



TEEN WELLNESS SUMMIT

ON MENTAL HEALTH
@ Genentech Hall
March 21, 2026

- Fun
- Free food
- Friends
- Raffles
- Community
- + More!



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 enthusiastic teens from various San Francisco high schools, proudly representing UCSF's Teen Wellness Connection (TWC). Through our shared experiences with demanding classes, living in a social media heavy world, and expectations from those in our family and friend circles, we deeply understand the importance of mental health among our peers.

In the summer of 2025, we spent three weeks together exploring different aspects of mental health with professionals from UCSF and the SF community. Throughout the summer experience, we were introduced to mental health coping skills, like dipping our faces in ice cold water as a strategy from Dialectic Behavior Therapy (DBT), or bonding through identifying thinking errors in groups. We also were able to explore biological aspects of mental health by visiting a UCSF Neuroscience Lab and examining real human brains!

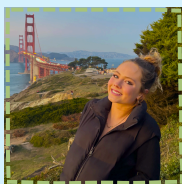
Over the course of the year, we have worked on this Summit, bringing our goal to life: to spread awareness and educate the community on mental wellness. We learned that there is a sense of strength that comes from being a part of a community, like UCSF's TWC, and we hope you are able to find a community that builds you up too at this Summit.

Aaron, Benjamin, Carlos, Delta, Evangelina, Felicity, Gigi, Katelin, Kenny, Kirsten, Kirt, Laila, Lillian, Linda, Maimuna, MJ, Nardos, Natalie, Pawat, Soli, Sophia, Yordanos, Yosaryra, and Zen

KEYNOTE TALKS

Morning Keynote: Every Conversation Counts: Amplifying Youth Voice in the Mental Health Space

Elena and Jessie share both the student and adult perspective of living with mental health struggles, as well as advocacy routes they each have taken, and support networks they have created. They believe that sharing real stories will inspire change and hope.



Elena Salvatierra is a student leader, mental health advocate, and Vice President of Bring Change to Mind at Palo Alto High School, where she helps lead initiatives that promote awareness, reduce stigma, and foster supportive peer communities. Drawing from personal experiences with recovery, loss, and family mental health challenges, Elena is deeply committed to compassionate advocacy and youth-centered mental health education. She is passionate about creating spaces where young people feel seen, supported, and empowered to seek help and support one another.



Jessie Bucci is the Northern California Regional Manager for Bring Change to Mind (BC2M). BC2M works to end the stigma surrounding mental illness, and Jessie is a strong advocate for giving youth a voice in the mental health space. Jessie uses her lived experience with mental illness to uplift those who are struggling, and remind people that there is always hope!

Afternoon Keynote: Student Changemakers Panel

What's possible in the realms of mental health advocacy, entrepreneurship, and outreach when you're a teen? Three student leaders share their journeys and experiences supporting their peers and making a difference ranging from public school district leadership, to forming a club, to authoring and promoting a book. Come with curiosity and questions, leave with inspiration!



Compassion Cheng



Emme Williams



Genevieve Tran

MORNING BREAKOUTS

Beyond the Algorithm

RM
1407

Join TWC leaders for an exciting and interactive experience where you'll learn all about media consumption! In this fun breakout session, you'll play stimulating games and participate in activities related to how you consume media, 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! Maimuna Piperdi is a senior at Galileo and Sophia Chen is a junior at Lowell.*

Brain Science, Emotions, and Mood Disorders

RM
1400

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.



***UCSF Scientists** leading this breakout come from a range of departments and experience. From graduate student, to post doctoral researcher, as well as faculty and staff, they have a diversity of specialties and research including neuroscience, oncology, surgery, emotions, and integrative health, leading to multiple perspectives on brain science and emotions.*

Dealing with Feelings that Suck: Master Class on Turning Down the Volume on Anxiety

RM
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 senior 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.*

MORNING BREAKOUTS

NAMI SF Presents: Ending the Stigma - Speaking Our Minds

RM
2100

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. It is designed to foster connection around lived experience and emphasize the human, experiential side of mental health. The program also covers mental health conditions 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. In my free time I enjoy going to community events, farmers market and spend time with my friends.



Emma Peat is the Director of Education Programming at NAMI SF, where she is dedicated to expanding access to mental health education and reducing stigma across communities. A former middle school teacher and administrator, she brings a deep commitment to equity, youth development, and community-based support to her work.

Stress and Mental Health

RM
1402

Where does stress come from and how does it influence your mental health? We will cover some ways to prevent or combat stress. Participants will learn why it is important to recognize stress and manage it as well as engage in a stress relieving activity.



