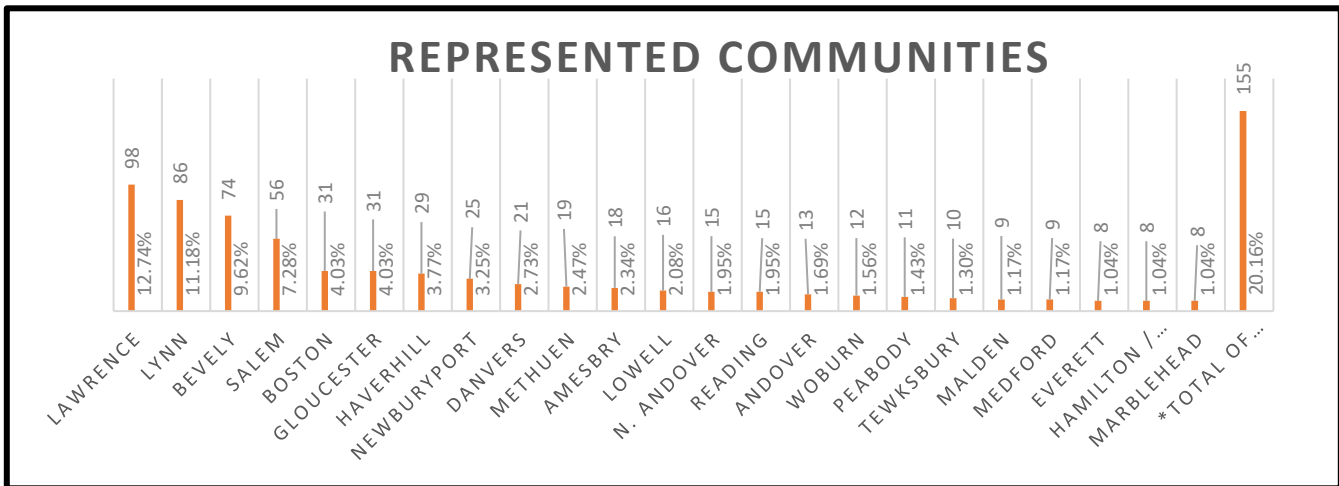


FINAL REPORT
2023 Youth at Risk Conference



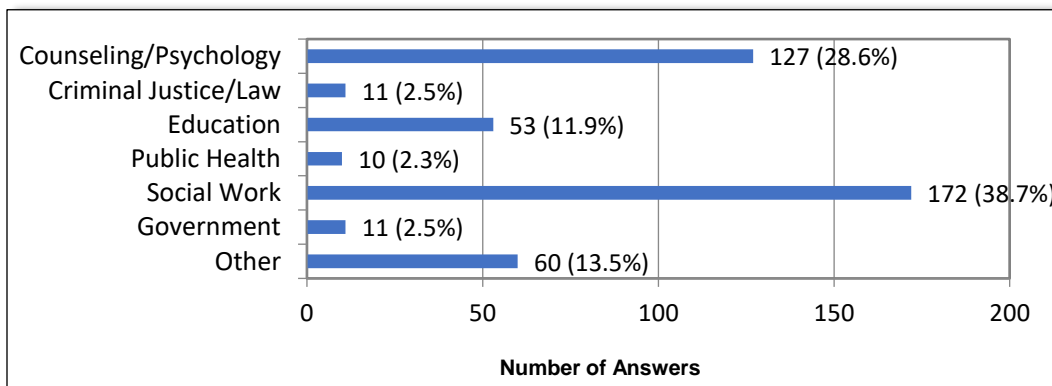
“What a great experience!!!” The Youth at Risk Conference Committee, along with Pathways for Children, conducted the 23rd Annual YAR Conference on May 24, 2023 at Endicott College in Beverly, MA. The conference sold out, with an overall attendance of 721. The YAR attendees represented over 250 organizations and 85 communities. More than 70% of attendees were from organizations serving Essex County’s gateway cities with large populations with below average incomes and education levels.



***Under 1% representation:** Acton, Brighton, Brockton, Brookline, Burlington, Byfield, Cambridge, Chelmsford, Chelsea, Danville, Dorchester, Dover, Dracut, Easthampton, Exeter, Framingham, Greenfield, Hampton, Hyde Park, Jaffrey, Jamaica Plain, Lexington, Lynnfield, Manchester-by-the-Sea, Merrimac, Middleton, Milton, Montgomery, Needham, New Bedford, Newbury, Newfield, North Reading, Portsmouth, Prides Crossing, Revere, Rockport, Rowley, Roxbury, Salisbury, Saugus, Seabrook, Somerville, Stoneham, Swampscott, Taunton, Topsfield, Wakefield, Waltham, Wareham, Watertown, Wenham, West Boxford, West Roxbury, Weymouth, Wilmington, Winthrop, Worcester

The professions represented through those who attended can be seen below.

Out of 721 attendees, 444 completed the conference survey.



