

## March 2025

### Systems Engagement Opportunities

Greetings! This virtual document is to promote upcoming events and opportunities taking place across New York State that relate to youth (12-17 aged), young adults (18-29 aged), and peers (persons with lived experience navigating systems and services).

If at any point you or someone you know would like individual support with engaging with these activities or would like to promote a youth-friendly event or opportunity, please contact the Youth Systems Engagement Specialist at [krivera@ftnys.org](mailto:krivera@ftnys.org).

**Events:** In person or virtual meetings. Some events include conferences, trainings, summits, forums, community-based initiatives, etc.

**Opportunities:** Requires limited or ongoing engagement. Some opportunities include councils, advisory boards, research participants, feedback, surveys, etc.

#### **Opportunity:** Youth Power Advisory Council (Statewide)

Youth Power is currently recruiting young adult representatives from across New York State who have lived and/or living experiences navigating systems and services. Some systems include mental health, substance use and addictions, child welfare, juvenile justice, behavioral health, special education, and much more. All applicants must be current residents of New York State and be ages 18 to 29 years old when they apply.

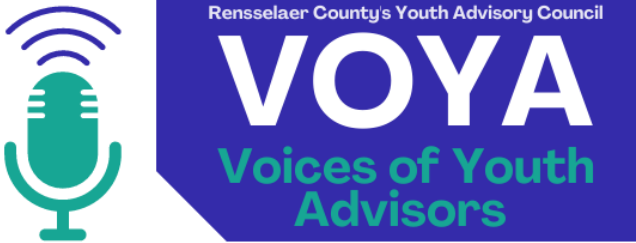
Application Found HERE: [Youth Power, FTNYS | Instagram, Facebook | Linktree](#)



## **Opportunity:** Voices of Youth Advisors (VOYA) of Rensselaer County

Rensselaer County's Youth Advisory Council, known as VOYA, is recruiting youth and young adults who have lived or living experiences navigating youth-serving (child-serving) systems and/or identifies with being an "at-risk youth". All interested young people must currently reside in Rensselaer County and be aged 1 to 28 years old.

Email [VOYA.Rensco@ftnys.org](mailto:VOYA.Rensco@ftnys.org) for more information and to get involved!



**ARE YOU A YOUNG PERSON AGES 14-28 WHO...**


- LIVES IN RENNELAER COUNTY?
- HAS LIVED EXPERIENCE WITHIN A YOUTH-SERVING SYSTEM OR IDENTIFY WITH AN AT-RISK COMMUNITY?  
(I.E MENTAL HEALTH, SUBSTANCE USE, JUVENILE JUSTICE, CHILD WELFARE, LGBTQ+, BIPOC, ETC.)
- HAS A PASSION FOR ADVOCACY OR MAKING A DIFFERENCE?

**Location:** Remote via Zoom & In-Person at the Independent Living Center of the Hudson Valley  
15-17 3rd St, Troy, NY 12180

**Date:** 1st Tuesday of every month in person at the Independent Living Center of the Hudson Valley  
3rd Tuesday of every month via Zoom

**Time:** 04:30 PM - 05:30 PM

To learn more about how to get involved, contact [VOYA.Rensco@FTNYS.org](mailto:VOYA.Rensco@FTNYS.org)



## **Opportunity: Youth MOVE National Peer Center**

### [Own Your Story, Be a Resource for Change – Youth MOVE National Peer Center](#)

Youth MOVE National's Youth Peer Support 101 course. This course is meant to guide you through an experience that shows that lived experience can be used in a variety of meaningful ways, including creating career pathways! This two-part learning series is designed to show you that your story is powerful and can be used to make a change in the world!

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Part of this activity will require you to write/type your thoughts on a topic. It may be handy to keep a writing utensil nearby as you progress through the course.

