

The Madison Holleran
FOUNDATION

Carli Bushoven

Madison Holleran Foundation

<https://www.madisonholleranfoundation.org/>

Carli tragically lost her younger sister, Madison Holleran, to suicide on January 17, 2014, which was just two weeks after Carli's first child was born. Beautiful, athletic, kind, and smart, Madison was thought by many to have "had it all." Her death came as a shock to not only her family, but her friends, community, and people across the country – and became the catalyst for the NYTimes bestselling book "[What Made Maddy Run?](#)" by Kate Fagan and published by Little, Brown and Company.

Shortly after Maddy's death, Carli helped form the Madison Holleran Foundation in an effort to keep Madison's memory alive and to support others who are struggling with mental illness. Madison's story has been shared on national television with Dr. Oz, and in numerous news outlets including People Magazine.

Passionate for suicide awareness and prevention, Carli shares Madison's story in an effort to inspire others to speak out about their mental health struggles and end the stigma that prevented her sister from getting the help that she needed when she needed it.

Destructive Perfectionism

Carlie Bushoven

Sometimes people who seem to have their lives together are actually falling apart under the surface. Living in an age of social media and intense comparison, many young adults today are focused on keeping up or achieving unrealistic goals of perfection.

At just 19, Madison Holleran, known to have both beauty and brains, had also earned a coveted spot on UPenn's Ivy League track team and won multiple academic and athletic awards. It seemed like she "had it all." Madison's pursuit of unattainable levels of "perfection" exacerbated her mental health struggles with anxiety and depression. She struggled immensely with her sense of failure and ultimately ended her life in January 2014. Carli challenges others to ask themselves: Is this life my pursuit of happiness or my pursuit of perfection?



Jennifer Clearwaters & Cynthia O'Connell

Jennifer Clearwaters is a Licensed Professional Counselor, Integrative Nutrition Health Coach, yoga instructor, and Reiki Master. She formerly worked in public education for over 20 years as a teacher, School Counselor, Director of School Counseling Services, and college professor. Jennifer owns a private practice for behavior health and wellness in New Jersey.

Website: www.mindsetnj.com

Cynthia O'Connell is a mindfulness, meditation, and stress reduction educator. Previously, she worked as a specialist professor in the Educational Counseling Department at Monmouth University, and as a teacher, coach, school counselor and Director of Counseling Services K-12 in New Jersey for over 30 years. Certifications include Yoga Calm® Trainer, and RYT200 Yoga Instructor. She received training in Mindfulness Based Stress Reduction at Jefferson-Myrna Brind Integrative Medicine Center in Philadelphia. Cynthia created and facilitates a 4-week course, An Introduction to Mindfulness Meditation which is offered online and in person for adults. She has presented workshops in schools all over New Jersey and presented at many conferences. Website: www.mindfulnessconnection.com

**The Elevation Principles:
Guidance and Resources for Sustainable Change**

Jennifer Clearwaters & Cynthia O'Connell

Is there a change you want to make in your life? If so, what is holding you back? What is one small step you can take to become the best version of yourself?

The Elevation Principles gives you the guidance, resources, and support to break free of old habits and patterns that are keeping you stuck. This book offers ways to climb the ladder of possibilities through principles that are clearly defined, based on research, and simplified to easily fit in your daily schedule. Get ready to ditch the excuses and commit to your journey on a path to health and wellness.



Lynn M. Snyder, LPC, ATR-BC, FT
Common Ground Grief Center
www.commongroundgriefcenter.org

Lynn M. Snyder, LPC, ATR-BC, FT is the Founder and Executive Director of Common Ground Grief Center located in Manasquan, New Jersey. The center is dedicated to supporting children, teenagers, and their family members who have experienced the death of a parent/adult caregiver or sibling. Lynn is a Licensed Professional Counselor, Registered, Board Certified Art Therapist, and holds a Fellowship in Thanatology (FT) from the Association for Death Education and Counseling (ADEC). In addition to her position as Executive Director at Common Ground, Lynn supervises graduate students and provides skill training to new volunteers. Lynn is an active member of the community, continually working to build relationships with organizations and schools. She has presented both locally and nationally including: NACG, the Compassionate Friends, ADEC, ASAP-NJ, American Counseling Association, Rutgers University, and many local schools and hospitals throughout New Jersey.

