

YSD SCOOP!

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February - July 2024

Youth Services Hosts 10th Annual Super Summer Spelling Bee



The Palm Beach County Youth Services Department was abuzz with excitement on Thursday, July 11, 2024, as they hosted the 10th Annual Super Summer Spelling Bee (SSSB) at Park Vista High School. This beloved summer event brings together brilliant young minds from all over the county, with campers from 33 different camps competing to spell their way to victory!

The SSSB, open to all camps in the Summer Camp Scholarship Program, keeps campers sharp over the summer months, challenging them to learn new words, hone their public speaking skills, and build team spirit. With a whopping 650 students competing by grade category (K-2nd; 3rd-5th; 6th-8th; and 9th-12th), it was a thrilling day full of friendly competition. By the end of the day, the top three spellers in each group went home with prizes and plenty of bragging rights!

And it wasn't just about spelling! Campers who weren't competing in the bee had a blast participating in fun recreational activities before returning to cheer on their friends in the final rounds. The buzz in the air was contagious as finalists faced off for the coveted title of Best Speller in each grade category.

The Youth Services Department couldn't have pulled off this amazing event without the help of the incredible spelling bee judges, volunteers, and the generous support of sponsors (see below) and partners from across Palm Beach County, including the Library, Parks and Rec, Strategic Planning, and the County Attorney's Office.



Youth Services Hosts 10th Annual Super Summer Spelling Bee



Spelling Bee Elementary School Winners



Spelling Bee Middle School Winners



Spelling Bee High School Winners



Spelling Bee Youth Services Department



Spelling Bee Volunteers



Palm Beach County Board of County Commissioners



The County Attorney's Office

Youth Services Department Graduates its first Behavioral Health Technician Intern



The Youth Services Department was among the first agencies in Palm Beach County to pilot the Behavioral Health Technician (BHT) internship program for high school students during the 2023-2024 school year. Berlin Muñoz, a junior at West Boca Community High School, completed her BHT internship at YSD's Education & Training Center. She was able to gain exposure to a community mental health setting and learn firsthand about some of the career options available to her within a behavioral health occupation path. Berlin received training on HIPAA, learned about local mental health agencies, contributed to promotional efforts, and helped organize therapy activities and materials.

"During my time at Youth Services, I have gained invaluable exposure to my field of interest," Berlin said upon completion of her internship. "This internship has been an amazing opportunity which solidified my decision to become a psychologist."

YSD's participation on the Birth to 22 Workforce Pipeline Taskforce Committee, led by BeWellPBC, supported this "grow our own" approach to addressing the continued shortage of employees, especially in the area of mental health. The intent of the collaborative efforts of educational and behavioral health professionals, community stewards and students is to grow and meet Palm Beach County's workforce needs now, and in the future, as well as to foster inclusion, diversity, and youth advocacy to build a more equitable workforce.

The collaboration led to the creation of a behavioral health curriculum for Palm Beach County School District high school students, with an optional internship experience. Successful completion of the Behavioral Health Technician track within the medical academy can result in high school students obtaining a certificate in Behavioral Health, thereby being trained and ready for hire upon graduation.

May is Mental Health Awareness and Trauma Informed Care Month!

2024 Theme: Resiliency & Community Healing



Palm Beach County Commissioner Michael Barnett presented a proclamation at the Board of County Commissioners Meeting declaring May as Mental Health Awareness and Trauma Informed Care Month in Palm Beach County.



YSD Hosts 1st Mental Health Day Camp

The Youth Services Department hosted its inaugural Youth & Family Counseling Mental Health Family Day Camp on May 18, 2024, at the Okeehetee Nature Center in West Palm Beach.

Participants joined the Youth & Family Counseling (YFC) team in celebrating Mental Health Awareness and Trauma-Informed Care Month. All families participated in therapeutic workshops that were designed for family members to collaborate, socialize, and strengthen their familial relationships.