#### Learning Objectives:

- Explore different ways in which expertise is defined
- Recognize that your story has meaning and is a powerful, destigmatizing tool to make change
- Familiarize yourself with career pathways for youth with lived experience
- Identify opportunities for using your lived experience

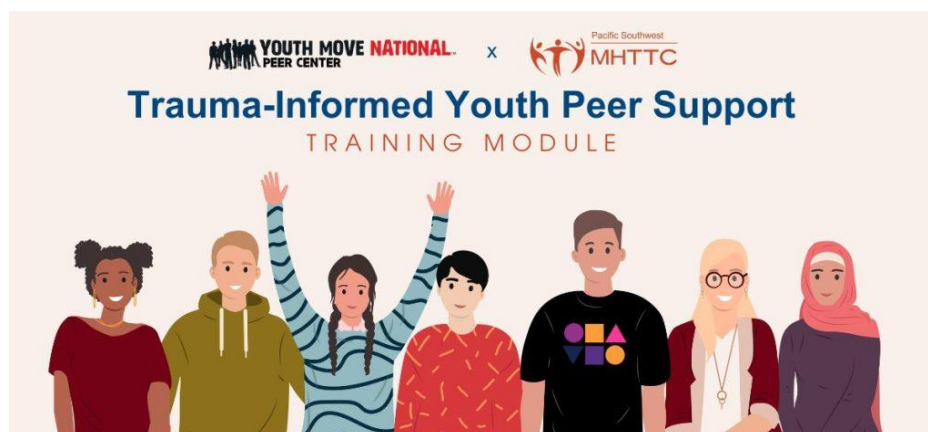
## **Opportunity:** Youth MOVE National Peer Center

### [Trauma-Informed Youth Peer Support Training Module – Youth MOVE National Peer Center](#)

This training module will assist participants in understanding the foundations of trauma-informed care, including its principles and philosophy, demonstrate why this approach to care is important, and present strategies for incorporating trauma-informed practices throughout youth peer support services. It is critical for peer providers to understand how trauma may impact the youth and young adults they serve. This training will provide concrete examples of what trauma-informed practice looks like in action and how to apply this philosophy within peer relationships. The online course was collaboratively developed and produced by Youth MOVE National and the Center for Applied Research Solutions (CARS), as an initiative of the SAMHSA funded Pacific Southwest MHTTC project, which ran from 2018 to September 29, 2024.

#### Notes

- All users will be directed to Moodle, CARS' e-learning platform.
- To access the course, click the “MHTTC Course Enrollment” tab in the menu at the top of the page. Then, click the dropdown option of “Trauma Informed Youth Peer Support”.
- This will open an account setup page. All users are required to create a new account, with a username and password.
- Once your account is created and you start the course, you may proceed through each section and progress at your own pace.
- Your “work” on the course will be saved as you complete each section.
- Once you’ve completed the full course, you may take a final quiz and receive a certificate of completion.
- We ask that all users share feedback in a brief survey.





**Series of Events:** Trainings hosted by the Mental Health Empowerment Project (MHEP)



## **March *In-person Trainings***

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**Peer Support, “What is it?”**

**Thursday, March 13th**

**1 PM - 3 PM**

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**8 Dimension of Wellness “Nutrition”**

**Thursday, March 20**

**1 PM - 3 PM**

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**Location: MHEP**

**204 2nd St, Albany, NY 12210**

**Register with: Alanna Mount**  
**[amount@mhepinc.org](mailto:amount@mhepinc.org)**

**Opportunity:** NYS Youth Justice Peer Advisory Council with the NYS Youth Justice Institute at UAlbany (SUNY)

Website Directory Link: [Youth Justice Institute | University at Albany](#)

About the council:

- The PAC advises state and local youth justice leaders on ways to support all of NY's youth toward success.
- PAC members receive the following: monetary compensation for their work with the council; mentoring and networking opportunities; and professional skill-building.
- PAC members come from all over NYS.

Eligibility:

- Be between the ages of 18 and 25.
- Live in New York State.
- Have current or past experience with the juvenile or criminal justice systems in the last 5 years.
- Participate in monthly virtual meetings.
- Commit to council membership for at least 1 year.
- Have strong problem-solving and collaboration skills.