Lynn was part of the adjunct faculty at Monmouth University, where she designed and taught a course on children's grief for their graduate mental health counseling program. Lynn authored her first children's book, *Little Ruby's Big Change: Talking with Children About Loss, Change and Hope*. *Little Ruby's Big Change* has been used in schools and other organizations that support children.

Understanding and Supporting the Grieving Child or Teen

Lynn M. Snyder, LPC, ATR-BC, FT

Caring adults are often at a loss when it comes to talking about death with a child or teen and how to assist them in the grieving process. This presentation will help caregivers become more grief educated and will focus on children and teens.



Susan Tellone, MSN, BSN, CSN, RN
Society for the Prevention of Teen Suicide
<https://sptsusa.org/>

Susan Tellone is a highly accomplished nursing professional with a career spanning nearly 40 years and has dedicated herself to the field of mental health education both as a nurse and an educator, with a focus on adolescent suicide prevention. Early in her career, Ms. Tellone worked in the emergency rooms of Monmouth Medical Center (RWJ Barnabas Health) as one of the first PESS (psychiatric emergency suicide screeners), and went on from there to teach for many years at the University of Medicine and Dentistry on various topics on mental health, but specifically the psychiatric screening law of New Jersey.

In 2008 Susan took a position at Manasquan High School (NJ) as a school nurse and educator and soon after that, her school experienced one of the larger teenage suicide contagions on record. During her tenure there, as a response to the suicide contagion, Susan took on the roles of Crisis Coordinator, Anti-bullying specialist and Master Lifelines Suicide Prevention Trainer. She co-authored a Project Serv Grant (schools against violence) and was able to get funding into her school to develop a Crisis plan based on the Lifelines Curriculum that became a national model.

She presented this plan at the National Conference on Suicidality in Florida in 2009. Ms. Tellone was the keynote speaker at the Annual Conference for Safe and Drug Free Schools in Boston in 2010, and presenter at the REMS conference in Washington DC 2011, International Conference of Suicide Prevention in New York City 2012, NJEA teachers conference 2014, and at the Mental Health America Conference in 2019.

Susan continues to present both locally and nationally on this topic. Retiring from education in 2016, Susan went on to serve as the Vice President of the Mental Health Association of Monmouth County. During her Vice Presidency at MHA, Susan through County and grant funding spearheaded the Lifelines Suicide Prevention program implemented in over 160 schools in Monmouth County New Jersey.

Presently she holds the position of the Clinical Director at Society for the Prevention of Teen Suicide where she continues her passion for preventing suicide among our youth through education in schools and communities. As clinical director, Ms. Tellone is responsible for Suicide Prevention Programming. She has expanded programming into the healthcare sector, most prominently as the co-author of Adolescent Clinical Training for Suicide Prevention. The model is designed and the curriculum written to upskill health professionals including outpatient providers, hospital ED staff and hospitalists, nurses, and pediatric health providers.

Tellone is a strong advocate for mental health and has presented multiple times in the NJ Senate to promote legislation supporting youth. She is often recognized as an authority on the topic of suicide prevention and has appeared on radio, podcasts, as well as a trusted expert contributing to numerous articles on youth suicide. Ms. Tellone is sought-after keynote/plenary speaker and panelist at national conferences.

Raising Resilient Teens in Challenging Times

Susan Tellone

This program educates parents on the warning signs of suicide, dispels myths, and encourages parents to speak to their children about suicide prevention, while providing direction on how to have the conversation with their teens.

Jennise Nieves (KEYS Academy) & Deena Cohen (Tigger Stavola Foundation)

Jennise Nieves:

Jennise Nieves has been working as an educational leader, substance abuse and mental health counselor and child trauma advocate for over 20 years.