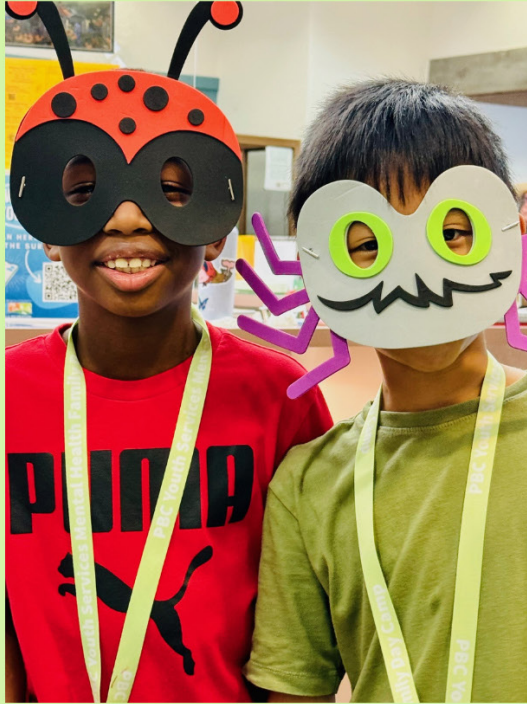
A trauma-informed approach was utilized to promote the exploration of self, social media use, and safety. The Sanctuary Model's commitments of open communication, democracy, growth & change, social learning, social responsibility, emotional intelligence, and non-violence were highlighted within the workshops. Workshops also promoted the importance of being outdoors. The YFC Team provided a safe environment for therapeutic discussions, modeled appropriate social skills, and provided in-the-moment coaching with families.

The department is certified in the Sanctuary Model of Trauma-Informed Care which nurtures a safe haven environment for colleagues and the community the department serves.

Youth Services Hosts 1st Mental Health Family Camp



Youth Services Hosts 1st Mental Health Family Camp



Youth Services Department Values Administrative Professionals

On April 24, 2024, the Youth Services Department proudly celebrated Administrative Professionals Day. Throughout the department, team members provided treats, cards, decorations and other expressions of appreciation for the dedication and hard work of our incredible support staff. The Residential Treatment & Family Counseling Division supervisors arranged a special breakfast in appreciation of the professionals who are the backbone of our team, ensuring that everything runs smoothly and efficiently behind the scenes.

Following the breakfast, a meeting was held to highlight the crucial role our administrative professionals play in the organization and to enhance their work-related skills. The day concluded with a fun team-building activity, bringing everyone together in a spirit of camaraderie and celebration. The entire YSD team is incredibly grateful for the contributions of our administrative professionals.

YOU
ARE
awESOME



Administrative
Professionals Day 2024



Administrative
Professionals Day 2024

PBC Youth Summit Makes Waves for Change!

On April 27, 2024, over 600 middle and high school students gathered at Palm Beach Lakes Community High School for the annual Youth Summit, themed "Making Waves for Change." The all-day event was packed with fun and informative workshops covering Mental Health, Life Skills, Drug & Gang Prevention, Financial Literacy, and more. Highlights included a dynamic workshop on Emotional Awareness and Management, led by Youth Services staff members Wen Fils-Aime and Marlene Aboytes.

Students from the Criminal Justice Academy put on an exciting mock trial, while a diverse panel shared inspiring stories on overcoming challenges in a session titled "Navigating the Waves of Diversity." Tamia Williams from Youth Services shined as a panelist during the discussion.

Future Leaders United for Change, in collaboration with Birth to 22 and Digital Vibez, debuted an empowering video on social responsibility and advocacy, introduced by Youth Services Director Elisa Cramer. Attendees enjoyed interactive games, music, cultural performances, and even a 360-photo booth!

Teens left with cool swag, prizes, and earned 10 community service hours for participating in workshops and activities. Parents joined a workshop, "Time for Your Teen," hosted by Planned Parenthood, receiving helpful tips and a \$50 stipend.

