

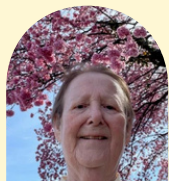
# PPAL'S 12TH ANNUAL CONFERENCE

ACCEPT ◦ ADVOCATE ◦ ACT

BECAUSE AWARENESS IS NOT ENOUGH

FRIDAY,  
MAY 19TH,  
2023

## Keynote:



## Mr. Toad's Wild Ride Through the World of Children's Mental Health!

Elizabeth Sweet

Mom with lived experience and Public Health  
Advisor in the Office of Recovery (SAMHSA)



Learn More &  
Register

[HTTPS://TINYURL.COM/  
PPALCONFERENCE](https://tinyurl.com/ppalconference)

## AM Workshops



### Just Say "NO" to CRAs!

Marisol Garcia, Esq.  
Deputy Director  
Health Law Advocates



### Marijuana And The Adolescent Brain

Timothy Wilens, MD  
Chief of Child and Adolescent Psychiatry,  
Mass General Hospital  
Professor, Harvard Medical School



### Talk Saves Lives: An Introduction to Suicide Prevention

Michele Lee  
Programs Manager, Massachusetts,  
American Foundation for Suicide  
Prevention (AFSP)



### When Autism and Mental Health Intersect

Featuring A Panel Of  
Families With Lived Experience



### Supporting Mental Health and Well-Being of LGBTQ+ Students

Cas Ford Martin, MPPA  
Safe Schools Program for LGBTQ Students,  
Massachusetts Commission for LGBTQ Youth



### Outside The Box: Calming The Chaos

Amy Brewis  
Brain FUNdamentals  
Krista Gordon  
Tranquil Little One

## PM Workshops



### Caring For Our Children: A Conversation Around Eating Disorders, Body Image, and Self-Esteem

Ally Emig, LCSM, RYT  
National Alliance on Eating Disorders



### 5 Steps To Letting Go Of The Past And Moving Forward In Your Life

Dr. Gayl Crump Swaby, Ed.D.  
President at New Generation  
Consultants & Associates  
Associate Professor, Springfield College



### Yes, I Am Here

Tavo Sastre  
Executive Director,  
Reach Family Services, Inc.  
Phoenix, AZ



### Parenting An Intense Child

Samantha Moe  
Certified Parent Coach and Speaker,  
Samantha Moe and Associates,  
Minnesota



### Cultivating Embodied Resilience in Youth

Jenn Turner, LMHC, TCTSY-F  
Co-Director, Center for Trauma and  
Embodiment at JRI



### AMPLIFY YOUR VOICE: Legislative Advocacy

Nancy Scannell  
Executive Director, MSPCC  
Courtney Chelo  
Assistant Director for  
Government Relations, MSPCC