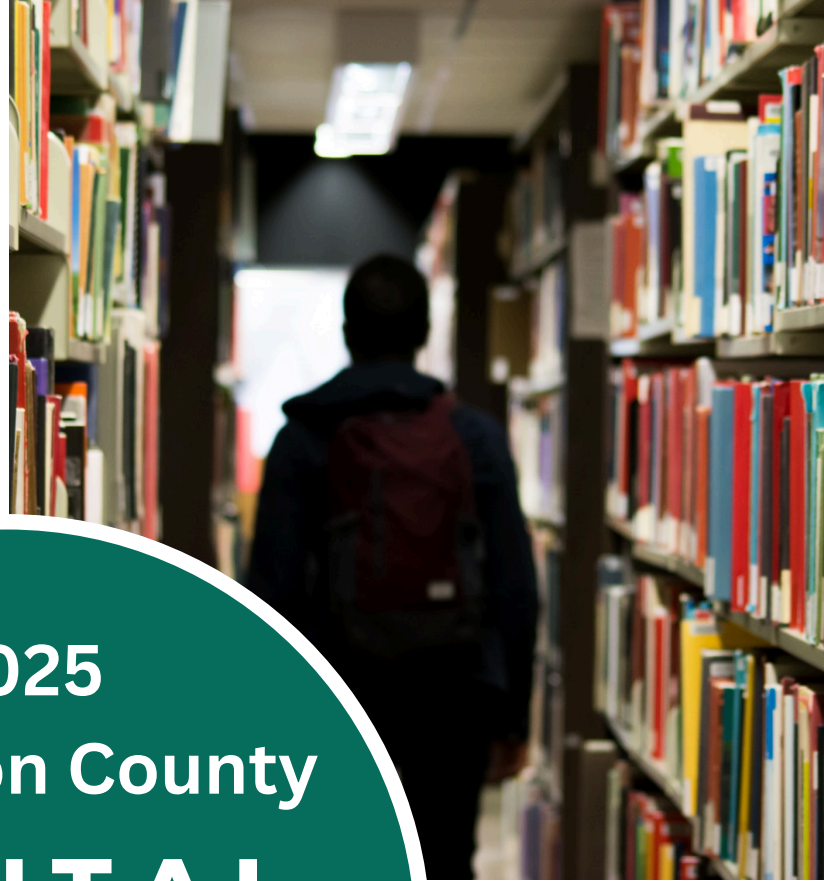




2025
Jefferson County
**MENTAL
HEALTH
SUMMIT**



Hope is Here
ask for help

JULY 31ST, 2025
HILLSBORO HIGH SCHOOL

Agenda



2025



9:00am - 9:10am

Opening

Emcee: Jeff Whitener



9:10am - 10:00am

Dr. Duru Sakharani

Impact of Childhood Stress and Trauma



10:00am - 10:40am

Prevent+Ed and Sabrina Formby

Substance Use Prevention in Schools



10:40am - 10:50am

Break



10:50am - 11:30am

James Smith PhD and Chrystala Smith MEd

Pings of Power



11:30am - 12:10pm

Kaine Koehler

A Call to Action



12:10pm - 12:35pm

Community Panel

Partner Updates and Questions



12:35pm - 1:00pm

Mental Health Champion Awards



1:00pm - 1:30pm

Lunch and Networking



1:30pm - 2:00pm

Breakout Session #1



2:00pm - 2:30pm

Breakout Session #2



ABOUT THE SPEAKERS



Dr. Duru Sakharani

Childhood stress, trauma and impact suspension has on mental health

Dr. Duru Sakhrani is a Board Certified General and Pediatric Community based Psychiatrist at Compass Health Network in Wentzville, MO. She completed Medical School at the University of Santo Tomas in Manila, Philippines and Pediatric Psychiatry Fellowship at Johns Hopkins Medical Institutions. She was the President of the Missouri Regional Organization of the American Academy of the Child and Adolescent Psychiatry from 2015 to 2017. As a Clinical Assistant Professor of Psychiatry at the University of Missouri in Columbia, she facilitates the training of 3rd and 4th year General Psychiatry Residents who treat patients in person and via Telemedicine. Through Compass, she provides Psychiatric education for the Missouri Crisis Intervention Teams (CIT) training for first responders and various community partners. She is the medical lead of the Compass Team that provides consult services to all the St. Charles County school districts through a grant from the Community and Children's Resource Board. She is actively involved in projects to bring awareness of children's mental health needs. Dr. Sakhrani advocates for increased services for our pediatric population and encourages our young patients to be involved in their mental wellness across the lifespan.