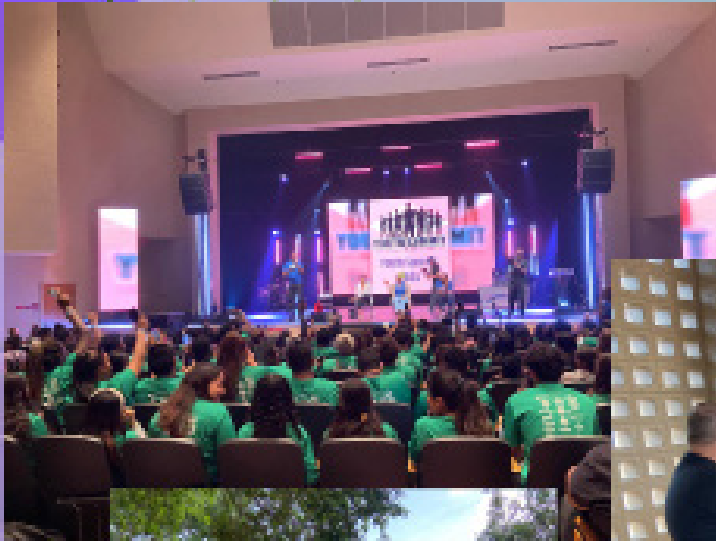
The Youth Summit was a day full of learning, connection, and fun, with all teens proudly sporting green t-shirts in support of Mental Health Month. Special thanks to the over 100 volunteers and Youth Services staff who made this impactful event a success!



PBC Youth Summit Makes Waves for Change!



PBC Youth Summit Makes Waves for Change!



PBC Youth Summit Makes Waves for Change!



Future Leaders Leap Into Financial Literacy at Link Up

During Community Conversations throughout Palm Beach County in 2023 and 2024, youth identified a need for a better understanding of finances – how to open a savings account, the difference between a liability and an asset, credit cards and credit scores, and more. To help address that need, Valley National Bank addressed financial literacy at the July 18 Future Leaders United for Change “Link Up.”

Representatives from Valley Bank shared valuable insights on building credit, understanding interest rates, managing student loans, and budgeting. The teens had the chance to ask questions and gain knowledge that will help them navigate their financial futures with confidence.

After Valley National Bank’s interactive presentation, the Girls Voice Task Force embraced their Creative Expressions and Arts theme for July. Participants engaged in a fun and inspiring “Pass it to the Left” painting activity, allowing the girls to express themselves artistically and build a sense of community through creativity.

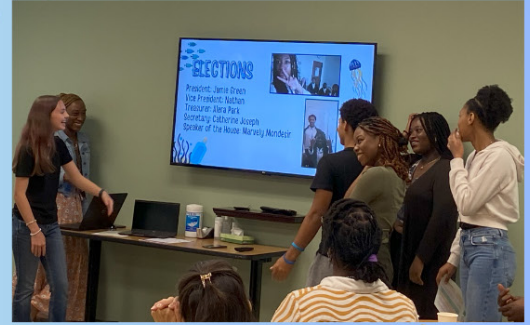
Future Leaders United for Change is a countywide youth council of high school students and young adults up to age 22. Future Leaders was created in response to Palm Beach County’s call to have the voice of young people distinctly heard as their needs are assessed, and programs and services that will influence them are implemented. This youth council gives future leaders a chance to network with like-minded individuals, gain valuable insights, and foster meaningful connections. Future Leaders is designed to empower youth on their leadership journey, expand their network, and unlock their potential.

As members of the Birth to 22: United for Brighter Futures alliance, the Palm Beach County Youth Services Department and Digital Vibez partner with Future Leaders United for Change, coordinating Link Ups and community engagement opportunities for Palm Beach County’s youth and young adults.

Future Leaders “Link Ups” are held bi-monthly on the 3rd Thursday of the month from 4:30 pm-6:30 pm., at 50 S. Military Trail, West Palm Beach, FL 33415, Suite 203. For more information, contact us here <https://lnk.bio/pbcysd>.



