

Time (EST)	Monday 9/20/2021		Tuesday 9/21/2021		Wednesday 9/22/2021		Thursday 9/23/2021	
5:30pm	Keynote The Role of Community and Connection in Suicide Prevention		Tending the Flame: Causes and Care for Burnout During COVID-19	Lets Talk (But From a Distance): The Impact of Social Media and Virtual Events	A Toolbox for Mental Wellbeing	Co-Responder Teams: The Partnership of Mental Health and Law Enforcement	Stuck In My Room but The Door Ain't Locked	Improving Mental Health: The Effects of Exercise
6:30pm	Yoga & Mindfulness	Representation in Mental Health: Identifying Barriers to Utilization of Services	Parental Fears Regarding Psychiatric Medications for Children	Video Games & Wellness	Doing What Needs to Be Done: A Panel Presentation About Volunteering at the Alachua County Crisis Center	Suicide Prevention and Wellness for Military Families	Black Mental Health: Healing and Rest as Forms of Resistance	
7:30pm	The Medicalization of Wellness	Refilling Your Cup: Self-Compassion for Caregivers, Counselors, and Teachers	Promoting Resilience and Preventing Life-Threatening Outcomes of Youth Bullying	De-escalating and Supporting Loved Ones in a Mental Health Crisis	The Science of Resiliency: Tips & Tools for Improved Coping Skills	Substance Use and Mental Health During Crisis	Recovery Through Work: The Clubhouse Model	Calm Through the Storm: How Mindfulness Can Help Us Cope

[Link to session descriptions.](#)