ABOUT THE SPEAKERS



Kristin Bengtson and Sabrina Formby

Substance Use Prevention in the School Environment

A portrait of Kristin Bengtson, a Black man with short dreadlocks, wearing a white t-shirt with the word "HOPE" and a quote. He is standing outdoors with green foliage in the background.

This session is an introduction to evidence-based strategies to prevent substance use among students. We will highlight concrete examples of what has worked in districts in our region, with real experiences from Seckman High School Senior Sabrina Formby. Kristin Bengtson is the Director of Community Services at PreventEd, where she works on initiatives focused on substance use prevention across the region. She holds a Bachelor of Arts in Anthropology from Missouri State University, with Minors in Sociology and Linguistics. With over fourteen years of experience in coalition work, Kristin has spent her career at PreventEd providing technical assistance to local coalitions addressing substance use prevention in the Greater St. Louis area and surrounding counties, in particular Jefferson County Drug Prevention Coalition. A passionate advocate for youth leadership, she has had the privilege of founding, facilitating, and providing technical assistance to youth coalitions, as well as coordinating youth leadership programs at PreventEd. Outside of her professional life, Kristin enjoys exploring St. Louis' diverse restaurant scene and spending quality time with her husband and their cat.

A group of four young people, three women and one man, are smiling and posing together. They are wearing colorful clothing, including a purple jacket and a green beanie. The background shows a stone wall and a blue sky with white clouds.

Sabrina Formby is a senior at Seckman High School and a dedicated student leader committed to making a positive impact on her school and community. She serves as Chair of a committee on STUCO, is an active member of Students Against Destructive Decisions (SADD) and currently holds the position of Treasurer for the National Honor Society.

Sabrina also teaches It's Complicated, a peer-led program that fosters honest conversations around teen relationships, mental health, and decision-making. Beyond academics and leadership, Sabrina has a deep-rooted passion for dance — she has been dancing since the age of 2.



ABOUT THE SPEAKERS



James Smith, PhD, LPC and Chrystala Smith, MEd, LPC

Pings of Power: Impact of Social Media

Hear from content experts in the area of social media and it's impact on youth and mental health. Chrystala has a broad background in counseling with a focus on trauma informed care and mental health challenges. James is a mental health counselor, educator, leader and researcher. Both are passionate about positive change.

Kaine Koehler

A Call to Action: Testimony and a call to action from a recent Jefferson County School Graduate.

A proud student at the University of Missouri–St. Louis, Kaine has been recognized multiple times for outstanding leadership and service across campus. Rising from the challenges of an abusive kinship foster and mental health adversity, Kaine is living proof that your beginning does not define your destination. Success is Possible. His journey is a powerful reminder that with resilience and purpose, anything is possible, and the future is filled with limitless opportunity.

Jeff Whitener

Summit Emcee

Disabled father of two, husband to a wonderful lady, and brother in Christ. Owner of Blue Tiger Media. The voice of Jefferson College, JCAA, MSHAA, Jefferson R7 School District, and American Legion athletics. Former part-time programmer and on-air talent at KJFF1400AM radio in Festus, Missouri. Successful Marketing Director of a Web-based educational company. Available for public address announcing, play-by-play, color, game ops, voice work, event hosting, emcee duties for sports, trivia nights, bingo, and other fundraisers.

Breakout

All breakout sessions will be available during both session time slots. Look for signs and Summit staff to guide you to locations.