Future Leaders Leap Into Financial Literacy at Link Up



YSD Therapists Teach Campers to Manage Emotions

On July 25, 2024, 60 campers between the ages of 5 – 12 and camp staff participated in an Emotional Management Workshop at the City of Boynton Beach. The youth participated in a brief feelings exercise followed by completing a community meeting according to the Sanctuary® Model of Care.

Therapists Jaqueline Burke and Angela Dwyer led a discussion on emotions and self-regulation with a focus on exploring the importance of healthy coping skills and self-care.



As the emotions were presented, the youth role-played each one by highlighting the changes in facial expression and body language. The group shared triggers of each emotion and identified healthy coping skills that could be used. At the end of the workshop, attendees participated in developing their own coping skills and self-care plan. The therapists shared about the free therapy services available to youth in Palm Beach County.

WELCOME

New Employees

Employee	Position	Division	Date
Connor Pruitt	Residential Youth Counselor	RTFC	Feb. 2024
Brianna Thomas	Juvenile Residence Technician	RTFC	Feb. 2024
Caleiyah Laws	FRS Para-professional	OCP	Feb. 2024
Michael Lee	Juvenile Residence Technician	RTFC	Mar. 2024
Fate Metellus	Student Technician	FCA	Mar. 2024
Fritzmon Boyer	Seasonal Para-professional	FCA	Apr. 2024
Sanjana Tillu	Student Technician	ADMIN	Apr. 2024
Davia Graham	Administrative Assistant II	ADMIN	Jun. 2024
Yleana I. Arias	Outreach & Public Information Coord.	FCA	Jul. 2024
Sydney Reisman	Residential Youth Counselor	RTFC	Jul. 2024

To learn about other opportunities within the Youth Services Department scan our QR code!



My Brother's Keeper Conference 2024 Equips Young Men to Lead



On April 6, 2024, Ike Powell III, Youth Services Department Division Director of Outreach & Community Programming, convened and led My Brother's Keeper 2024 Conference. The theme for the conference was "Equitable Access to Opportunities" – focused on equipping young men with tools to break barriers, become transformational leaders and succeed in today's society.

A host of engaging local and national leaders addressed key skills needed and strategies including leadership excellence, emotional management, health and wellness, and school and community safety. A dynamic college and career panel discussion featured industry professionals from NextEra Energy, Enterprise Mobility, Palm Beach State College, and Xcel Mentoring Network.

More than 140 individuals attended, including 92 teenaged young men, MBK Ambassadors from throughout Palm Beach County as well as from the City of Orlando, City of St. Petersburg, and Safe and Sound Hillsboro.

Conference highlights included engaging workshops, panel discussions, listening sessions, mentorship, group exercises, and activities including a drum circle led by Anthony Bacchus of Cape Universal, Inc.

David Ricks, County Engineer, led workshops on health, wellness and nutrition.

Talmedge Hayes of the Graphics Division of Public Affairs served as the keynote speaker on "The Company You Keep."

Wen Fils-Aime, Program Coordinator with the Youth Services Department, led workshops on emotional management.

Incentives and prizes were disseminated throughout the day to young men for their participation.

Three young men were awarded scholarships to attend Palm Beach State College.

For more information on joining our MBK Network, please reach out to Outreach and Community Programming Division at 561-242-5700 or https://discover.pbcgov.org/youthservices/Pages/My_Brothers_Keeper.aspx.



My Brother's Keeper Conference 2024 Equips Young Men to Lead



Youth Services Department In The Limelight



Brittany Grimshaw Houghtlin, MS, a Doctoral Intern at the Youth Services Department's Education & Training Center, joined Oshane Lawrence from Palm Beach County Parks in May on the iHeart radio show Palm Beach Treasure Coast Perspective, hosted by Deb Knepp. They discussed the "Get Your Green On" campaign recognized by multiple county departments and community organizations in recognition of May as Mental Health and Trauma-Informed Care Awareness Month.

