

Embrace, Encourage, and Engage: Family and Caregiver Access to Child and Youth Mental Health Resources

Wednesday, March 22, 6:00-7:15 P.M. ET

The Administration for Children and Families (ACF) and Substance Abuse and Mental Health Services Administration (SAMHSA) at the U.S. Department of Health and Human Services (HHS) would like to invite you to attend a **virtual training for parents and caregivers on children's mental health from 6:00-7:15 P.M. ET on Wednesday, March 22.**



This training will provide the following:

- **Information on child mental health** from parent/caregivers, youth advocates, and medical professionals
- **Concrete skills** to recognize and respond to your child's mental health needs
- **Access to mental health resources** and guidance to help your children and family

Sign up [HERE](#) to register to join the webinar! If you cannot attend, the training will be recorded and uploaded to ACF's Behavioral Health webpage, along with resources shared during the event.

Agenda Item	Description	Speaker
Welcome	<i>Interactive welcome activity</i>	Dr. Gary Blau
Opening Remarks	<i>Opening remarks from federal leaders on parents' and caregivers' role in supporting children's mental health</i>	Assistant Secretary January Contreras Assistant Secretary Miriam Delphin-Rittmon
Parent Perspective	<i>Perspectives from a parent/caregiver and advocate's personal experience on mental health and stigma</i>	David Armstrong
Mindfulness Practice	<i>Guided mindfulness exercise</i>	Kelvin Young
Mental Health Presentation	<i>Training on how to recognize and respond to the mental health needs of children</i>	Dr. Sunny Patel and Liz Sweet
Youth Advocate Perspective	<i>Perspectives from a youth advocate on addressing children's mental health for young parents</i>	Arc Telos (Tay) Saint Amour
Resource Overview	<i>Guided review of federal mental health resources</i>	Lauren Behsudi
Closing Remarks	<i>Opportunity for input to inform future training and resources</i>	Dr. Gary Blau

Speakers & Facilitators



January Contreras
Assistant Secretary, ACF
Opening Speaker

January Contreras (she/her/hers) is the Assistant Secretary at the Administration for Children and Families at the U.S. Department of Health and Human Services. As the Assistant Secretary, Contreras leads with a focus on effectively and equitably delivering on the agency's vital mission to promote the economic and social well-being of children, families, and communities across the nation.



Miriam Delphin-Rittmon
Assistant Secretary, SAMHSA
Opening Speaker

Dr. Miriam Delphin-Rittmon (she/her/hers) is a psychologist currently serving as the Assistant Secretary for the Substance Use and Mental Health Administration (SAMHSA). Through her 20-year career in the behavioral health field, Assistant Secretary Delphin-Rittmon has extensive experience in the design, evaluation, and administration of mental health, substance use, and prevention services and has received several awards for advancing policy in these areas.



David Armstrong
Parent and Caregiver Advocate

David Armstrong (he/him/his) is a Parent Partner volunteer, a trained facilitator for National Fatherhood Initiative's 24/7 Dads and Fathering in 15™, a parent liaison, a father, and a grandfather. David is continually looking for more ways to expand his leadership capacity to engage, educate, and empower fathers and grandfathers to become more involved in the well-being of their children and grandchildren.



Arc Telos (Tay) Saint Amour
Executive Director, Youth MOVE National
Youth Advocate

Arc Telos (Tay) Saint Amour (they/them/their) is the Executive Director of Youth MOVE National, a youth-driven, chapter-based organization seeking to connect, support, and develop youth leadership in advocacy to create positive change. As a queer and trans Mexican Indigenous person, Tay's life's work is to ensure people are seen, validated, and celebrated for being who they are, as they work in spaces to liberate individuals from and tackle systems that seek to prevent that.

Speakers & Facilitators



Dr. Sunny Patel

Senior Medical Advisor, SAMHSA
Mental Health Presenter and Trainer

Dr. Sunny Patel (he/him/his) is a child, adolescent, and adult psychiatrist, serving as a Senior Medical Advisor at SAMHSA's Center for Mental Health Services. Before SAMHSA, Dr. Patel was appointed a White House Fellow and served at the Department of Homeland Security where he focused on issues at the nexus of immigration and public health, in particular with whole-of-government efforts such as Operation Allies Welcome and the Interagency Family Reunification Task Force.



Kelvin Young (he/him)

Certified Sound Healer, Kelvin Young LLC
Mindfulness Exercise Presenter

Kelvin Young (he/him/his) is a certified sound healer, recovery coach, published author, and the co-founder of Toivo, a recovery-focused, holistic healing center. Kelvin has presented on holistic stress management around the country in diverse settings, including yoga studios, high schools, and mental health agencies. He is passionate about holding space for people to heal and is known for his warm, loving, and down-to-earth way of connecting with people.



Dr. Gary Blau

Senior Advisor, SAMHSA
Emcee and Event Facilitator

Dr. Gary Blau (he/him/his) is a licensed clinical psychologist with over twenty years of national leadership experience in child, adolescent, and young adult mental health. Dr. Blau is considered the 'father' of Youth MOVE (Youth Motivating Others through Voices of Experience) and he was a recipient of the HHS Secretary's Award for Meritorious Services for his national leadership in children's mental health.



Lauren Behsudi

Senior Advisor, ACF
Event Facilitator

Lauren Behsudi (she/her/hers) is a senior advisor in the Immediate Office of the Assistant Secretary of the Administration for Children and Families (ACF) at the U.S. Department of Health and Human Services. In this role, Lauren leads cross-cutting priorities to improve behavioral health outcomes for children, youth, and families.