Session 1 ● 1:30 PM - 1:55 PM

Session 2 ● 2:00 PM - 2:30 PM



Library Conference Room 1: Substance Use Treatment and Access to Treatment for Youth Q and A. *Facilitators: Melissa Hollrah (COMPASS), Chestnut and Prevent+Ed.*

Library Conference Room 2: Alternative Suspension Options Q and A. *Facilitators: Dr. Sakharani, Chestnut, and Prevent+Ed.*

Theater: Pings of Power Q and A and deeper dive into the mental health impact of Social media.

Commons: School Prevention Program Q and A. *Facilitators: Stephanie Martensesn (COMPASS) Prevent+Ed and Kaine Khoeler*

Event Hosts



Help the Summit Planning Committee and Complete the 2025 Mental Health Summit Survey

[Click Here for Survey](#)



2025 SUMMIT RESOURCE TABLE SPONSORS



Monte Nido

Providing inpatient, residential, day, and virtual eating disorder programs that meet your recovery needs.



Presbyterian Children's
Homes and ServicesSM

Presbyterian Children's Homes and Services

Offering a variety of residential and community based programs, along with initiatives to empower churches to support foster care families.



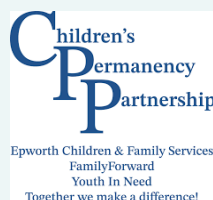
Aspire Advocates

Aspire Advocates for Behavioral Health is a volunteer led grassroots movement that aims to improve the identification, treatment, and reimbursement of mental health and substance use disorder services for young people 26 and younger.



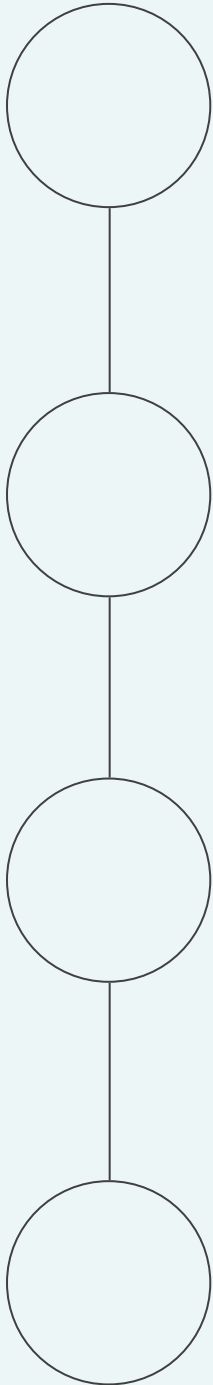
Hope Creates

Hope Creates focuses on healing and staying sober by providing a creative community that comes together to have exhilarating fun as they create and exhibit work.



Children's Permanency Partnership

The Children's Permanency Partnership is dedicated to finding permanent, loving homes for children in foster care across St. Louis and nearby regions - offering support and resources to families in need since 2005.





2025 SUMMIT RESOURCE TABLE SPONSORS



Missouri Baptist Children's Home

The ministries, programs and services of Missouri Baptist Children's Home are guided and informed by beliefs and commitments including worldview, sanctity of life, and trauma informed care.



Empower Claire Project

Our mission is to honor the memory of Claire by empowering individuals affected by domestic violence through education and advocacy. We strive to create a safe and nurturing environment where survivors can rebuild their lives, find a voice and regain their strength.



2025 SUMMIT FUNDERS



Jefferson County Community Mental Health Fund Board

The purpose is to assure a system of care for Jefferson County Individuals to receive appropriate comprehensive mental health and substance use treatment for adults and children.

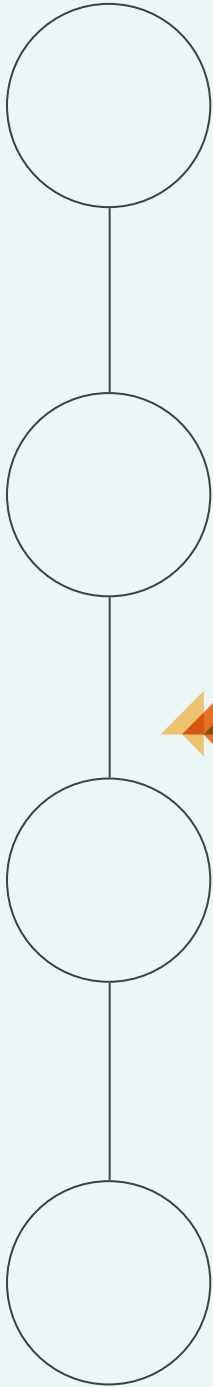


St. Louis County Children's Service Fund

At the St. Louis County Children's Service Fund (CSF), we invest in local nonprofits and governmental entities to provide mental and behavioral health services for kids and families.