Jennise is the co-founder and assistant director for K.E.Y.S. (Knowledge, Empowers, Youth & Sobriety) Academy Recovery High school of the Matawan Aberdeen Regional School District (MARSD). Prior to this position, she served as Student Assistant Counselor (SAC) for Matawan Aberdeen Regional High School and for the Long Branch Public Schools. She served as a bilingual counselor for Spanish speaking students and families. Additionally, she also served as a domestic violence and sexual counselor for 180 turning lives around. During her time as a SAC, she began researching alternative schools, holistic programs and trauma informed practices. Her mission was to service students seeking a substance abuse recovery school community that fosters wellness, recovery, and academic success. Jennise had the great support of her mentors that include Superintendent of School Nelyda Perez, Dr. David Stout, President of Brookdale Community College, and together they joined their efforts in the development and establishment of creating the first and only recovery high school in central New Jersey.

In November 2017, with the support of the MARSD Board of Education, New Jersey Department of Education - Recovery Access Grant, Brookdale Community College and Monmouth County Freeholders, Jennise was able to open K.E.Y.S. Academy. Jennise's message is about saving lives and about providing meaningful pathways in which students can have access to individualized academic services, diverse mental health and substance abuse treatment and post secondary college and career planning opportunities. She is a relentless advocate for children that have been diagnosed with substance abuse and mental health disorders and experienced adverse childhood experiences (ACE's), and domestic violence. Jennise is also committed to serving students with special needs and assisting Spanish speaking learners in which English is their second language.

Jennise herself was a student in which English was her second language and who experience academic and wellness difficulties due to the trauma she experienced as being a Child of Substance Abusers (COSA).

Jennise earned her Educational Leadership Principal Certification from NJ Excel. Jennise holds a Master's Degree in Psychological Counseling and a Criminal Justice Bachelors Degree from Monmouth University.

She is a first-generation college student in her family and the first to obtain a high school diploma. She is dedicated to her family, students and school community. Jennise is a very involved parent with her loving husband Luis. Their children Diego and Isabella Maria, ages 17 and 13 and their mini goldendoodle, Champ. Jennise is dedicated to being a servant leader and to being a role model to all her students and teaches the importance of "Being the Change" you wish to see in our communities and helping those in need.

Deena Cohen, MPA, CADC, CTTS, WTS:

Since 2002, Deena Cohen has served in a variety of roles focused on education about, prevention of and treatment for substance use disorders (SUD). She is currently the Director of Global Market Development at GoMo Health®, A Division of Gold Group Enterprises. In addition to having marketing responsibilities, Deena is the company's subject matter expert on maternal-child health, SUD and behavioral health.

Before joining GoMo Health, Deena was a HUB Team Member, Substance Use Disorder Specialist on Rutgers University's Project ECHO Team for Maternal/Child Health. In this role, she provided teleECHO didactics to professionals throughout the state on the best practices for treating pregnant women with opioid use disorder (OUD); educated providers statewide on the benefits of medication assisted treatment for OUD and tobacco cessation; and hosted the "metaECHO" program, a virtual sharing of programmatic best practices among established and new replication partners.

Deena's earlier roles were Perinatal Risk Reduction Specialist and then Project Director, Perinatal Opioid Addictions at the Central Jersey Family Health Consortium; Substance Abuse Women's Program Coordinator at Preferred Behavioral Health of NJ; and Prevention Specialist at the RWJBarnabas Institute for Prevention and Recovery. All of these positions involved clinical treatment, education, and program development responsibilities.

Deena earned her Master's degree in Public Administration at Fairleigh Dickinson University, Teaneck, NJ, and a Bachelor's degree in Political Science at the Richard Stockton College of New Jersey, Pomona, NJ. In addition to being a New Jersey Certified Alcohol and Drug Counselor, Deena is a Certified Prevention Specialist, Women's Treatment Specialist, Tobacco Treatment Specialist and Fetal Alcohol Spectrum Disorder educator.