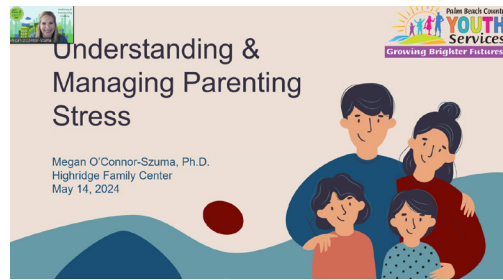
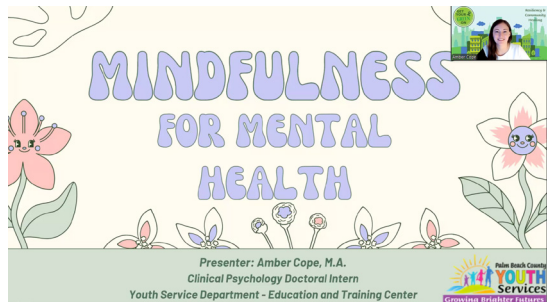
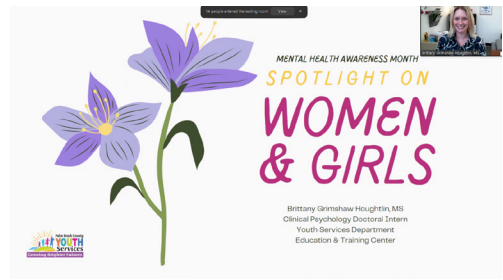
In April, Brittany appeared on WPBF 25 News' "On the Record" community affairs program. She discussed ways to identify and support youth exposed to sexual violence in the community as part of Sexual Assault & Awareness & Prevention Month.

Youth Services Department Ed Center Provides Free Trainings!

Everyone can help prevent suicide by learning the warning signs, promoting prevention and resilience, and committing to social change.

May is Mental Health Awareness and Trauma-Informed Care Month in Palm Beach County.

The campaign raises awareness by fostering safe spaces to talk openly about mental health and trauma. Mental health concerns increase the risk of suicide. Understanding the issues concerning mental health and suicide is an important way to take part in suicide prevention, help others in crisis, and change the conversation around suicide. If you or someone you know is struggling with life's challenges, please call 988 to reach the 988 lifeline.



The Education & Training Center is a community resource for primary prevention through education, training, and professional development, providing free services to parents, children, families, and mental health professionals in Palm Beach County. Family, individual, and group therapy services are offered, in addition to psychological evaluations.

Services are offered in-person or virtually and available in English, Spanish and Creole.

The Education & Training Center is responsible for developing and implementing trainings, workshops, and community outreach activities. It also serves as a trainee placement site for doctoral interns, postdoctoral fellows, and doctoral level practicum trainees.

**Youth Services Department
Education & Training Center**

For more information on upcoming training and past training videos!



YESSSS!

GYGO Scavenger Hunt Unites Palm Beach County Agencies for Mental Health Awareness

CONGRATULATIONS

GET YOUR GREEN ON

- 18 active teams
- over 800 submissions
- positively engaging resources shared
- 70 hunters
- 412,173 points earned

GYGOhunt'24 Team Results

1st	Ellie Mental Health	6th	BeKind2YourMind
2nd	NAMI PBC	7th	PBC Youth Services
3rd	Center for Family Services of PBC	8th	GYGO Fam
4th	T & S	9th	BHC 4 Me!
5th	B22: Future Leaders	10th	CAPE Team Heroes

WINNERS

In 2024, the Palm Beach County Behavioral Health Coalition (PBCHC) spearheaded an exciting GYGO (Get Your Green On) scavenger hunt that brought together many Palm Beach County agencies. This innovative event was designed to raise awareness about mental health while fostering collaboration and community engagement. Teams from various agencies participated, solving clues and completing challenges that highlighted vital mental health resources across the county.

The scavenger hunt not only promoted mental wellness but also strengthened the bonds between local agencies, emphasizing a collective commitment to expanding the reach of essential services. This engaging initiative was a vibrant reminder of the community's dedication to supporting mental health and well-being in Palm Beach County.