2025 SUMMIT RESOURCE EVENT HOSTS



ASPEN Network Inc.

ASPEN Network Inc. is committed to providing preventive mental health services to children, families, and frontline heroes, including first responders and healthcare professionals. ASPEN's vision is to create a world where mental health is prioritized, early intervention is the norm, and communities are strengthened through accessible support, education, and collaboration.



Chestnut Health Systems

Chestnut offers a comprehensive scope of behavioral health and human services in Illinois and Missouri. From drug and alcohol addiction treatment facilities to primary care medical homes, counseling, a research institute and more, Chestnut continuously works to achieve its mission and make a difference.



Compass Health Network

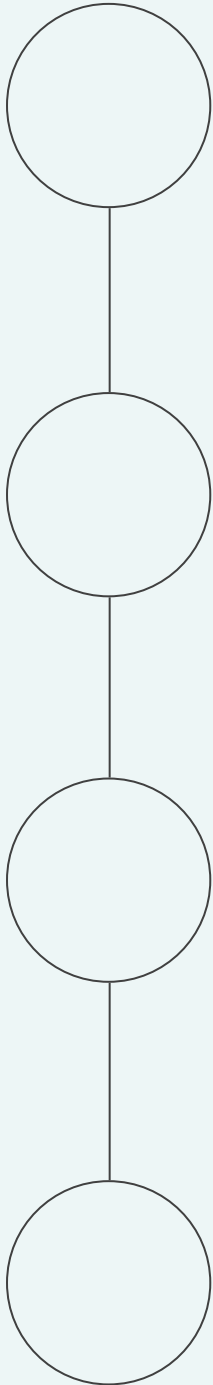
Through the delivery of compassionate, quality care, we help people find their way along a path to better physical and emotional health. Compass Health Network provides behavioral health, dental care, pediatric and substance use services throughout Jefferson County, St. Louis and Missouri.



De Soto School District Mental Health Coordinator

Billie Hartgrove, Ed.S., LPC, NCC is the School-Based Mental Health Coordinator for the DeSoto School District which is grant funded through the JCCMHFB. She obtained an Education Specialist in Counseling degree from Southeast Missouri State University. She is a Licensed Professional Counselor (LPC) and a National Certified Counselor (NCC) with 15 years of experience in Suicide Prevention and Crisis Intervention.

2025 SUMMIT RESOURCE EVENT HOSTS



Hillsboro R-III School District

Located 35 miles south of downtown St. Louis, Hillsboro R-3 School District is dedicated to providing a comprehensive educational program that addresses the diverse needs of all children. Hillsboro provided the location a backdrop for the 2025 Mental Health Summit.



Jefferson College Vikings Care

Through Vikings Care initiatives they connect students to resources and counseling to help them achieve their goals.



Prevent + Ed

PreventEd works to reduce or prevent the harms of alcohol and other drug use through education, intervention and advocacy.



Provident Behavioral Health

Provident exists to build brighter futures through exception behavioral health services. They offer counseling, crisis support and community services throughout St. Louis and Jefferson County.



Hope is Here

ask for help

ABOUT HOPE IS HERE!

Hope is Here is a Jefferson County initiative launched in 2024 to promote mental health awareness and connect individuals and families to vital resources. Rooted in community collaboration, it brings together local partners to share a unified message: mental health matters, and no one should face challenges alone. Through education, outreach, and shared support, *Hope is Here* fosters connection, reduces stigma, and helps ensure timely access to care.

Click Here



Learn more and share a
message of hope in
Jefferson County



[Jeffco-hope.org](https://jeffco-hope.org)