Application Link: [NYS Youth Justice Peer Advisory Council Application Form](#)

Flyer Link: [2023 PAC Flyer](#)

# Opportunity: Mental Health First Aid for Veterans



## MENTAL HEALTH FIRST AID FOR VETERANS



So many people are out there wishing for something better, hoping that help will show up. That's what Mental Health First Aid is — it is help to get people connected to care and ultimately to get them to a better place.”

– Tousha Paxton-Barnes, U.S. Army Veteran

### WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid for Veterans, Military Members and their Families teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

Nearly

**1 IN 4**

active duty members showed **signs of a mental health condition**, according to a 2014 study.  
– National Alliance on Mental Illness via JAMA Psychiatry

**20**

**veterans die by suicide** each day.  
– U.S. Department of Veterans Affairs

About

**18.5%**

of service members returning from Iraq or Afghanistan have **post-traumatic stress disorder (PTSD) or depression**.  
– Substance Abuse and Mental Health Services Administration

### WHAT IT COVERS

- A discussion of military culture and its relevance to the topic of mental health.
- A discussion of the specific risk factors faced by many service members and their families such as mental and physical trauma, stress, separation, etc.
- How to break down the stigma associated with substance use disorders and mental illnesses like anxiety, depression, post-traumatic stress disorder (PTSD) and more.
- How to reach out to those who suffer in silence, reluctant to seek help.
- Community resource information and support.

The course will teach you how to apply the **ALGEE** action plan:

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

### WHO SHOULD TAKE IT

- Military members
- Veterans
- Families and friends of military members or veterans



To find a course or contact MHANYS, visit [MHANYS.org/MHFA](http://MHANYS.org/MHFA) or email [MHFA@mhany.org](mailto:MHFA@mhany.org).

## **Opportunity: New York Peer Advancement Network (NY-PAN)**

[Updated 9/30/24 NY OMH/NAPS Peer Workforce Advancement and Mentoring Network](#)

The New York Peer Advancement Network (NY-PAN) is a partnership between the New York State Office of Mental Health (OMH) and the National Association of Peer Supporters (N.A.P.S.). This mission of this program is to grow the peer support profession by promoting the inclusion of peer specialists throughout healthcare and other community systems throughout the state of New York.

NY-PAN participants receive an N.A.P.S. professional membership at no cost.

Qualifications: To participate, you must be a peer specialist living or providing services in New York and have either earned or are pursuing one or more of the following credentials in New York:

- Certified Peer Specialist (NY-CPS)
- State Family Peer Advocate Credential (FPA-C)
- Youth Peer Advocate Credential (YPA-C)

## Event: Register NOW for Empower Youth Success 2025

Registration link HERE: [New York State Network for Youth Success | Registration](#)

This event is featuring the NYS Community Schools Resilience & Equity Conference from April 30<sup>th</sup> to May 1<sup>st</sup> in Albany, NY. This event welcomes youth, young adults, parents, caregivers, providers, school faculty and staff, and youth-serving community-based organizations.

**Empower Youth Success 2025**

featuring  
**Community Schools  
Resilience & Equity Conference**

**Register Now**

**April 30-May 1, 2025**

Hilton Albany, 40 Lodge St., Albany, NY

New York State  
**Community  
Schools  
Network**

**NYS COMMUNITY SCHOOLS**

**2025 RESILIENCE & EQUITY CONFERENCE**

As part of the **2025 Empower Youth Success Conference**  
April 30th & May 1st, 2025 | Albany, NY | Register now: [bit.ly/EYS2025](https://bit.ly/EYS2025)

**MEET THE SPEAKERS**

 <b>Abe Fernández</b> National Center for Community Schools	 <b>Joline Collins</b> Institute for Educational Leadership	 <b>Jorge Blau</b> National Center for Community Schools	 <b>Kelly Perales</b> Midwest PBIS Network	 <b>Erin Brewer, Ph.D.</b> University at Albany, SUNY Child Research & Study Center
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## Event: Mental Health America National Conference

Calling all future speakers, sponsors, awardees, and attendees! The 2025 Mental Health America Conference [will be held](#) October 14-17, 2025 in Washington, D.C. at the Capital Hilton.