Youth Services Department Presents “Level Up” at Talent Strong Florida Summit



On May 9, 2024, Ike Powell III, Youth Services Department Division Director of Outreach & Community Programming, and Thomas Rivera, Executive Director for Xcel Mentoring Florida, presented Palm Beach County’s award-winning Enhanced Mentoring Initiative referred to as “Level Up” at the Talent Strong Florida Summit in Orlando. The Florida College Access Network conference was held May 8-10. The theme for the summit was “Access for All.”

Palm Beach County Youth Services Department, in partnership with the United Way of Palm Beach County’s Mentor Center and the Children’s Services Council of Palm Beach County, launched the Level Up Enhanced Mentoring Program in 2021 to offer mentoring opportunities for youth ages 11 to 19 who are involved with or at risk of entering the juvenile justice or dependency systems. Through the Level Up program, three community-based agencies – Connect to Greatness, Inner City Innovators, and Xcel Mentoring Florida – serve as hub providers for services and connectivity to needed resources for youth.

The goal is to match youth with a long-term, positive role model, make referrals to community-based services, and provide opportunities to continue education or career exploration. When a young person has a consistent supportive adult in their life, they can overcome adversity and build resiliency. Often, young people involved in the dependency or delinquency systems lack that supportive adult.

The Palm Beach County Level Up Mentoring Program was recognized in 2023 with a Best in Category for Children and Youth Achievement Award from the National Association of Counties (NACo). The awards honor innovative, effective county government programs that strengthen services for residents.



Youth Services Department Hosts Community Based Agencies Quarterly Meetings

The Youth Services Department (YSD) collaborates with Community Based Agencies (CBAs) through its Outreach & Community Programming Division (OCP) to address service gaps for children and youth in our community.

On April 23rd and July 10th, OCP hosted CBA Quarterly Meetings at the Clayton Hutcheson Agricultural Center, welcoming over 100 attendees. These meetings provided essential updates on contract compliance, YSD initiatives, Birth to 22, and Future Leaders programs, while also showcasing valuable community resources from YSD's Residential Treatment & Family Counseling Division, PBC Parks & Recreation. Presentations were given by Extraordinary Kids Foundation, Philanthropy Tank, and the PBC Behavioral Health Coalition.

During one meeting, Compass Community Center hosted an optional training session, offering valuable insights on their services and ways to better support LGBTQ+ youth and families.



Youth Services Honored with NACo 2024 Achievement Award



NACo (National Association of Counties) has recognized the Palm Beach County Youth Services Department's Psychological Evaluation Extension Program with a 2024 NACo Achievement Award!

This program connected the Youth Services Department's Education and Training Center with our BCC-funded Community-Based Agencies to reach additional families by streamlining access to Psychological Evaluations.

Psychological evaluations include clinical interviews and assessment of intellectual, educational, behavioral, and personality/social functioning. The evaluation process involves consultation with referring therapists, administering and scoring measures, obtaining peer review of scoring accuracy, writing integrated reports, and holding feedback sessions in a timely manner. The goal of the evaluation process is to provide recommendations for youth that can be utilized to help them with educational planning, in their home and family life, and with their ongoing mental health care and treatment.

Prior to 2022, the Youth Services Department (YSD) offered psychological evaluations only to clients of the Residential Treatment and Family Counseling Division, and required a staff therapist to make a referral. In 2022, the psychological evaluation program was extended to youth being served by programs within Community-Based Agencies (CBAs). The Community Based Agencies (CBAs) receive funding from the Palm Beach County Board of County Commissioners through the Youth Services Department. Members of the CBAs were asked to refer any youth they identified as needing additional assessment for either educational or behavioral concerns.

The CBAs are monitored for performance outcomes by YSD's Outreach and Community Programming Division. YSD relies on the Youth Master Plan (YMP) for Palm Beach County to identify specific funded action areas: economic access, parenting and role models, social and emotional learning, educational supports, health and wellness supports, and ensuring safety and justice. The funding supports programs that fill service gaps as indicated by the YMP, and funded programs are monitored for strict program compliance and service integrity.

