Enrique was born and raised in Los Angeles and has been teaching and living in the Bay Area for the last 12 years. He loves working with young people and adults. He is well-loved and respected for his inspirational work at Challenge Day during the school year where he facilitates social and emotional learning workshops for thousands of young people all over the country.

## Senioritis

Room  
1406

Join TWC Senior Leaders as they share the ups and downs of their senior year, navigating the balance of extracurriculars, academics, and the daunting college application process. From tackling senioritis and its impact on their mental health to discussing whether they truly overcame it (or not), this session will be a deep dive into the realities of high school's final chapter. Hear their tips, insights, and moments of reflection as they prepare for life beyond graduation!!!!



**The Teen Wellness Connection** empowers teen leaders to understand and communicate about teen mental health. This 9-month program connects high school students with UCSF scientists and community experts, culminating in the Teen Wellness Summit today! Rachel and Angel are seniors at Washington, Jett and Deena are seniors at Galileo High School.

# FOR ADULTS

## Morning: Supporting Trans Teens

Room  
2106

Explore the niche vocabulary of trans populations, dive into issues facing trans youth, and review how to cultivate inclusive environments. Participants will have opportunities for practicing inclusive language, naming barriers trans youth face in their lives, and identifying exclusionary practices in their environments.



**Stephanie Lay (she/they)** is a Licensed Marriage and Family Therapist with a private practice in San Francisco and works on the Behavioral Emergency Response Team at Children's Hospital Oakland. Stephanie is committed to improving outcomes for youth, especially youth that are trans, queer, or low socioeconomic status. [www.zombietherapist.com](http://www.zombietherapist.com)

## Afternoon: Youth Development Meet and Greet

Room  
2106

Come and meet other professionals in the San Francisco Unified School District and local agencies who are working with youth. This is an opportunity to explore our successes and struggles and learn from each other in a structured setting.



**The Science and Health Education Partnership** supports science teaching and learning in San Francisco through:

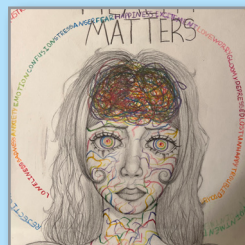
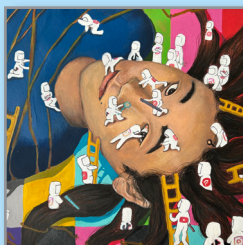
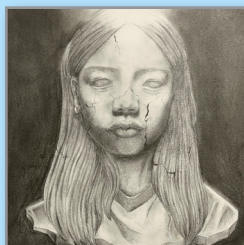
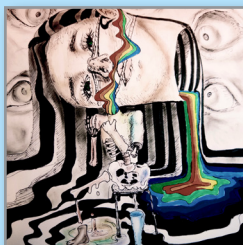
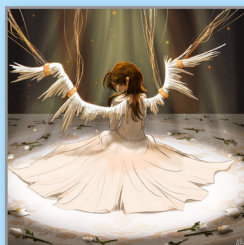
- Partnerships between SFUSD community & UCSF volunteers
- The Daly Ralston Resource Center, a lending library of hands-on science and health materials
- Professional development opportunities for teachers and UCSF volunteers
- Out-of-school time programs connecting SF high school students with UCSF
- The Bay Area Science Festival, a community celebration of science, technology, engineering, and mathematics (STEM)

# MENTAL HEALTH ART COMPETITION

We are pleased to present the 10 finalists from over 30 artists that responded to our call for student artists to submit artwork on the topic of Mental Health Awareness.

Local student artists created powerful pieces about what mental health means to them, what mental health challenges they see in their peers and what messages they want teens to hear about mental health.

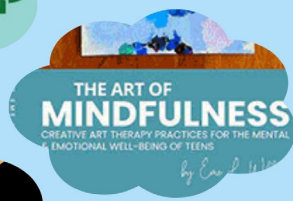
We hope their creativity and vulnerability helps fight the stigma around mental health!



