



May 4, 2021 • 12:30 - 1:30 PM 2021 Honoree Recognition Event

Registration: [WGOIS 2021-Zoom](#)

Keynote

*Happiness is running through the streets
to find you even during a pandemic*



Holly Elissa Bruno, MA, JD, best selling, award winning author, international keynote served as Maine's Assistant Attorney General and Academic Dean at University of Maine-Augusta where she was named Outstanding

Professor. Her 6th book *Happiness is running through the streets to find you: Translating trauma's harsh legacy into healing* (2020) sold out immediately.

Keynote Topic: When the world flips upside down, children need stable, unflappable adults to reassure them all is well. But who reassures us adults? Traumatic times bring out our worst and our best. Let's together identify HOPEFUL everyday leadership practices to serve as our lighthouse during this pandemic storm.

Workshop 1 | 9-10 AM

Journaling as a Self-Care Strategy for Improved Mental Health in High Schools and College Settings

Presenters: **Gary Robinson**, Ed.S., LMHC, Co-Author, *The Daily Brew: A 365-Day Guided Journal*; **Morgan DeSimone**, B.A., Co-Author, *The Daily Brew: A 365-Day Guided Journal*; **Desiree Belonge**, Student Intern, Hartwick College

Learning Objectives: Participants will learn the psychological benefits of journaling

Description: Learn how the Fifty-Fifty Peer Counseling program at Hartwick College incorporated journaling and the use of peers into their program. Participants will actively practice journaling via use of guided prompts. Participants will learn how they might replicate the Journal Process in their school district or on their campus.

Intended Audience: College Campus Counseling Center Staff, High School Pupil Personnel and peers who are interested in using journaling with youth/young adult populations and anyone else interested in learning more about this strategy.

[Register here](#)

Workshop 2 | 10:30 - 11:30 AM

PAX Good Behavior Game in Support of Children's Mental Health

Presenters: **Alisha Ladd** and **Vikki Striffler**, PAX Program Managers, Contact Community Services, Inc.

Description: Schools in New York State are required to include mental health instruction in the K-12 health education curriculum. Mental health education aligns with existing health standards and focuses on three key areas: Self-Management, Relationships, and Resource Management. What occurs in schools, forms and influences children for a lifetime. It is crucial we provide a safe and nurturing school climate and put children on a positive trajectory towards attendance, learning, and social skills development. This is where *PAX Good Behavior Game* comes into play. *PAX GBG* is an evidence-based, trauma informed program extending self-regulation, and improve social-emotional scaffolding. [Register here](#)



For more information, contact Kate Provencher at: Kathryn.Provencher@omh.ny.gov
Check us out on Facebook: [@WhatsGreatinNYS](#)

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