National Council of Juvenile and Family Court Judges



Stacey King, FVIP Program Coordinator, and Katia Cavalie, Chief of Community Based Clinical Services, joined the National Council of Juvenile and Family Court Judges (NCJFCJ) in Arizona for their 87th Annual Conference, July 21 – 24, 2024. The conference featured amazing presentations on domestic relations, juvenile justice, child welfare, family violence, and emerging issues, as well as general sessions led by community leaders.

The National Council of Juvenile and Family Court Judges helps improve the lives of families and children who seek justice by providing judges, courts, and related agencies involved with juvenile, family, and domestic and family violence cases with knowledge, education, and research.

10th Annual Student Mental Health & Wellness Conference at Park Vista Community High School

On February 19, 2024, the Youth Services Department participated in the 10th Annual Student Mental Health & Wellness Conference at Park Vista Community High School. This year's theme, "Inspiring Resiliency and Well-being" was captured in the keynote address by Randy Blakely, PhD and the many workshop presenters, including two doctoral interns from the Youth Services Department. Brittany Grimshaw Houghtlin, MS, presented "Classroom Chill Skills", and Amber Snedden, MS presented "Are You Feeling Burned Out?: Increasing Self-Care: Teacher Edition". Dr. Shayna Ginsburg, YSD Chief of Clinical Services, Education & Training, was on the planning committee for this event, and Highridge Family Center Admission Counselor and Court Liaison John Harre, provided resources on YSD services during the community resource fair.



Spirit Week: Emotions

In March 2024, the Youth Services Department participated in Spirit Week which focused on enhancing emotional intelligence within our organization, guided by the principles of the Sanctuary Model—Safety, Emotions, Loss, and Future (S.E.L.F.). This initiative, led by the Sanctuary Core team, emphasized the importance of understanding and managing emotions in constructive ways to foster a positive and resilient workplace culture.

The week involved exploring how emotions influence behaviors and the significance of managing these emotions effectively. The goal was to encourage the replacement of uncomfortable emotions with empowering ones, promoting overall well-being and personal growth.

Daily themes highlighted the importance of positive messaging, organizational pride, and community spirit, complemented by the sharing of coping strategies for effective emotional management. Techniques such as reframing negative thoughts, mindfulness meditation, grounding exercises, and self-care activities were introduced to support emotional regulation.

Participants engaged in meaningful interactions, sharing experiences that contributed to a stronger, more emotionally intelligent workplace. Spirit Week reinforced the application of the Sanctuary Model's principles, ensuring they remain integral to our organizational culture. This initiative is a step forward in building a compassionate and supportive environment where emotional intelligence is prioritized.





On Monday of Spirit Week, employees were encouraged to wear shirts with positive messages, aligning with the S.E.L.F framework's focus on Emotions. This activity was designed to promote optimism and target feelings of hope and positivity, helping staff reframe negative thoughts and recognize the brighter aspects of their experiences.

On Tuesday, staff wore organizational gear to connect with the theme of Self-Worth within the S.E.L.F framework. This practice targeted emotions of pride and belonging, helping employees reflect on their accomplishments and foster a positive emotional state tied to their contributions.





Spirit Week

Wednesday's superhero shirts encouraged employees to tap into their inner strengths, promoting confidence and resilience. **On Thursday**, matching outfits with coworkers highlighted the value of a supportive work environment and the importance of teamwork. **Friday's** Hawaiian-themed shirts served as a reminder to prioritize self-care, signaling the need to take a break and recharge when feeling overwhelmed. These themes were aligned with the S.E.L.F. framework, focusing on empowerment, connection, and well-being.

OCP Tours FAU's Clinical Skills Simulation Laboratory

The Youth Services Department (YSD) collaborated with Florida Atlantic University's Clinical Simulation Center to explore medical career pathways for youth and share YSD's Birth to 22 initiatives. In March 2024, YSD's Outreach and Community Programming team toured the simulation center, observing medical students mentoring 8th graders from Lake Worth and Roosevelt Middle Schools as part of FAU's Healthcare Careers Outreach Program (HCOP).