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 SF public schools. Through peer education, 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 admin, school staff, and community partners to advocate for student health priorities.

MORNING BREAKOUTS

Substance Use and Mental Health

RM
2103

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 Giovaneli 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).



Julia Raney is a pediatrician specializing in adolescent and young adult. She has clinical and research expertise in adolescent health behaviors including substance use and sexual health. Her current work focuses on adolescent overdose prevention.

Supporting Friends

RM
1401

Have you wanted to help a friend who was going through a difficult time, but didn't know what to say or do? Have you felt burnt-out or overwhelmed by supporting others but still want to be a "good friend"? We will talk about ways to balance supporting our friends through tough times while discussing strategies for keeping our own mental health a priority.



Jennifer Ly, PhD, Anna Swan PhD, and Ann Parsons, MFT are child and adolescent psychologists/therapists who met while working at UCSF.



They support teenagers managing symptoms of depression, anxiety, ADHD, trauma and other life adjustments/transitions by providing family, individual and group therapy.



They are passionate about providing evidenced-based therapy and empowering teens from the SF Bay Area to navigate various mental health stressors.

AFTERNOON BREAKOUTS

Addictive Dreamscape: Phone Addiction and Sleep

RM
1407

Teens are at the center of the sleep debt epidemic. From staying up from gaming to doom scrolling, it can be hard to quit the screen. Join us to learn about the root causes and impacts of phone addiction on sleep!



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! Katelin is a junior at Balboa, Natalie is a junior at Burton, and Linda is a junior at Lowell.

Brain Science, Emotions, and Mood Disorders

RM
1400

See Morning Breakout Description and Bio

Depression and Anxiety: Current Trends to Treatment

RM
1401

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.

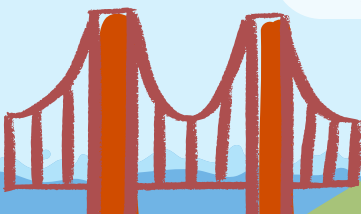


Sara Chung, PhD is a licensed clinical psychologist and an Assistant Professor in the Dept of Psychiatry and Behavioral Sciences at UCSF. Her work focuses on partnering with schools to deliver evidence-based and cost-free treatments, especially for Asian American and Latine/x families.



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.

Sara and Aya both specialize in providing culturally attuned care for youth with ADHD, depression, and anxiety.



AFTERNOON BREAKOUTS

Exploring Expressive Arts and Somatic Therapy

RM
2103

Join two local therapists as they share about their different therapy modalities and guide the group through example activities. Jessica utilizes somatic practices and talk therapy to support her clients. Stephanie practices from a trauma informed, person centered and expressive art therapy foundation, which means she meets clients where they are at and engages with them in supportive and playful ways. Leave this session with tools and resources to feel safe and grounded!



Jessica Hernandez, LCSW is the lead clinical therapist with Empowered Mind Therapy Center. Her identities as a mixed Filipina/Latina, bisexual, first-generation, Fat woman inform a therapeutic perspective of anti-oppression and celebration. She supports people to move through trauma and grief, reintegrate their sense of self, and center in their inner wisdom and joy.



Stephanie Lay, LMFT (they/she) specializes in working with self-harming and suicidal trans youth. They earned their Master's Degree from CIIS in Counseling Psychology and Expressive Arts Therapy. They now run a private practice, *Zombie Therapist*, where they are dedicated to keeping youth safely supported at home and in their communities.

The Food-Mood Connection: Building Healthy Habits Early

RM
1406

In this session, learn all about how to create a balanced plate, read nutrition labels, and food allergies. Developing healthy habits early on can contribute to better mental health in the future, whether it's physically feeling better or viewing yourself with a positive image. We will be teaching some tips and tricks aimed at knowing the food you eat and taking care of your body. Learn about nutrition through fun, simple activities!



Kana Murase is a sophomore at Lowell High School in San Francisco and is a passionate food allergy advocate. She helps lead regional Food Allergy Research & Education (FARE) walks, lobbied in Congress for allergen labeling legislation, and serves on the FARE Teen Advisory Group, where she contributes to various national food allergy education and advocacy initiatives.

AFTERNOON BREAKOUTS

Rewriting the Script: Healing the Toxic Masculinity with Mindful Awareness

RM
2100

This session invites people of all genders to explore how rigid masculine norms shape our relationships, our bodies, and our emotional lives. Together, we'll use mindfulness and compassionate inquiry to soften harmful conditioning, deepen understanding, and imagine healthier ways of being with ourselves and each other.



