



## FOR IMMEDIATE DISTRIBUTION

### Media Contacts:

Audra Burns, Media Relations Manager

[audra.burns@hitchcock.org](mailto:audra.burns@hitchcock.org)

Mobile: 603-494-2179

Lisa Cramb

[lcramb@montagnecom.com](mailto:lcramb@montagnecom.com)

Mobile: 603-689-6986

## **Dartmouth-Hitchcock Health to Present Virtual Forum on Stress and Anxiety in Young People Thursday, August 6, at 7:00 p.m.**

*“Community Conversation: Stress, Anxiety and Mental Health in Young People Amid COVID-19” presented in partnership with Bishop Guertin High School and The Reconnection Project will feature experts discussing mental health concerns due to the pandemic.*

**Lebanon, NH (July 30, 2020)** – The coronavirus pandemic has up-ended our daily lives and many young people are experiencing intense stress and anxiety as a result. On Thursday, August 6, [Dartmouth-Hitchcock Health \(D-HH\)](#) will present “Community Conversation: Stress, Anxiety and Mental Health in Young People Amid COVID-19”, a virtual forum featuring several experts in education, mental health counseling, and law enforcement who will address challenges young people are experiencing due to the pandemic. Presented in partnership with [Bishop Guertin High School](#) of Nashua and [The Reconnection Project](#), the forum will take place on Bishop Guertin’s [YouTube channel](#) from 7:00 p.m. to 8:30 p.m. EST.

The forum was inspired by [R.E.A.C.T.](#), D-HH’s mental health awareness campaign led by Senior Director of External Affairs and former New Hampshire Supreme Court Chief Justice John Broderick, who has spoken to more than 100,000 students throughout New Hampshire, Massachusetts, Maine, and Vermont about the steps people can take when they recognize that they or someone they care about is experiencing mental health challenges. The forum will feature a panel of speakers and presenters with backgrounds in mental health counseling, education, coaching, and law enforcement who work with young people. The experts will discuss the unusual pressure, stress, and anxiety young people are dealing with as a result of the

pandemic, and ways in which parents, educators, and other adults can provide support and guidance during these challenging times.

The first hour of the forum will comprise speakers on various relevant topics, followed by a 30-minute panel discussion on the topics presented.

“Community Conversation: Stress, Anxiety and Mental Health in Young People Amid COVID-19” will be moderated by Jason Strniste, Principal, Bishop Guertin High School, and include the following expert speakers and panelists:

- John Broderick, Senior Director of External Affairs, Dartmouth-Hitchcock Health
- Jeff Levin, Life Coach, Co-founder of The Reconnection Project
- Ken Norton, Executive Director, NAMI (National Association on Mental Illness) New Hampshire
- Mike Carignan, Chief, Nashua Police Department
- Ryan Day, Manchester, NH-native and Head Football Coach, The Ohio State University
- John Vaccarezza, Principal, Manchester Central High School
- Kelly Untiet, Administrator, New Hampshire Department of Education, Office of Social and Emotional Wellness
- Kelley Howard, school psychologist, Nashua South High School
- Sudi Lett, teacher and coach, Manchester Central High School
- Laura Landerman-Garber, Ph.D., Clinical psychologist
- John Goldhardt, Ed. D., Superintendent, Manchester (NH) School District
- Mary Beth Banios, Superintendent, Hamilton-Wenham (MA) Regional School District

“Young people are under tremendous pressure to succeed academically, to fit-in socially, and for some – to simply survive – and the challenges and changes brought about by the pandemic have only exacerbated these and other stressors,” said Broderick. “It is absolutely critical that we communicate openly about mental health and encourage healthy dialogue about it to end the stigma and offer young people hope.”

The public is invited to tune-in to the “Community Conversation: Stress, Anxiety and Mental Health in Young People Amid COVID-19” virtual forum on Thursday, August 6, 2020, at 7:00 p.m. on the Bishop Guertin YouTube channel at: [www.youtube.com/bishopguertin](http://www.youtube.com/bishopguertin).

###

About Dartmouth-Hitchcock Health: Dartmouth-Hitchcock Health (D-HH), New Hampshire’s only academic health system and the state’s largest private employer, serves a population of 1.9 million across northern New England. D-HH provides access to more than 2400 providers in almost every area of medicine, delivering care at its flagship hospital, Dartmouth-Hitchcock Medical Center (DHMC) in Lebanon, NH. DHMC was named in 2019 as the #1 hospital in New Hampshire by U.S. News & World Report, and recognized for high performance in 13 clinical specialties and procedures. Dartmouth-Hitchcock also includes the Dartmouth-Hitchcock Norris Cotton Cancer Center, one of only 51 NCI-designated Comprehensive Cancer Centers in the nation; the Children's Hospital at Dartmouth-Hitchcock, the state’s only children’s hospital; affiliated member hospitals in Lebanon, Keene, and New London, NH, and Windsor, VT, and Visiting Nurse and Hospice for Vermont and New Hampshire; and 24 Dartmouth-Hitchcock clinics that provide ambulatory services across New Hampshire and Vermont. The D-HH system trains nearly 400 residents and fellows annually, and performs world-class research, in partnership with the

Geisel School of Medicine at Dartmouth and the White River Junction VA Medical Center in White River Junction, VT.



## **Dartmouth-Hitchcock Co-Hosting Virtual Event on Stress and Anxiety in Young People**

*Join a virtual community conversation about mental health and young people with Dartmouth-Hitchcock, Bishop Guertin and The Reconnection Project on August 6*

[Dartmouth-Hitchcock \(D-H\)](#) invites you to join a virtual “Community Conversation: Stress, Anxiety and Mental Health in Young People Amid COVID-19”, on August 6, 2020. The event is inspired by D-H’s [R.E.A.C.T](#) mental health awareness campaign, a program headed by D-H Senior Director of External Affairs and former New Hampshire Supreme Court Chief Justice John Broderick, who presents a powerful public awareness campaign around the steps people can take when they recognize that they or someone they care about is experiencing mental health challenges.

Organized by Broderick in partnership with Jeff Levin of [The Reconnection Project](#), [Bishop Guertin High School](#) has graciously volunteered to virtually co-host the event.

The virtual event, which will feature a panel of speakers and presenters with diverse backgrounds in areas such as counseling, education, coaching and law enforcement, will address the scope and depth of the challenges that young people face daily regarding mental health, stress and anxiety.

The first hour includes speakers and presenters, followed by a thirty-minute panel discussion to further the discussion on young people and mental health.

### **Speakers and Presenters:**

- John Broderick, Senior Director of Public Affairs at Dartmouth-Hitchcock, former New Hampshire Supreme Court Chief Justice
- Jeff Levin, Life Coach, Founder of The Reconnection Project
- Ken Norton, Executive Director, NAMI New Hampshire
- Chief Mike Carignan, Nashua Police Department
- Ryan Day, Head Football Coach, The Ohio State University
- Students and other presenters

Tune in to “Community Conversation: Stress, Anxiety and Mental Health in Young People Amid COVID-19” on Thursday, August 6, 2020 from 7:00 p.m. to 8:30 p.m. on the Bishop Guertin YouTube channel: <https://www.youtube.com/bishopguertin>.