



## Healthy Minds Today

Connections, Tips, & Resources  
to Support Students and School Communities

### Healthy Minds, Healthy Schools: Mental Health Education Summits *Professional Development for Schools*

Healthy Minds, Healthy Schools: Mental Health Education Summits are being held across NYS. New summits in Central New York & the Capital District were added. There is **no cost** to attend and **lunch is provided**.

The summits will be held from 9:45 am to 3:30 pm and will include:

#### ***Mental Health Education & Current School Initiatives***

Amy Molloy, Project Director, will explore Mental Health Education in the context of current and emerging school initiatives, such as Trauma-Informed Schools, Social-Emotional Learning, Restorative Practices, and a Comprehensive School Counseling Program.

#### ***Panel Discussion: Sharing Ideas and Strategies from the Field***

Local educators, administrators and other school staff will share innovative strategies for implementing mental health education and promoting a culture/climate of mental wellness.

#### ***Youth Advocate Speaker***

#### ***Tabletop Activities: What is my role? What do I do next?***

#### **Dates and Locations:**



Hudson Valley - March 8  
Western New York - March 27  
Central New York - March 28  
Capital District - April 10  
North Country - April 30

*If you are already registered for a summit and would like to change which location you will be attending, email [schools@mhanys.org](mailto:schools@mhanys.org) Register at: <https://mhanys.org/registration/>*

**Register  
Today!**