The Policy Institute will be held on October 14, Affiliate Day held on October 15, and the Main Conference held on October 16 & 17.

The 2025 Mental Health America Conference will bring together thousands of peers, providers, government officials, media, and advocates to share invaluable knowledge and outline actionable steps to foster the next wave of progress in mental health. The Conference will feature:

- Keynote presentations
- Interactive, hands-on workshops
- Networking opportunities
- Exhibitors
- CEUs



The graphic features a blue background with abstract white and light blue curved shapes. On the left is the Mental Health America logo, a dark blue square with a white stylized figure. To the right of the logo, the text 'MENTAL HEALTH AMERICA CONFERENCE' is written in bold, dark blue, uppercase letters. Below this, the phrase 'Save the date' is written in a cursive, orange font. At the bottom, three dates are listed, each underlined and followed by an event name: 'Oct. 14, 2025 Policy Institute', 'Oct. 15, 2025 Affiliate Day', and 'Oct. 16-17, 2025 Main Conference'. At the very bottom, the location 'Capital Hilton | Washington D.C.' is written in dark blue.

**MENTAL HEALTH AMERICA CONFERENCE**

*Save the date*

Oct. 14, 2025  
**Policy Institute**

Oct. 15, 2025  
**Affiliate Day**

Oct. 16-17, 2025  
**Main Conference**

**Capital Hilton | Washington D.C.**

## Opportunity: Youth Mental Health First Aid

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

Click the Link Below to Register

[Upcoming Youth Mental Health First Aid - MHANYS' School Mental Health Resource and Training Center](#)



**NO-COST**  
Youth Mental  
Health First Aid

**UPCOMING**  
On-Line  
Training Dates



School Mental Health  
Resource & Training Center

A project of The Mental Health Association in New York State



[mentalhealthdays.org/y mhfa-tmhfa](https://mentalhealthdays.org/y mhfa-tmhfa)



**Opportunity:** Youth Mental Health Ambassador with ICAN (Mohawk Valley Residents)

Apply HERE: [Youth Mental Health Ambassador Application](#)

Three teens will be chosen to be voices for our campaign and to help create content to spread the message that mental health is something that EVERYONE has... EVERY DAY!

Youth may be involved in social media, video, on air radio interviews, graphics, a photo shoot and more... all to help reduce the stigma of asking for help with mental health. It's a GREAT opportunity to take action, to fight stigma, to shadow a professional marketing team, to network AND to build skills.

- Requirements will take place in early 2025 – a mix of in person connections, writing, radio and more!
- Youth can be from any school district in the Mohawk Valley.
- Ages 14 and up would be best suited for this role.



## **Opportunity: Call for Proposals for NFF Annual Conference**

“The NFF Conference is the premier event bringing together families, caregivers, the family peer workforce, community leaders, providers, partners, and legislators. Our annual conference generates a large amount of discussion on current challenges and trends pertaining to families and the health of their children across the lifespan, from the perspective of a family-driven approach. We work to leverage our lived experience and learned solutions for the support and advancement of families whose children of any age experience mental health and/or substance use challenges during their lifetime.

To accomplish this, we welcome a diverse array of voices of those with lived experience for attendees to learn from and alongside.

**Apply by March 1st** to present at our [2025 conference](#) in Chicago, IL this November.

We invite you to join us in this important work by submitting a proposal to present at the 2025 Annual Conference taking place on **November 13-15, 2025, in Chicago, IL.”**



**NFF ANNUAL CONFERENCE**

 **NOVEMBER 13TH - 15TH, 2025**  
**HYATT REGENCY CHICAGO**

**LEARN MORE** [www.ffcmh.org/2025-conference](http://www.ffcmh.org/2025-conference)

**Event:** Virtual Webinar with the 2025 Suicide Prevention Coalition Academy hosted by NYSOMH and SPCNY

“By attending this Coalition Academy, participants will: 1) Understand and appreciate some of the unique challenges that the 46 million Americans in rural areas of our country face in accessing adequate mental health care. 2) Learn about Rural Minds, including our mission, vision and work across the United States. 3) Specifically, we will highlight our several programs and partnerships in New York where we are headquartered

Webinar Link: <https://meetny-gov.webex.com/meetny-gov/j.php?MTID=m97f01df9edcb20030cacace5574e5845>

## **Event:** The NYS Behavioral Health Tobacco Summit

From flyer: “We are excited to bring together leaders, front-line practitioners, individuals who utilize services, and allies from the behavioral health, tobacco/nicotine treatment, public health, and social service organizations and communities during this pressing time.

