

# Walsh University's School for Behavioral and Health Sciences Presents

## 2024 MENTAL HEALTH SYMPOSIUM: Social and Emotional Wellness *for Youth and Young Adults*

Friday, February 23,  
7:30 a.m. – 12:00 p.m.  
*Barrette Business & Community Center*

### Register Here:



This symposium addresses pressing issues such as COVID-19, anxiety, depression, and social media stressors affecting today's youth and young adults. Hear insights from industry experts who will provide strategies to address the many challenges.

This **FREE** event is designed for **Mental Health Professionals**, **Community Partners** and Walsh faculty and students, offering 4 contact hours (certificate of attendance provided). Don't miss this opportunity to gain valuable insights and contribute to the well-being of youth and young adults.

### OPENING ADDRESS:

*The Process of Discovering Your Unique Footprint In the World of Mental Health*

#### Quebec Gibbins '13, '18



Quebec Gibbins is a Licensed Professional Clinical Counselor with Supervisor designation (LPCC-S) with the State of Ohio. He has a Master of

Clinical Mental Health and School Counseling from Walsh University. Quebec focuses on working with a wide variety of clientele (including but not limited to) adults, marriage and family, adolescence, children, foster care, trauma, mood and adjustment issues.

### MORNING SPEAKER:

*Through the Eyes of a Clinician: Current Issues Facing Adolescents and the Impact on Well-being*

#### Autumn Brown '22



Autumn Brown is a Licensed Professional Counselor in Ohio and holds a Master of Clinical Mental Health and School Counseling from Walsh

University. She specializes in working with clients who struggle with addiction, anxiety, depression, mood disorders, and other mental health needs or concerns. Autumn has an extensive history working with women, students, and those with a dual diagnosis.

### FEATURED KEYNOTE:

*Beyond the Breakdown: Unraveling and Rebuilding the Self*

#### Cyrus Ausar



Cyrus Ausar overcame adversity himself to become an acclaimed Depression and Suicide Prevention expert who has raised over six-million

dollars for non-profit organizations. He was the youngest recipient of the United Way's Emerging Philanthropy Award and the Daymond Mumford Humanitarian Award. Cyrus owns an award-winning mental health cafe called "Greatness Cafe," providing a safe space for individuals to find support and nourishment for their minds and souls.

### PANEL DISCUSSION:

*Challenges and Strategies for Social and Emotional Wellness in Youth and Young Adults*

#### Claire Killian '22,

*MOT, OTR/L (Applied Behavioral Connections)*

#### Sharon Hoopingarner,

*Psychiatric NP (The Center for Renewed Minds/Phoenix Rising Behavioral Health Care Services)*

#### Merisa Salazar,

*LISW (Branch Counseling and Trauma Center)*

#### Veronica Gehring '22,

*LPC (The Center for Renewed Minds/AVO Behavioral Health and Recovery)*

#### Macayla Williams '20,

*PA-C (ONE Health Ohio)*



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