

Panel Discussion: Youth Mental Health & Wellness



Tricia Baker, Attitudes In Reverse, Co-Founder; Program Director; Certified Youth Mental Health First Aider

After a 20 year corporate career in marketing, Tricia Baker took the tremendous loss of her son, Kenny, recognized the need for educating our nation's youth about good mental health, and with her family, started Attitudes In Reverse® or AIR™, which includes the AIR Dogs: Paws for Minds program. Tricia is Program Director for AIR™, presenting educational programs for students from 2nd grade through college-age level. She is also a certified Youth Mental Health First Aid Instructor; hoping to educate adults who work with children, about the first signs of mental health disorders in youth. Tricia believes that Attitudes In Reverse is Kenny's life's purpose, and she is driven to educate as many students across the country as possible. To date, Tricia has educated over 70,000 students, face-to-face, in eight states.



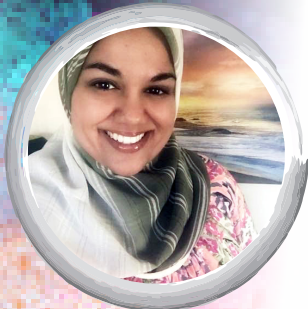
Diana Chao, Founder & Executive Director; Letters to Strangers

Diana Chao is a 20-year-old first-generation Chinese-American immigrant from Los Angeles, California. In her sophomore year of high school, she founded Letters to Strangers, a global youth-run mental health organization that has since grown to become the only multilateral youth-to-youth mental health nonprofit in the world. L2S has impacted over 30,000 people on five continents and been recognized by the White House, NAMI, Adobe, and more. She tours worldwide speaking about youth mental health and her own experience with bipolar disorder. Currently a sophomore at Princeton University, Diana frequently volunteers for the National Suicide Prevention Hotline and the Crisis Text Chat.



Jane Clementi, Co-Founder; Tyler Clementi Foundation

Jane Clementi co-founded the Tyler Clementi Foundation alongside husband Joe because she wants to make sure that our society learns the consequences of discrimination and bullying, as she learned all too personally through the loss of her son. A native of New Jersey and devoted mother of three sons, she speaks passionately to parents and community leaders about the need to not merely "accept" or "tolerate" children who come out as LGBT, but to embrace them. She has spoken before the U.S. Congressional HELP Committee, the National Cathedral, and numerous other faith communities, colleges, universities, high schools, and work places.



Zaynab Khan, PsyD, Staff Psychologist, Counseling, Alcohol & Other Drug Assistance and Psychiatric Services, Rutgers

Zaynab Khan, PsyD is a psychologist at Rutgers University CAPS (Counseling Center) in New Brunswick, NJ. At the counseling center, she works with college students of diverse backgrounds and has a special interest in working with Muslim clients as well as LGBTQIA population. She is the coordinator of the Excellence in Transcare team. Additionally, she has a private practice, Khan Therapy LLC, in East Brunswick, NJ. She currently teaches the Multicultural Supervision course at GSAPP – Rutgers University. She also does diversity trainings with the trainees at the counseling center as well as UBHC predoctoral internship program in Piscataway, NJ. In her free time, Zaynab enjoys yoga, traveling, and being in nature.



Shondelle C. Wills-Bryce, MSW, Administrator; Office of School Linked Services, NJ Department of Children and Families

Shondelle Bryce has over 20 years of combined direct and indirect experience within field of social work. Currently, she oversees a \$38M office budget and supervise a team of program staff responsible for monitoring contracts of New Jersey's child welfare prevention initiatives. The state and federal funds directly support school based prevention programming related to child abuse, bullying, teen pregnancy, youth suicide and trauma response. The Office of School Linked Services (OSLS) oversees the implementation of prevention and intervention programs that build on the strengths of young people and assist them in achieving their educational and life goals. Through her work and vast experience in a variety of human service settings, she has always been a leader and coach in the development of future leaders.