We warmly invite:

- Frontline practitioners (including peers) from o OMH-operated psychiatric centers o OMH-licensed or funded or designated outpatient treatment or residential or care management programs o OASAS-certified or funded or designated outpatient treatment or residential programs o Inpatient and emergency services in Article 28 general hospitals o Private Article 31 psychiatric hospitals
- Representatives from healthcare advocacy groups
- County Directors of Community Services and other officials and staff from local government units or city governments
- Leadership from community organizations and health systems that offer services to New Yorkers
- Champions who are passionate about helping people cut back on cigarettes
- Researchers
- Leadership and staff from NYS agencies”

Register HERE: [CAI Global](#)



## **Opportunity: National Youth Power Project**

From website: *“Have you ever felt unsafe expressing your identity or sharing your opinions online? With recent changes to content moderation, like Meta's decision to remove key guardrails and AI fact-checking, the internet risks becoming a breeding ground for hate speech and harmful interactions.*

Youth Power Project wants to hear from YOU. Help shine a light on the real experiences of young people navigating unsafe online spaces. Your story matters, and your voice can drive change.

**Submit a video testimony** or **share your story in writing** to highlight how you’ve felt unsafe online and why safe digital spaces are crucial for freedom of expression and inclusion.

**Your voice has power:** Selected submissions will be featured on our social platforms to raise awareness and shared with lawmakers to advocate for stronger digital protections and accountability.

*Let’s make the internet a safer, kinder, and more inclusive space for everyone.”*

Submit items HERE: [Share Your Story: Amplify Your Voice for Safer Online Spaces - Airtable](#)



**Opportunity:** The New York Youth Mental Health Corps

Flyer Link: [Youth Mental Health Corps](#)

Interest Form: [New York Youth Mental Health Corps Interest Form Survey](#)

“The Youth Mental Health Corps is a national initiative of the Schultz Family Foundation, Pinterest, and AmeriCorps intended to support youth mental health while giving young adults on-ramps to behavioral health careers. The New York Youth Mental Health Corps will build a service-to career pathway for young adults (18-29) who provide peer-to-peer mental health support.” - from Flyer

## **Opportunity:** National research study with UMass Chan Medical School

"[SPARC at UMass Chan Medical School](#) is looking for LGBTQIA+ young adults ages 18-26 with mental health conditions to share their lived experiences and feedback on a new counseling option called [Flexible Living and Optimal Wellness \(FLOW\)](#) in a virtual 1-hour interview. We will be holding interviews in the near future.

Participation in the study is voluntary. Your decision to participate or not participate in the research study will not impact any treatment or programming you are receiving at UMass Chan Medical School or UMass Memorial.

Registration is required to participate. Due to limited capacity, registration does not guarantee being selected for an interview. A research team member will contact you if you have been selected to participate in the study and schedule a 15-minute video screen to confirm your eligibility in the study. Participation in an interview will be compensated with a \$30 e-gift card.

To register and get more detailed information, click here:

<https://redcap.link/p2kzsno1>

Flyer Link: [FLOW Phase 1 Flyer\\_PRINT Final](#)

**Opportunity:**

**Lifting Voices** is a COLLECTIVE effort to transform the mental health system of care. Their goal is to lift all voices, across as many states as possible, beginning with a survey.

They created a survey for Youth and Young Adults with complex mental health and/or substance use needs, (ages 12-25 years) and another for their Families/Caregivers.

We encourage our network to share these surveys in your networks and communities to reach as many voices as possible!

