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NATIONAL CHILDREN'S MENTAL HEALTH AWARENESS DAY | MAY 2014

Meet Jim



Jim grew up in poverty with parents who experienced addictions. He struggled in school because of learning disabilities and difficulties at home. Yet through his involvement with an organization called Boystown, Jim overcame his own struggles with substance use and years of incarceration to build a life of service. A college graduate, Jim is founder and executive director of Preparing Leaders of Tomorrow, an organization that supports young adults who are exiting the justice system.

Meet Michelle



Behavioral health challenges and substance use were part of Michelle's day-to-day reality through her teen years. After the suicide of a close friend and with support from close allies, Michelle has become a strong advocate for herself and her peers. She is now a college student and certified peer support specialist. Michelle has also worked for the Utah Family Coalition, providing support to other young adults working to overcome behavioral health and substance use challenges by promoting the youth voice in Utah.

Meet Qaiel



National Launch on May 6!

We hope you will join the Substance Abuse and Mental Health Services Administration (SAMHSA) for the National Children's Mental Health Awareness Day: Inspiring Resilience, Creating Hope (Awareness Day) 2014 national launch event on Tuesday, May 6, 2014!

Launch activities include a general session and a workshop on "What Really Works for Young Adults" to be hosted in collaboration with the National Council for Behavioral Health during their national conference. Both launch activities are free of charge and the one-hour general session is being Webcast live.

General Session & Workshop

During the general session you will have the opportunity to meet Jim, Michelle, Qaiel, and Sean—four young adults who will share their experiences of resilience and providing peer support to young adults with behavioral health challenges. They will be featured onstage with senior Federal officials including Secretary of Health and Human Services (HHS) Kathleen Sebelius and others who will discuss services available for these young adults. In addition, 2014 Honorary Chairperson Chiara de Blasio will be recognized for sharing her story of hope and resilience.

The general session will be followed by a "world cafe" style workshop where attendees will be able to speak in more detail with Jim, Michelle, Qaiel, Sean, and Chiara about what really works for young adults.

2014 Honorary Chairperson: Chiara de Blasio

SAMHSA is so pleased to have Chiara de Blasio, first daughter of New York City, as the Awareness Day 2014 Honorary Chairperson. She will be joined by her parents, New York City Mayor Bill de Blasio and First Lady Chirlane McCray.



HHS Secretary Kathleen Sebelius

Since taking office in 2009, Secretary Kathleen Sebelius has led ambitious efforts to improve America's health and enhance the delivery of human services to some of the Nation's most vulnerable populations.



Meet Qaiel



Qaiel knows what it is like to be a target of bullying and discrimination based on sexual orientation and gender expression. Qaiel has used personal experience with the behavioral health challenges associated with these difficulties to connect with others in college and youth-serving organizations. Supportive environments made up of other LGBTQ and other young adults with behavioral health challenges inspired Qaiel to become a community leader and help others find their voice.

Meet Sean



Since his teen years, Sean has worked to manage his own behavioral health challenges, including trauma, depression, and mood instability. At age 15, he demonstrated the power of early intervention with his willingness to participate in psychotherapy. Now an entrepreneur, filmmaker, and international public speaker, Sean works with schools and communities to develop advocacy programs for young adults with behavioral health challenges.

WHAT: National Children's Mental Health Awareness Day: *Inspiring Resilience, Creating Hope* general session, and workshop, "What Really Works for Young Adults: A Candid Conversation"

WHEN: Tuesday, May 6, 2014
General Session: 1:45–2:45 p.m. (Potomac Ballroom)
Workshop: 4–5 p.m. (Room TBD)

WHERE: Gaylord National Convention Center
201 Waterfront Street
National Harbor, MD 20745

**CLICK HERE TO LEARN HOW
TO REGISTER FOR THE
GENERAL SESSION & WORKSHOP**

Virtual Opportunities to Participate

Not in the DC area? No problem! You can still take part in Awareness Day activities on May 6 by:



Viewing the general session Webcast
1:45–2:45 p.m.
Live at www.samhsa.gov/children

Use the [#HeroesofHope](#) hashtag to part of the conversation.