CEU's received for attending the YAR Conference:

- ~ Social Work
- ~ Mental Health Counseling
- ~ Marriage and Family Therapy
- ~ Children and Family Law (CAFL)

CONFERENCE HIGHLIGHTS: It was not only an honor and a privilege to have hosted our 23rd Annual YAR Conference at Endicott College, but to also have SOLD OUT, is just a small testament to what this conference means to those who live and/or work within our communities. 721 professionals attended the Conference, attended both a morning and an afternoon workshop, had the opportunity to visit the 34 EXPO organizations, and experience a Keynote Speaker in the morning and an afternoon "youth voices" session.

Morning Keynote Speaker, Dr. Charmain Jackman, PhD. Her focus was on Compassion & Community: Harnessing our Collective Strength During Times of Crisis. Dr. Jackman, an award-winning psychologist, youth



advocate and emotional wellness expert, reflected on how COVID-9, racial injustice and global and community violence have impacted the lives of our youth and their families, contributing to higher levels of social disruption, emotional stress and mental health conditions. In a profession that requires high levels of compassion, which exists within a society that often puts the needs of children and adolescents last, doing right by our youth can take an emotional toll leading to burnout and compassion fatigue. During her keynote address, Dr. Jackman shared her own experience with burnout and her journey to getting on a path to wellbeing. Using her 3 M's for Mental Wellness framework, she guided attendees through a reflecting, releasing, and restoring journey helping the audience to re-connect to purpose and community while fostering a commitment to their emotional wellbeing.



Afternoon Keynote Speakers, recent RAW alumni. These students were trained as RAW Chiefs and spoke about their experience as young people in the world today. RAW Chiefs is a leadership development program where teen leaders help facilitate RAW's visual arts groups for younger artists. They also contribute to RAW and city-wide community-building efforts.

RAW is a youth arts organization rooted in art therapy. At its core, RAW believes that all kids should be seen and heard and that everyone has a story to tell. Located in Lynn, Massachusetts, RAW offers a variety of free programming, from painting to filmmaking, for kids in grades 4-12. RAW uses art to ask kids, "What's really going on?" in their lives, giving them the tools to create in unexpected ways and envision new possibilities for their future.

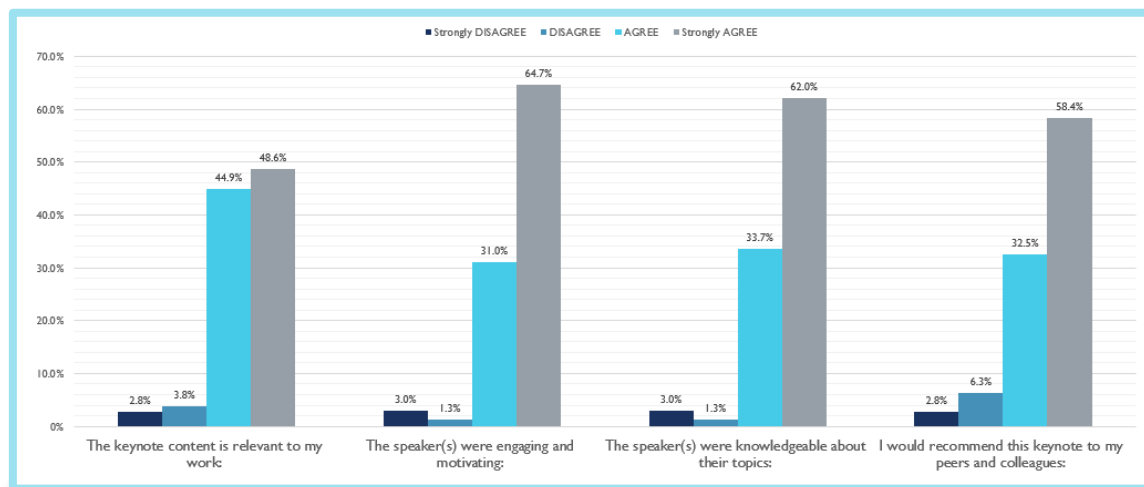


"The keynote speakers were incredible, and the workshops were great. I value and benefit from any type of clinical training/conversations."

95% reported Keynotes were relevant/valuable to work

93% would recommend the Keynote to a colleague or peer

Evaluation of Keynote Speakers



The 2023 YAR Conference offered 32 specialized concurrent workshops. For the 7th year, a variety of breakout sessions were ranked “advanced” to provide more relevant information and dialogue to senior practitioners. Some of the most popular workshops were:

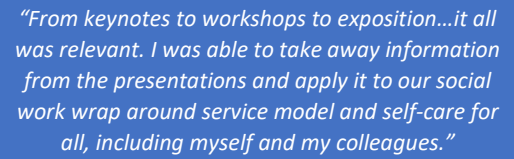
- Life after Near Death Experience
- Predictors of Hope in Adolescents
- PANS/PANDAS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal infections)
- Abortion Rights of Teens in Massachusetts
- Helping Homeless Youth in Our Community
- Strategic Partnership Workforce Development
- No Mud, No Lotus: Getting through to Resilience
- Early Intervention for Psychosis in Young People
- Incorporating the Mental Health of Youth in the IEP & 504 Plan
- Best Practices for Working w Immigrant Youth and Immigration Basics
- Creating Community Partnerships to Facilitate Support for at Risk Students
- Everything Students Want to Know About Mental Health, But Too Afraid to Ask

