



Family and Caregiver Access to Resources on Anxiety and Depression in Children and Youth

*Wednesday, July 19th, 6:00pm – 7:00pm ET
(5:00pm – 6 pm CT / 4pm-5pm MT / 3pm – 4pm PT)*

The Administration for Children and Families (ACF) and the Substance Abuse and Mental Health Services Administration (SAMHSA) invite you to attend a **virtual training designed for parents and caregivers on anxiety and depression in children and youth.**

This is a continuation of the Department of Health and Human Services' (HHS) efforts to provide important and useful information and resources about child, youth, and family mental health. A previous webinar recording on mental health access and resources for parents and caregivers can be found [here](#).

This free virtual training will feature information and resources specifically for parents and caregivers. **While it is designed to provide education to parents and caregivers, you do not need to be a parent or caregiver to attend.** The training will provide the following:

- Information on anxiety and depression in children and youth from parents, caregivers, and behavioral health professionals;
- Useful skills to recognize and respond to children and youth managing anxiety and depression;
- Information on how to access mental health resources and guidance to help children and families;
- An overview of resources available to support parents and caregivers.

To register for the training, please visit:

https://acf-hhs.gov.zoomgov.com/webinar/register/WN_kTPXvy6zSZmvdXJh9DnZWA or click [here](#).

If you cannot attend, the training will be recorded and uploaded to this [Parent and Caregiver Resources](#) site along with resources shared during the event. If you have questions, please email us at ParentCaregiverTraining@samhsa.hhs.gov. Certificates of attendance will be available.

Spanish interpretation will be offered live during this training.

Agenda	Description	Speaker
Welcome	<i>Welcome and overview of training</i>	Lauren Behsudi (she/her), ACF Arc Telos Saint Amour (they/them), Youth MOVE
Opening Remarks	<i>Opening remarks from federal leadership on parents' and caregivers' role in supporting children's mental health</i>	January Contreras (she/her), Assistant Secretary, ACF
Presentation and Panel Discussion	<i>Presentation about anxiety and depression in children and youth and discussion on recognizing, responding to, and seeking support for children and youth experiencing anxiety and depression.</i>	Dr. Sunny Patel (he/him), SAMHSA Tecoria Jones (she/her), Parent Advocate Kris Locus (they/she), Youth Advocate
Resource Overview	<i>Guided review of federal mental health resources</i>	Candace Lindsay (she/her), SAMHSA
Closing Remarks	<i>Closing remarks from federal leadership about mental health resources available</i>	Miriam Delphin-Rittmon (she/her), Assistant Secretary, SAMHSA

Speakers & Facilitators



January Contreras
Assistant Secretary, ACF

January Contreras (she/her/hers) is the Assistant Secretary at the Administration for Children and Families at the U.S. Department of Health and Human Services. As the Assistant Secretary, Contreras leads with a focus on effectively and equitably delivering on the agency's vital mission to promote the economic and social well-being of children, families, and communities across the nation.



Miriam Delphin-Rittmon
Assistant Secretary, SAMHSA

Dr. Miriam Delphin-Rittmon (she/her/hers) is a psychologist currently serving as the Assistant Secretary for the Substance Use and Mental Health Administration (SAMHSA). Through her 20-year career in the behavioral health field, Assistant Secretary Delphin-Rittmon has extensive experience in the design, evaluation, and administration of mental health, substance use, and prevention services and has received several awards for advancing policy in these areas.



Arc Telos (Tay) Saint Amour
Executive Director, Youth MOVE National

Arc Telos (Tay) Saint Amour (they/them/their) is the Executive Director of Youth MOVE National, a youth-driven, chapter-based organization seeking to connect, support, and develop youth leadership in advocacy to create positive change. As a queer and trans Mexican Indigenous person, Tay's life's work is to ensure people are seen, validated, and celebrated for being who they are, as they work in spaces to liberate individuals from and tackle systems that seek to prevent that.



Tecoria A. Jones
Parent Advocate

Tecoria A. Jones (she/her) is mother to six and an active change agent. Jones is currently on project with Thriving Families, Safer Children as a national lived experience executive. Her restorative work focuses on health and wellbeing, food policy, and therapeutic massage with a mission to create a community-centered massage clinic promoting mental health and good body mechanics.



Kris Locus
Youth Advocate

Kris Locus (they/she) is a Certified Peer Recovery Specialist (CPRS) and a Certified Trauma Recovery Coach (CTRS). They are passionate about using their lived experience as a Nonbinary Queer BIPOC to bring about change through numerous speaking engagements hoping to highlight the necessity and value of Peers in all spaces. Now Kris works as the Transitional Age Youth (TAY) Coordinator for On Our Own of Maryland, working to advocate for the inclusion of young adults as equal partners in the process of systems change on local, state, and national levels. As the TAY Coordinator, Kris' work serves to empower young adults by connecting them to leadership and professional development opportunities, events, and trainings, develop and coordinate tailored trainings and technical assistance to youth-serving programs while also mentoring aspiring peers and advocates through the peer recovery specialist certification process.



Dr. Sunny Patel
Senior Medical Advisor, SAMHSA

Dr. Sunny Patel (he/him/his) is a child, adolescent, and adult psychiatrist, serving as a Senior Medical Advisor at SAMHSA's Center for Mental Health Services. Before SAMHSA, Dr. Patel was appointed a White House Fellow and served at the Department of Homeland Security where he focused on issues at the nexus of immigration and public health.



Lauren Behsudi
Senior Advisor, ACF

Lauren Behsudi (she/her/hers) is a senior advisor in the Immediate Office of the Assistant Secretary of the Administration for Children and Families (ACF) at the U.S. Department of Health and Human Services. In this role, Lauren leads cross-cutting priorities to improve behavioral health outcomes for children, youth, and families.



Candace Lindsay
Public Health Advisor, SAMHSA

Candace Lindsay (she/her/hers) is a licensed clinical social worker and certified case manager specializing in youth mental health, care coordination, and behavioral health advocacy. Serving as a Public Health Advisor at SAMHSA's Center for Mental Health Services, she focuses on initiatives serving children, youth, and families to improve behavioral health outcomes.