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## MENTAL WELLNESS SYMPOSIUM

# ACCOMPANIMENT THROUGH THE "INNER PANDEMIC"



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

### SYMPOSIUM SCHEDULE

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

**March 17, 2023**

**10:00am to 2:00pm**

Julia Morgan Ballroom  
465 California Street  
San Francisco, CA 94104

*"...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)

PARTNER  
ORGANIZATIONS:



Hanna Center