Advanced Workshops Included:

- "Dogs, Trauma, and DBT... Oh My!"
- Deepening the Work with Children’s Grief
- Identifying and Supporting Child and Adult Survivors of Domestic Violence
- Racial Stress / Trauma: Its 'Silent' Attack on our Youth
- Create Healing Environment Students Can Thrive Academically & Emotionally

CONFERENCE EVALUATION

All conference attendees are invited to complete an evaluation on the overall conference and for each individual workshop they attended. The evaluation results will guide the YAR Conference Committee in choosing programming for the 2024 conference. 99.3% of those who responded expressed that they would recommend YAR to others.



"From keynotes to workshops to exposition...it all was relevant. I was able to take away information from the presentations and apply it to our social work wrap around service model and self-care for all, including myself and my colleagues."

DIRUHI MATTIAN AWARD

The Diruhi Mattian Award is given each year in honor of Mattian, a social worker tragically killed in 2008 while doing the work that meant so much to her. This year's recipient is Anya, Director of Youth Programs at The Resolution Center, and has devoted her career to supporting young people in conflict. A thoughtful and caring mentor, Anya creates and delivers engaging workshops for young people; partners with school staff and administrators; coaches' colleagues and volunteers; and continuously adapts to the changing environments where young people find themselves. Since she joined The Resolution Center in 2010, she has transformed Youth Programming to reach more young people, provide opportunities for youth leadership, and deliver the highest quality trainings and support. Within the community mediation center, Anya has built up robust youth programming including Peer Mediation and Restorative Justice Programs in over 20 schools and school districts across Essex County. At-risk youth, in the schools Anya supports, have the opportunity to learn conflict management and communication skills and serve as peer mediators or restorative circle facilitators, an alternative to traditional punitive models of school discipline.

Anya also leads the mediation practice for cases referred by the Essex County Juvenile Courts. Through the intake and case management process, Anya offers empathetic listening and a confidential space for at-risk young people to review the situation that brought them to court, and brainstorm ways they can take leadership in finding their own resolution, instead of facing a decision by a judge. Anya has provided specialized training and deep mentorship for dozens of volunteer mediators over the last decade. In addition, she nurtures colleagues who are newer to the field, building their confidence to serve at-risk young people. Anya regularly advocates to Board and funders for colleagues' professional development and self-care. This year, she is co-leading a series of continuing education sessions for mediators and staff on topics related to self-care, trauma-informed mediation, and mediator wellness and well-being.

YAR SUPPORTERS

We are so very grateful to those who provided support for the 23rd Annual YAR Conference. Their support and partnership played a key role in the success of our event, and we greatly appreciate their participation.

TRAILBLAZERS



PETER & ELIZABETH
TOWER FOUNDATION



LEADERS

Youth Villages
The John W. Alden Trust
Rogers Family Foundation
Nathaniel & Elizabeth P. Stevens Foundation

Thank You!

AMBASSADORS

Jason Hayes Foundation
McCarthy Family Foundation
Gardiner Howland Foundation

ADVOCATES

Merrimack College
Marblehead Bank
Plummer Youth Promise
Linzee Coolidge
Justice Resource Institute (JRI)

FRIEND

Salem State University School of Social Work
Greater Cape Ann Chamber of Commerce

YAR CONFERENCE COMMITTEE

The Youth at Risk committee represents a variety of organizations that are committed to the YAR conference. Many have been on this committee for many years. Some since its inception.

Committee Members 2023

Chair: Amy Ackroyd, Children's Friend and Family Services, a Division of JRI

Members:

Maria Avila - MA Society for the Prevention of Cruelty to Children

Nicholas Bound - Department of Youth Services

Linnea Burrill - Department of Children & Families

AJ Cullen - Department of Developmental Disabilities

Amanda Daniels - Pathways for Children

Missey Donohoe - Essex Sheriff's Department (Retired)

Stephanie Gargiulo- Beth Israel Lahey Health

Brian Gawlak - East Baptist Church

Staci Gergely - Lynn Juvenile Court

Antonio Gutierrez - Lynn Youth Street Outreach, Inc.

Kimberly Hutchins - Private Practice Psychotherapist

Mona Igram - Center for Public Representation

Frantzie Kebreau - Department of Mental Health

Hailey MacDonald - Pathways for Children

Kathy Moriconi - YAR Co-Founder/ Lawrence Family Development

Linda Richards - Department of Mental Health (Retired)

Fran Rosenberg - Northshore Education Consortium

Richard Ross - Raw Art Works

Christine Shaw - Merrimack College

