



CHILDREN'S HOSPITAL COLORADO

# Southwest Colorado Youth Mental Health Symposium: A Community Approach

**September 30, 2026**

8:00 a.m. to 4:00 p.m.

Fort Lewis College | 1000 Rim Drive, Durango, CO 81301 | Student Union 212, Ballroom

**NCPD (Nursing) and EMS continuing education credits available**

Provided by

Children's Hospital Colorado, Pediatric Mental Health Institute and Outreach Education



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# Southwest Colorado Youth Mental Health Symposium: A Community Approach

## Overview and Target Audience

This symposium is designed for mental health, school, and healthcare professionals seeking to deepen their expertise in youth mental health. Sessions will address topics relevant across a variety of practice settings, including counseling and crisis centers, schools, hospitals, primary care practices, and outpatient services. Participants will receive clinical updates and engage in discussions on current, evidence-informed issues impacting the care of youth with mental health needs.

## Learner Outcome

As a result of this activity, learners will be able to report new knowledge related to evidence-based youth mental health care strategies.

## Agenda

### Wednesday, September 30, 2026

- 7:30 a.m. Check-in and breakfast
- 8:00 Welcome and opening remarks
- 8:20 **Supporting Neurodiverse Learners: Practical Strategies for ASD and ADHD**  
Lauren Henry, PhD, LP, NCSP
- 9:20 **Intersection of Substance Use and Mental Health**  
Cassie Nostrant, LPC, M.S.Ed., NCC
- 10:05 Break
- 10:15 **From Screening to Action: Navigating the Updated ASQ Pathway for Suicide Risk Identification and Response**  
Jessica Hawks, PhD
- 11:15 **Breakout Activity: ASQ in Practice: Case-Based Decision Making and Problem Solving**  
Jessica Hawks, PhD
- 11:45 Lunch – provided
- 12:30 p.m. **Coping, Non-Avoiding: Helping Build Distress Tolerance and Resilience in Youth Impacted by Trauma**  
Lauren Henry, PhD, LP, NCSP
- 1:30 **Durango Engaged: Responses from Community Leaders**  
Moderator: Michele Lueck, MA  
Amy Aweida, MA, ECMH-E, ERS  
Jason St. Mary, PhD, MSW
- 2:00 Break
- 2:15 **Collaboration in Action Highlight Presentations**  
**School Based District Behavioral Health and Wellness Team**  
Lauren Henry, PhD, LP, NCSP  
Elyssa Clark, M.Ed., BCBA  
**Teaming Up for Better Youth Outcomes**  
Emily Huminski  
Royce Trantum, LCSW  
**Policy Road Map: Mind Our Future**  
Michele Lueck, MA
- 3:30 **The Work Ahead: Turning Connection into Action**  
Jessica Hawks, PhD
- 3:45 Closing comments and evaluation
- 4:00 Adjourn

## Registration

There is cost to attend; however, registration is required.

Please [register here](#) or by scanning the QR code.

Thanks to the generosity of an anonymous community donor, this educational activity is being provided at no cost to professional clinicians in Southwest Colorado.



## Cancellation Policy

Children's Hospital Colorado reserves the right to modify the agenda or cancel the activity due to unforeseen circumstances.

## Continuing Education Credits

**Registration, attendance, sign-in and submission of the evaluation,** including a written response to questions related to any change in practice that you may make as a result of learning that took place at this activity, are required for successful completion and receipt of the certificate of attendance. Claim only those hours you attend.

**Nursing:** Children's Hospital Colorado is approved with distinction as a provider of nursing continuing professional development by the Colorado Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This educational activity for 6.5 nursing contact hours is provided by Children's Hospital Colorado.

**EMS:** Children's Hospital Colorado is a State of Colorado recognized EMS Training Group (CO-049) and will provide 6.5 continuing education credits for all pre-hospital providers.

**Other:** A general certificate of attendance will be available.

## Financial Disclosure

Planners, faculty, and others in control of content (either individually or as a group) have no relevant financial relationships with ineligible companies.

## Objectives

- Identify practical, strengths-based strategies that support neurodiverse learners' social, behavioral, and executive functioning needs within school environments.
- Recognize the risk factors and warning signs associated with teen substance use.
- Describe the updated ASQ suicide screening pathway to interpret screening results, determine appropriate triage responses, and identify next steps for patient care.
- Apply the ASQ pathway to case scenarios by interpreting screening results, determining appropriate next steps, and addressing implementation challenges.
- Recognize the impact of trauma on the brain and stress response system and identify school, family, and community-based strategies to reduce avoidance, increase distress tolerance, and support youth resilience.
- Describe diverse community perspectives and priorities highlighted by Durango leaders and explain how these insights can shape program planning.
- Illustrate how the school based behavioral health and wellness teams creates plans to support students.
- Identify the key elements that drive successful community collaboration using a local prevention focused case study.
- Identify how local community organizations and providers can raise awareness of youth mental health in the upcoming gubernatorial election.
- Identify opportunities to build upon existing partnerships and coordinated efforts that support youth and families in their communities.

## Additional Information

For additional information, please contact Ray Cuellar at [ray.cuellar@childrenscolorado.org](mailto:ray.cuellar@childrenscolorado.org). If you require special assistance or accommodation to fully participate, please notify us at least four weeks in advance of the activity.

## Faculty and Planning Committee

### **Amy Aweida, MA, ECMH-E, ERS**

Early Childhood Mental Health Consultant and  
Supervisor Harris Community Fellow  
University of Colorado

### **Haley Bierk, M.Ed. LSC**

Schools Program Manager  
Pediatric Mental Health Institute  
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### **Sarah Bonar, MHA**

Communications Program Manager  
Children's Hospital Colorado

### **Elyssa Clark, M.Ed., BCBA**

District Behavioral Analysis  
Durango School District

### **Ray Cuellar**

Operations Coordinator  
Professional Development  
Children's Hospital Colorado

### **Jessica Hawks, PhD**

Associate Professor, Dept of Psychiatry  
University of Colorado School of Medicine  
Dale and Cindy Francescon Family Endowed Chair for  
Mood Disorders  
Chief of Psychology, Pediatric Mental Health Institute  
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### **Natalie Hazemi, MBA**

Program Manager  
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### **Lauren Henry, PhD, LP, NCSP**

Assistant Professor  
University of Colorado School of Medicine  
Licensed Child Psychologist  
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### **Emily Huminski**

Senior Director of Community Collaboration  
Team Up

### **Michele Lueck, MA**

Senior Clinical Instructor  
University of Colorado School of Medicine  
Executive Director, Pediatric Mental Health Institute  
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### **Carrie Nostrant, LPC, M.S.Ed., NCC**

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University of Colorado School of Medicine  
Behavioral Health Clinician  
Outpatient Psychiatric Services  
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### **Kelly Reichert, MS, RN, CCRN, NPD-BC**

Professional Development Specialist  
Outreach Education  
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### **Nicki Shonka, MS, RN, NPD-BC, CPN**

Clinical Education Outreach Program Director  
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### **Jason St. Mary, PhD, MSW**

Executive Director, La Plata Youth Services  
Program Director, The Hub Therapeutic Program  
Adjunct Faculty, University of Denver"

### **Royce Trantum, LCSW**

Executive Director  
San Juan Board of Cooperative Education Services

### **Lynn Urban, PhD**

President and CEO  
Team Up