

# Fostering Resilience: A Conversation About Youth Mental Health

THURSDAY, NOVEMBER 14TH , 4-6PM  
WOLFF AUDITORIUM, JEPSON HALL,  
GONZAGA UNIVERSITY



RADHA  
NANDAGOPAL, MD

Keynote Speaker and Panel  
Moderator,  
Pediatric Endocrinologist,  
Associate Dean for Faculty  
Affairs and Continuing  
Professional Development,  
WSU Elson S. Floyd College of  
Medicine



LEON COVINGTON, MSW,  
LICSW

Threat Assessment  
Coordinator/Licensed Clinical Social  
Worker Program Supervisor at NorthEast  
Washington Educational Service District  
101



JENNIFER HANSEN

Health Program Specialist,  
SRHD Beginnings Matter  
Program, Spokane Regional  
Health District



JULIA HEATH

Project Manager,  
Wunder Beast



DR. A. SUZIE HENNING

Associate Professor, Foundations,  
School of Education at Eastern  
Washington University



ROB MCKINNEY, PHD

Associate Professor and  
Director of CMHC in the  
Department of Counselor  
Education, Gonzaga University





*Join us for a keynote address,  
panel discussion, and  
networking opportunity (light  
snacks and drinks Provided).*

*Experts will share their  
experiences and perspectives  
on community youth mental  
health.*

*The conversation will also  
focus on identifying specific  
local resources and practical  
strategies to support  
resilience.*

#### OBJECTIVES:

- 1) Describe the most pressing mental health challenges facing youth in our community.
- 2) Discuss factors that are contributing to disparities in mental health.
- 3) Describe warning signs that may indicate a need for professional help.
- 4) Identify resources available to support resilience in youth.