The program aims to inspire underrepresented youth to pursue careers in medicine through hands-on activities, mentoring, and parent involvement. YSD also connected HCOP with the United Way Mentor Center and Community-Based Agencies to enhance support for participating students and families.



Families First Thanks Palm Beach County



Families First of Palm Beach County, one of the Youth Services Department's contracted Community-Based Agencies, expresses appreciation to Palm Beach County during a donor luncheon on March 22, 2024.



13th Annual

KidsFit Jamathon

On July 17th, over 600 excited youth campers from across Palm Beach County filled the EXPO Center at the South Florida Fairgrounds for one of the largest kids' dance fitness concerts in the nation – the 13th Annual KidsFit Jamathon®! This high-energy event, hosted by Digital Vibez Inc., was the grand finale of a summer filled with wellness, fitness, and fun for participants in Palm Beach County's Summer Camp Scholarship Program.

With the help of volunteers from the Palm Beach County Youth Services Department and the Birth to 22 Future Leaders United for Change youth group, campers ages 5-17 enjoyed a day packed with interactive games and fitness activities. From dancing to giant human hamster wheels, oversized bounce houses, slides, hula hoops, and photo booths, there was no shortage of excitement!

The concert-like atmosphere of the Jamathon motivates and inspires young people to stay active, promoting the importance of fitness and healthy living. Palm Beach County Commissioner Gregg Weiss presented a special proclamation on July 2nd that recognized the impact of this event and its role in promoting nutrition and fitness among youth.

The KidsFit Jamathon® is part of Digital Vibez's larger Wellness Workshop Program, designed to combat childhood obesity and inspire healthy habits. Throughout the summer, youth ages 5-17 participated in Wellness Workshops offered at out-of-school and summer camps across Palm Beach County. These workshops included eight one-hour sessions on dance fitness and nutrition, all culminating in the big day at the Jamathon, where kids had the chance to show off everything they'd learned.



Palm Beach County
Board of County Commissioners





13th Annual

KidsFit Jamathon



19th National Turn on the Light Conference on the Wellbeing of Children & Families



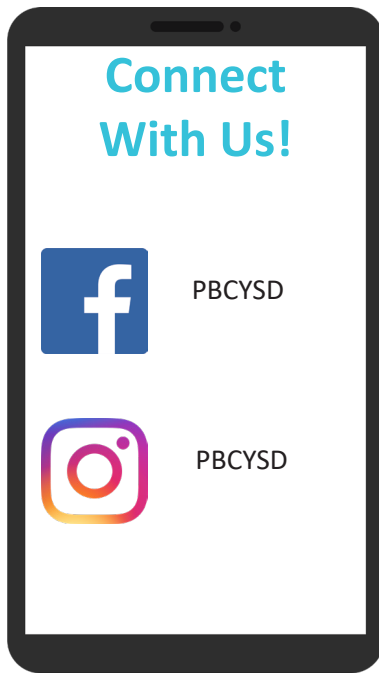
The Turn on the Light National Conference on the Wellbeing of Children & Families is a one-day conference that brings together parents, volunteers and professionals concerned with the welfare of children and families for a full day of educational and networking opportunities. On April 4, 2024 the Youth Services Department supported the Turn On the Light conference.

YSD provided an exhibitor table and offered several workshops at the conference.

Brittany Grimshaw Houghtlin, MS presented “Going

Beyond ‘You Good?’: Talking with Teens about Mental Health”; Amber Snedden, MA presented “Work Hard, Self-Care Harder;” and Sarah Barr, MA presented “Attachment Theory: It’s All About Relationships.”

Keynote speaker, Randee Kogan, a psychotherapist and trauma-victimization expert, worked closely with many of Jeffrey Epstein’s victims, and has committed her professional career to helping victims of trauma as well as educating and advising others about sexual violence and trauma. To learn more about Turn On the Light please visit www.turnonthelight.org



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