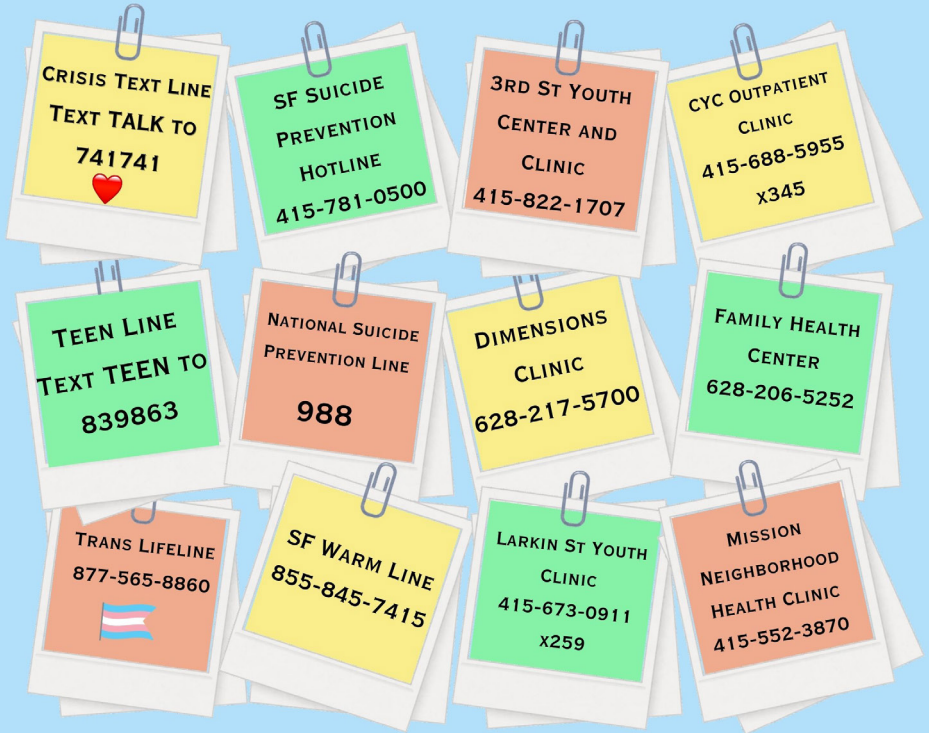
Each attendee gets one vote for their favorite artwork.  
**Scan the QR code!**



# RESOURCE FAIR



# HOTLINES & CLINICS



## PODCASTS



### 1 HUNDRED YEARS

1HUNDREDEARS.BIZ/PODCASTS



### STUDENT REPORTING LABS

STUDENTREPORTINGLABS.ORG/ON-OUR-MINDS



### THIS TEENAGE LIFE

THISTEENAGELIFE.ORG

## MORE RESOURCES!



# THANK YOU!

UCSF AND SF  
MENTAL HEALTH  
COMMUNITY  
PRESENTERS!

SCIENCE  
EDUCATION  
PARTNERSHIP  
AWARD

GORDON AND  
BETTY MOORE  
FOUNDATION

**SEPA** SCIENCE EDUCATION  
PARTNERSHIP AWARD  
SUPPORTED BY THE NATIONAL INSTITUTES OF HEALTH

**25** GORDON AND BETTY  
MOORE  
FOUNDATION

## TEEN WELLNESS CONNECTION STAFF



RACHEL HARRIS



SABINE JESKE



MISHAEL MARCELO

## OUR GENEROUS RAFFLE DONORS!

SHAKE  SHACK

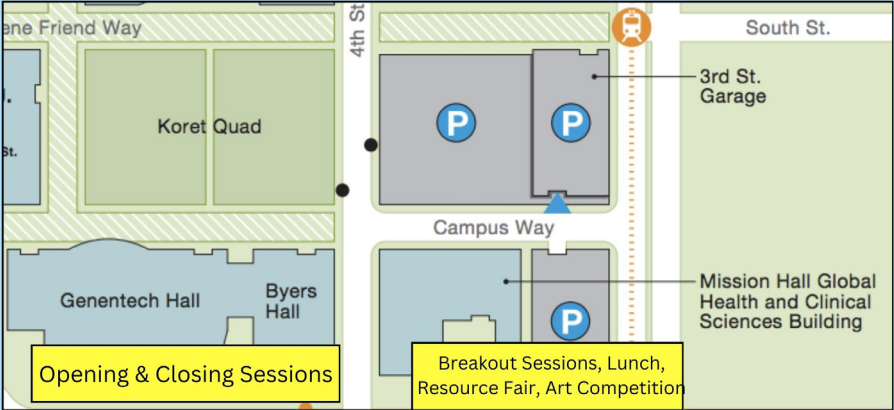
**Sports  
Basement**  
Bay Area born & raised