Parent & Caregiver Survey: [Qualtrics Survey | Qualtrics Experience Management](#)

Youth and Young Adults Survey: [Qualtrics Survey | Qualtrics Experience Management](#)



**HELP TRANSFORM MENTAL HEALTH CARE! >**

**YOUTH & YOUNG ADULTS**

**PARENTS & CAREGIVERS**

**Help us work to improve the mental health system.**

**Event:** Virtual Training Symposium with New York City

**When:** *March 26, 2024, from 10am to 12pm ET*

Join the New York City Mayor's Office of Community Mental Health (OCMH), The New York City Department of Health and Mental Hygiene (DOHMH), and Families on the Move (FOTM) for a virtual training symposium titled Integrating and Supporting Peer Support Workers in Behavioral Health Settings. This training symposium will focus on promoting organizational culture change within New York City (NYC) contracted provider organizations and nonprofits that support and employ Peer Support Workers (PSWs), including Peer Specialists, Youth Peer Advocates, Family Peer Advocates, and Recovery Peer Advocates.

This event will explore best practices for hiring, disclosure, and successfully integrating and retaining PSWs into organizational and team structures. Discussions will emphasize strategies and actionable practices that foster inclusion and the integration of people with lived experience in the workplace, creating a more diverse, inclusive, and effective workforce.

This virtual training symposium will be held on **March 26, 2024, from 10 am to 12 pm**. Please read the attached flyer for more information and click the link to register. You can also click the link below to register. After you have registered, you will be sent a calendar invite and link to the virtual event.

Register HERE: [Integrating and Supporting Peer Support Workers in Behavioral Health Settings](#)

VIRTUAL TRAINING SYMPOSIUM:

## Integrating and Supporting Peer Support Workers in Behavioral Health Settings

March 26, 2025  
10AM-12PM

Join us for a virtual symposium exploring best practices for integrating Peer Support Workers in behavioral health organizations, focusing on organizational culture change, hiring practices, and workplace inclusion strategies.

[REGISTER NOW](#)

For more information contact Dr. Nivea Jackson at [nijackson@mentalhealth.nyc.gov](mailto:nijackson@mentalhealth.nyc.gov)



## **Opportunity: Virtual Training Series for Peers with I/DD**

### **About STEPS2:**

STEPS2 at the CUNY School of Public Health is a free health education program for people living in New York State aged 16-27 with intellectual/developmental disabilities. Participants attend one-hour Zoom classes for six consecutive weeks, focusing on either sexual health and socialization (STEPS2) OR nutrition, exercise, and mindfulness (Steps to Your Health). Participants are randomly assigned to one of the two classes. All participants complete four surveys and receive \$100 in gift cards (\$25 per survey) upon survey completion.

If you or someone you support would like to participate in STEPS2, please complete this form:

<https://forms.gle/iL2gwrUCT4WJHehi7>

Meet our team: <https://vimeo.com/929567619>

Learn more about STEPS2: <https://cunyisph.org/steps2-study/>

For any questions, please email [steps2@sph.cuny.edu](mailto:steps2@sph.cuny.edu) or call (914) 365-8959.

Letter from NYS OPWDD: <https://acrobat.adobe.com/id/urn:aaid:sc:VA6C2:b926a7a3-60b4-4b87-9808-b8874cd5e67e>

March Newsletter Flyer: <https://acrobat.adobe.com/id/urn:aaid:sc:VA6C2:94a80423-bbfb-4bd3-bf5f-be48ca2de079>

Steps to Your Health (STYH) Curriculum Overview:

<https://acrobat.adobe.com/id/urn:aaid:sc:VA6C2:8a7d60a9-8e8e-44a1-9046-6432d8f06041>

**Opportunity:** Central Region FACE Center for Family and Community Engagement

“The FACE Center is to support and empower schools, families and communities to improve equity, access, opportunities and outcomes for all students with disabilities. We provide a variety of trainings and resources for families and professionals.”