Keeping Hope in Your Home

Jennise Nieves & Deena Cohen

Join us for an interactive conversation led by Jennise Nieves, K.E.Y.S. Academy, and Deena Cohen, of The Tigger Stavola Foundation, as we delve into best practices that will help support, strengthen, and empower family connections and relationships with a focus on wellness and in your homes. Our families and youth have been impacted and affected by mental health and substance abuse. We will share tangible examples and resources to enhance families' well-being and gives them hope.

Timothy Rohrer

Tips4Inclusion

Tim Rohrer is a young adult with autism who is an author, speaker, self-advocate and educator on disability inclusion. He has written two children's books, "Timmy's Story: A Story About Autism and Friendship" and Timmy's story: A Sensory Friendly Birthday. He created his own website and YouTube Channel with his own original resources and videos about disability inclusion. His work has been featured in media around the world. He has spoken at schools, conferences, businesses and even made it to the top speaking at the Department of Education. In addition, Tim has received a commendation from the NJ State Senate and Assemblymen and is the managing partner of a teen founded, non-profit organization, 5Help Foundation.

Rise from Isolation

Timothy Rohrer

Tim Rohrer is a young adult with autism who grew up with many challenges both academically and socially. The challenge that affected him most was being bullied, isolated and excluded by his peers in high school. High school was a very painful time in his life that he was able to overcome by writing, creating resources and speaking out about acceptance and inclusion. Tim will discuss his autism journey and how he persevered to become the successful speaker, author, self-advocate and educator on disability inclusion that he is today.



Larry Thompson
Integrated Care Concepts

<https://integratedcareconcepts.com/>

Larry Thompson, LCSW, was trained at New York University's School of Social Work and earned a Master's Degree in Social Work. His theoretical orientation is in the use of self & Zen psychology and psychodynamic-object relations theories of psychology. He was formerly the Director of Children's Mobile Response in Ocean County and Team Leader for Monmouth County PACT team.

Larry holds post-graduate certificates in Child/Adolescent Mental Health and Parent Education from Rutgers University. Larry incorporates his training in Dialectic Behavioral Therapy and Cognitive Analytic Therapy with nature and holistic approaches in work with adolescents, individuals, and families.

Larry's passion for integrating a total wellness approach continues to carry over into his professional and personal life. He has completed a post-graduate certificate through Drexel in Complementary and Integrative Therapies, so as to offer his clients additional options for their wellness recovery, as well as iRest yoga nidra meditation through the Integrative Restoration Institute.

Intentional Parenting & Intentional Family

Larry Thompson

Parenting, who knew? Who knew how much harder it was going to be in this generation compared to “back in our day”? In raising the kids and holding the family together the challenges and intersectionality of so many complex vulnerabilities have created dynamic obstacles to creating a facilitating relational family experience. Families requiring multiple incomes to financially survive, social media, technology, hyper scheduled kids, social and political divisions, COVID, the number of distractions, disruptions and demands go on, making the time with our kids, being parents and being a family more limited than ever. We have less time to be a family, to be a parent, this requires us to not be accidental or coincidental but INTENTIONAL in our approach to the most important thing for our world today.



Stefanie Garguilo
Stefanie Garguilo Life Coaching

Stefanie Garguilo is a Life Coach and school counselor for Monmouth County Vocational School district. Stefanie was a former high school English teacher and runs a School Wellness Club and is the District SEL Coordinator at her current school. Stefanie started her Life Coaching business in March and has been running workshops for teens and adults on finding meaning and happiness. Stefanie has a Bachelor's Degree in English and Secondary Education and a Master's in School Counseling. She also holds several Life Coaching certifications including Happiness Coach and Career Coach.

**Pathways to Happiness:
Navigating the Landscape of Meaning and Connection**
Stefanie Garguilo

In a world filled with constant challenges and distractions, the pursuit of happiness often leads us to the profound journey of finding meaning in our lives. This workshop, "Pathways to Happiness," delves into the transformative power of connecting with a sense of purpose and fostering community bonds as fundamental pillars on the road to fulfillment. As we explore the intricate interplay between meaning and happiness, we'll discuss the vital role of connection and belonging in enhancing overall well-being for both parents and children.