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.

Take Hold of Your Mind: Understanding and Managing Emotional Distress with DBT Skills

RM
1402

What do you do when emotions are so intense that you can't think clearly? This interactive session introduces skills from Dialectical Behavioral Therapy (DBT) to understand how emotions influence thinking and use skills to manage extreme emotions. Get ready to practice some hands-on tools that shift your body chemistry towards feeling more in control of your mind during intense moments.



Josh Langfus, PhD, is a clinical psychology postdoctoral fellow at UCSF. His research focuses on partnering with schools to deliver cost-free, evidence-based, culturally-attuned treatments for youth with attention and behavior challenges. As a therapist with the UCSF Wavefront DBT clinic, he works with adolescents, young adults, and their parents on developing skills for managing emotions, improving relationships, and building a life worth living.

ADULT BREAKOUTS

Morning: Supporting Youth in a Digital World

RM
2105

In this interactive session, participants will explore how social media influences mental health, body image, and other outcomes. Learn concrete strategies for fostering healthy habits, understand youth perspectives through collaborative discussion, and explore ways to reduce harm in digital spaces.



Sahana Nayak (she/her) is an undergraduate student at UC Santa Cruz pursuing a degree in psychology. She is a research assistant at the Nagata Lab at UCSF, where she studies social media and mental health in adolescent populations. Sahana is a fierce advocate for education, prevention, and treatment of eating disorders and mental health conditions, particularly at the intersection of digital wellbeing.

Afternoon: Teen Mental Health Networking and CBO Panel moderated by UCSF SEP Staff

RM
2105

This session features several Community Based Organizations (CBOs) operating in San Francisco who are supporting Teen Mental Health from a variety of perspectives. Network and connect with other adults who are supporting teens.

PANELISTS

Emma Peat, NAMI SF
Jas Cook, SF LBGT Center
Jacky Wong, CYCSF



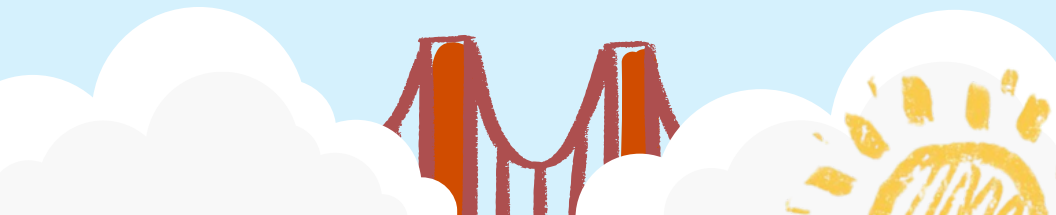
RESOURCE FAIR



HOTLINES AND CLINICS



MORE RESOURCES



THANK YOU!

We are funded by the Science Education Partnership Award and the Gordon and Betty Moore Foundation.

A big thank you to all of our UCSF and Bay Area mental health community presenters! We could not organize and produce this Summit without your generous support, participation, and expertise.

Thank you also to our amazing volunteers, UCSF Teen Wellness Connection staff, our raffle donors, and to YOU for showing up today!

FUNDERS

SEPA SCIENCE EDUCATION
PARTNERSHIP AWARD
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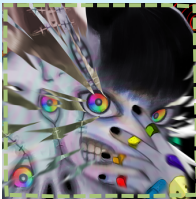


explORatorium



ART COMPETITION

Our mental health art call resulted in seven incredible pieces and it's up to YOU to decide who will win. Top three prize winners will be announced at the Summit closing, don't miss it! Scan the QR code below to vote!



Scan to vote!



POETRY

At TWC this summer we wrote poetry as a way to express ourselves. We're sharing some of our work at the Keynote Sessions and right here. We hope our creativity and vulnerability sparks a connection for you.

Excerpt from Dear My Younger Self by Natalie Liang

People say as you get older, you gradually grow into someone you admire. Yet I only feel less deserving of someone to be desired. If you saw me for who I was today, you would question what made me so miserable and lost along the way.

The future lies mysteries and chaos you never were aware that were possible, but take every experience as a challenge to continue to grow and at your own pace.