Trainings and Events Flyer 2025:

<https://acrobat.adobe.com/id/urn:aaid:sc:VA6C2:eeb1f958-cc0d-44d9-92b7-73878153992e>



**Event:** Survivors of Suicide Webinar

**Free Webinar: Survivors of Suicide – April 2 from 1pm – 2pm Est**

Panelists: Karen Heisig, Jeff Winton, Karl Czymmek

Losing a loved one to suicide can be a profoundly painful and isolating experience. The complexity of the emotions can feel overwhelming, and often surviving friends, family, and co-workers struggle to know who to talk to. Learn about common emotions and challenges, the grief journey, and what can help. Hear the stories from several survivors of loss and how they coped.

**Register at:** <https://cornell.zoom.us/j/912211111111?pwd=U4SnOVZu94oR3-EA>

About our panelists:

**Jeff Winton** is the founder and chairman of Rural Minds™, a national 501(c)(3) nonprofit organization that serves as an advocate and informed voice for mental health equality in rural America.

Due to a family tragedy, Jeff devotes a significant portion of his time and energy to fighting the stigma, suffering and silence caused by mental illness and helps rural Americans tell their own personal stories to assist others on similar journeys.

In addition to being the founder and chairman of Rural Minds, Jeff is the founder and owner of Wall Street Dairy LLC, a working family dairy farm in Chautauqua County, New York, and a member of a multigenerational farm family.

Jeff has worked for four decades as a communications and corporate affairs leader with Fortune 100 corporations and is now chief executive officer of Jeff Winton Associates, a full-service communications and corporate affairs agency he co-founded in 2020. He has deep experience – on both a professional and extremely personal level – with efforts to educate about depression, bipolar disorder, schizophrenia, substance use disorder and other forms of mental illness that has led him to create Rural Minds.

Jeff graduated with distinction from Cornell University in Ithaca, New York, with a Bachelor of Science degree from the College of Agriculture and Life Sciences and currently serves on the Cornell University Council and the Dean's Advisory Council for the College of Veterinary Medicine at Cornell University. He was named outstanding alumnus in 2020 and was most recently honored by the New York State Agricultural Society with the 2025 Cap Creal – Communicator of the Year Award. Additionally, Jeff was appointed to the Advisory Board of NY

FarmNet, a Cornell University-affiliated nonprofit organization that helps New York State farms navigate times of transition, opportunity, and challenge through educational programming and holistic consulting that addresses financial, family, and social stress.

**Karen Heisig** spent 20 years in North and South Carolina after marrying her college sweetheart, an Army ROTC graduate of Niagara University, before returning to her native Rochester, NY with her children. Her husband served with 504th Infantry, 82nd Airborne Division where he deployed for Operation Just Cause and Operation Desert Storm. When the events of 9/11 occurred, after leaving the service and having a successful career as a pharmaceutical sales representative for a decade, he made the decision to resign his commission and enlisted in the Army to be trained as a Special Forces Medic. While the journey that followed is far too detailed to give due justice in a brief bio, Maurice “Mo” Heisig died by suicide on January 23, 2006.

Karen has spent the last 12 years volunteering and working in the suicide prevention and postvention field. Her passions include prevention education, walking with others on their healing journey, spending time with her young adult children and family, and anything to do with being outdoors or cooking. As the widow of a combat veteran, she hopes her experience can help shape the future of preventing other families from ever finding themselves on this journey.

**Karl Czymmek** has a strong background in production agriculture and training in agronomy and law. He served the NY dairy industry for over 20 years as PRO-DAIRY’s nutrient management specialist, where he focused on nutrient management, environmental sustainability, and regulatory issues of importance to the NY dairy industry.

In 2021 Czymmek became Vice President- Field Research and Agronomy with the Environmental Research team at Dairy Management Inc., and in 2022 joined Land O’Lakes subsidiary Truterra as part of the Dairy and Livestock Services team. Both positions involved efforts to support the U.S. dairy industry toward meeting environmental stewardship goals established by the Innovation Center for U.S. Dairy, including the net zero greenhouse gas (GHG) emissions by 2050 commitment.