expl  ratorium

**UCSF**  
University of California  
San Francisco

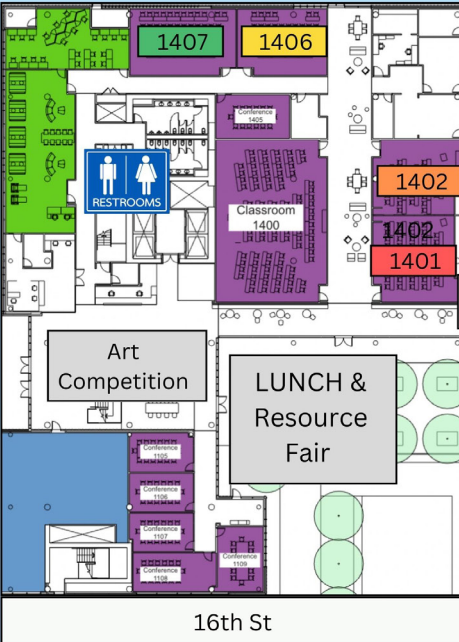
# SUMMIT MAP

## UCSF Mission Bay Campus

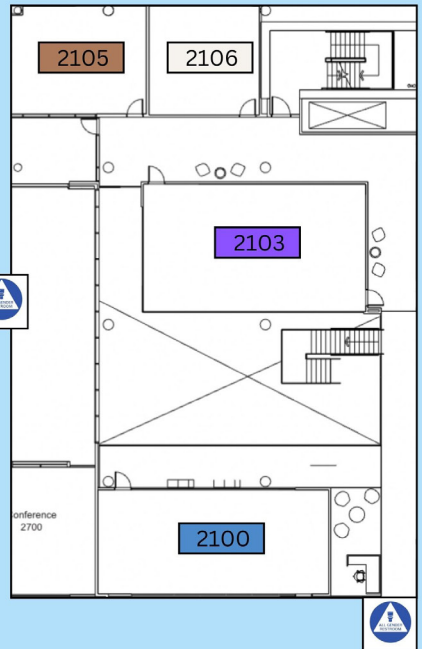


## Mission Hall Breakout Rooms

### 1st Floor



### 2nd Floor



# SCHEDULE

**8:45-9:30** ARRIVAL, REGISTRATION, BREAKFAST

**9:30-10:15** WELCOME + 1 HUNDRED YEARS KEYNOTE

**10:30-11:30** MORNING BREAKOUTS

**RM 1401** SLEEP ESCAPE ROOM

**RM 1402** STRESS AND COPING

**RM 1406** ANXIETY AND MINDFULNESS

**RM 1407** ENNEAGRAM AND LEADERSHIP

**RM 2100** CHILDHOOD TRAUMA & IMMIGRATION

**RM 2103** NAMI SF

**RM 2105** SUBSTANCE USE AND MENTAL HEALTH

**RM 2106** ADULTS: SUPPORTING TRANS TEENS

**11:30-1:00** LUNCH, CRAFTS, RESOURCE FAIR, K-POP!

**1:05-2:05** AFTERNOON BREAKOUTS

**RM 1401** BRAIN SCIENCE

**RM 1402** NUTRITION 101

**RM 1406** SENIORITIS

**RM 1407** DEPRESSION AND ANXIETY

**RM 2100** MINDFULNESS UNPLUGGED

**RM 2103** POETRY AND SPOKEN WORD

**RM 2106** ADULTS: NETWORK AND CONNECT

**2:20-3:00** CLOSING, LOWELL DANCE, UCSF KEYNOTE, RAFFLE, SEE YOU NEXT YEAR!