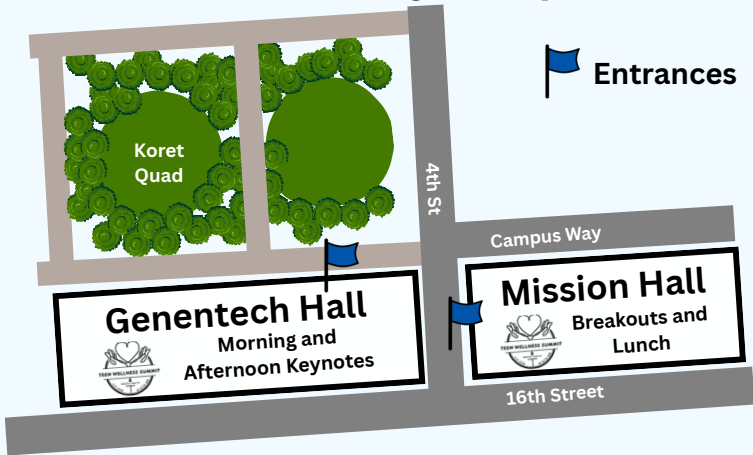
Make many mistakes to learn because failure is growth, not uselessness. Always try again and never give up because your hard work will pay off.

Continue to be the super curious girl who lights up the room with a smile that radiates warmth, not judgement.

Character is something built up through authenticity, not facades so never try to replicate others to fit in.

SUMMIT MAPS

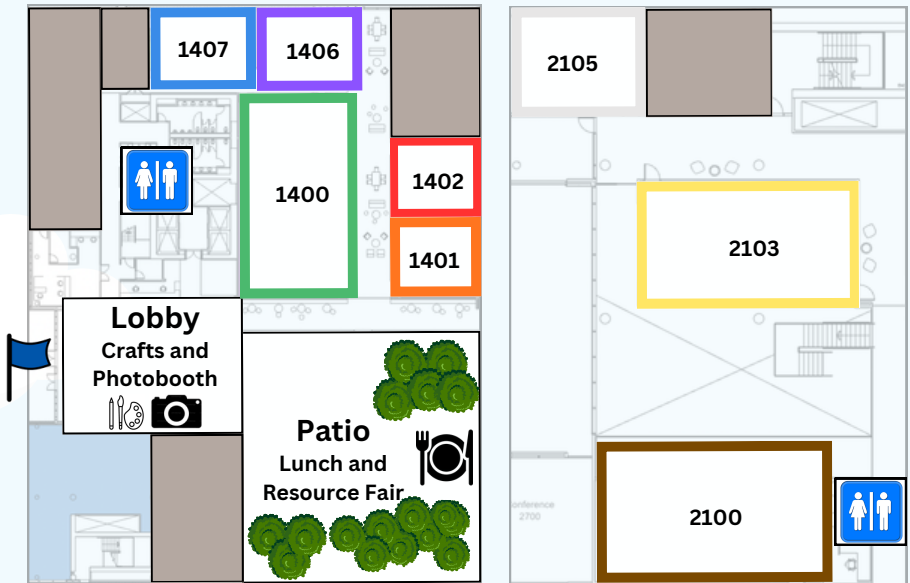
UCSF Mission Bay Campus



Mission Hall Breakouts and Lunch

1st Floor

2nd Floor



SCHEDULE

8:45-9:30 ARRIVAL, REGISTRATION, BREAKFAST
9:30-10:15 WELCOME + KEYNOTE
10:30-11:30 MORNING BREAKOUTS

RM 1400 BRAIN SCIENCE
RM 1401 SUPPORTING FRIENDS
RM 1402 STRESS AND MENTAL HEALTH
RM 1406 DEALING WITH FEELINGS
RM 1407 BEYOND THE ALGORITHM
RM 2100 NAMI SF
RM 2103 SUBSTANCE USE AND MENTAL HEALTH
RM 2105 ADULTS: SUPPORTING YOUTH

11:30-1:00 LUNCH, CRAFTS, RESOURCE FAIR
1:00-2:00 AFTERNOON BREAKOUTS

RM 1400 BRAIN SCIENCE
RM 1401 DEPRESSION AND ANXIETY
RM 1402 TAKE HOLD OF YOUR MIND: DBT
RM 1406 FOOD MOOD CONNECTION
RM 1407 ADDICTIVE DREAMSCAPE
RM 2100 HEALING TOXIC MASCULINITY
RM 2103 EXPRESSIVE AND SOMATIC THERAPY
RM 2105 ADULTS: CBO PANEL AND NETWORKING

2:15-3:00 CLOSING: TEEN CHANGE-MAKER PANEL,
ART COMPETITION, RAFFLE

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