



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

Provided by

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

Learner Packet



Children's Hospital Colorado



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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

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.

Mark Your Attendance

Please visit the check-in tables to mark your attendance.

Evaluation

To obtain your NCPD certificate, the on-line evaluation must be completed by midnight, Wednesday, October 14, 2026.

After completing the evaluation, you will be prompted to claim your NCPD credits. Any questions or concerns with access should be directed to ce@childrenscolorado.org.

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. 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

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Financial Disclosure

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

Notes

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