In 2024, Czymmek returned to Cornell for a newly created position, Dairy Climate Leadership Specialist, and also as Associate Director of PRO-DAIRY. Efforts as a Dairy Climate Leadership specialist include 1) working with scientific experts across the core dairy GHG “footprints” of enteric, manure and feed production to develop sound practices to reduce emissions while improving economic sustainability through productivity gains, new revenue streams and carbon markets; and 2) communication with and training for dairy producers, industry

advisors, scientists, governmental and regulatory agency staff on opportunities to reduce GHG emissions and increase carbon sequestration.

**Event:** Mental Health Training

## MENTAL HEALTH TRAINING



**A BEAUTIFUL MIND: UNDERSTANDING MENTAL HEALTH IN YOUTH AND YOUNG ADULTS**

**PRESENTED BY:**

**ERICKA ROSE LMHC  
&  
DR. EDNITA WRIGHT**



- Basic understanding of mental health as it relates to at-risk and/or risky youth and young adults.
- Insight into the impact of culture, racial trauma, as well as societal stigma on mental health while
- learn strategies to foster healing, resilience, collaboration and empowerment.



**DAY**  
**FRIDAY**  
21 MARCH, 2025



**LOCATION**  
16101 E MOLLOY RD,  
EAST SYRACUSE, NY 13057



**TIME**  
12:00 PM -4:00PM

**Lunch**  
PROVIDED



**Space**  
LIMITED



**For Additional Information Please Contact**

**Yolanda Seegars (315)766-4885**

**Melinda Agnew (315)882-1455**

Event: Free Community Giveaway

**SYRACUSE GIVEAWAY**

Don't Miss Our Free Community Giveaway in Syracuse, New York!

We are excited to host a remarkable community giveaway in Syracuse, New York, presented by Black Men United in collaboration with World Vision and Project Rise 315. This event is a meaningful opportunity to show our care and support for the community while celebrating the rich history and enduring spirit of Syracuse. Join us as we continue our mission to uplift and empower communities through unity, generosity, and service. Let's make a lasting impact together!

**Saturday, March 22, 2025**

**11:00 AM - 2:00 PM**

**St Lucy's Food Pantry  
425 Gifford St,  
Syracuse, NY 13204**



## Opportunity: Peer Decision Coaching Research Study

Sign Up Link: [Qualtrics Survey | Qualtrics Experience Management](#)

### Peer Decision Coaching Research Study



#### Purpose of study

The purpose of this research study is to pilot test a peer decision coaching intervention designed to help young adults make decisions about their community participation in areas such as work, school, and doing things for fun

#### About the Peer Decision Coaching Study:

- The peer decision coach will talk with you about a decision you are facing and what could be done to help you with decision-making. All meetings will take place via videoconference
- You will complete two research interviews sessions conducted before and after participation in the study intervention

#### You will be paid for your time!

Receive \$25 in electronic gift cards for completing the baseline interview and \$30 in electronic gift cards for completing the post-intervention interview.

#### We are looking for people who are:

- Between the age of 18-30
- Experiencing a serious mental illness (e.g., schizophrenia, major depression, bipolar disorder)
- Would like to participate more in your community

#### See if you're eligible by taking the online screener!



#### Have questions or Interested? Contact us!

Call: 215-204-1699  
Text: 215-664-2870  
Email: [pdcc@temple.edu](mailto:pdcc@temple.edu)

This study was approved by the Temple IRB under protocol number: 31402

**Event:** Agency 101 with CNY RiTAT and Mid-State FACE Center

This training offers an overview of primary adult services for students with disabilities, ages 14-22. Participants will:

1. Recognize the various adult service agencies available in NYS, the different types of services they provide and understand the referral process for each.
2. Connect students with disabilities and their families to essential post-school options and supports.
3. Recognize that connection to service agencies correlates to attaining positive postsecondary outcomes, including employment outcomes.

Event Flyer (PDF): <https://acrobat.adobe.com/id/urn:aaid:sc:VA6C2:3c2174f3-ac47-463e-8c97-7f94941e4012>