



## Cultivating Resilience Summit 2.0 to Spotlight Youth Mental Health

**For Immediate Release**

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**Montgomery County** – Montgomery County ADAMHS will spotlight youth mental health for the Cultivating Resilience Summit 2.0. The Summit was expanded to two days this year to focus on how communities and youth-serving providers can support youth who are managing trauma as the result of adverse childhood experiences (ACEs) as well as suicide prevention strategies tailored for youth.

"Data shows that youth who have experienced trauma are at a higher risk of death by suicide. We wanted to expand the Summit to two days to not only learn about how trauma is impacting children but to spend time learning how we can come around them to lower their risk of self-harm," said Dr. Tristyn Ball, Director of Prevention & Early Intervention at Montgomery County ADAMHS.

The Summit is funded by a three-year federal grant through HHS that allowed ADAMHS to launch the PROTECT Initiative – Promoting Resilience Over Time to Eradicate Childhood Trauma. The PROTECT Initiative's mission is to build a network of care to help youth prevent, address, and heal from the potentially harmful impacts of ACEs and other adversities.

Also new this year, on day two of the Summit, youth leaders will be offering feedback on how local communities can improve services.

"If we are committed to learning, we must learn from the youth who need these vital, life-saving services. We are very pleased to have a panel of young people joining us this year and are looking forward to how they can guide us as we move forward to become a healing-centered, trauma-responsive community," said Dr. Ball.

The Cultivating Resilience Summit 2.0 is scheduled for July 30-31 at the Sinclair Conference Center. CEUs are available for licensed professionals. For the full agenda and to register for the Summit, click [here](#).

For questions about the Cultivating Resilience Summit or to schedule interviews, please email Tina Rezash Rogal at [trezash@mcadamhs.org](mailto:trezash@mcadamhs.org).



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