



# Mental Health and Wellness Symposium Partnership



**EAST AURORA**  
SCHOOL DISTRICT 131

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Mr. Jon Simpson, Associate  
Superintendent of Learning and  
Leadership

Ms. Mariza Martinez, Assistant Director  
of the Resilience Education Center

# **2026 Mental Health and Wellness Symposium**

**March 7, 2026**

**Metea Valley High School**

**8 a.m. to 2:00 p.m.**

- Free and Open to All: Accessible to everyone in the community.
- Educates: Provides valuable mental health information and resources.
- Connects: Fosters connections between individuals and support networks.
- Reduces Barriers: Helps eliminate obstacles to accessing mental health support.
- De-Stigmatizes: Demonstrates a collective commitment to normalizing mental health conversations.

**MENTAL  
HEALTH  
SYMPOSIUM**



# Symposium Key Elements:

## Sample presentations from the 2025 Symposium

- Adult Sessions
- Teen Sessions
- Keynote Speaker
- Experience Sessions
- Community Resource Fair
- Book Fair
- Attendee and Staff giveaways
- Childcare
- Lunch Provided

### Presentations for Adults

#### [Calming Spaces: An Alternative to Time Out](#)

Speaker: Tracy Schwartz | Organization: Indian Prairie School District 204

#### [Talk 2 Me: Creating Safe Spaces for Conversation](#)

Speaker: Amit Thaker, Jessica Casey PMHNP, and Jennifer Grey, PMHNP | Organization: Referral GPS

#### [Proven Brain Hacks to Better Mental Health](#)

Speaker: Mike Bushman | Organization: American Foundation for Suicide Prevention

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### Presentations for Teens

#### [Harnessing and Quieting Your Inner Critic](#)

Speaker: Emily Pagone | Organization: Authentic Growth Wellness Group

#### [How to Love Your Body in a Toxic World!](#)

Speaker: Dr. Maria Rago | Organization: Rago and Associates

#### [Rhythms of Resilience: Hip-Hop and Personal Reflection](#)

Speaker: DeAngelo Gerald | Organization: Downer's Grove South High School



## Neighboring Schools Partnership:

- East Aurora School District 131
- Indian Prairie School District 204
- Oswego Community Unit School District 308
- Naperville Community Unit School District 203



## Benefits of Partnership

- Expands access to mental health resources and education, supporting the well-being of East Aurora students and families
- Provides all services at no cost to families
- Offers meaningful professional learning for educators to better support students' social-emotional needs
- Strengthens staff knowledge and connection to community resources
- Empowers students as leaders and planners in district initiatives
- Fosters a strong sense of belonging and collaboration across schools, staff, and families

**Fee: \$2,500/per Partnering District**



*Thank  
you*

