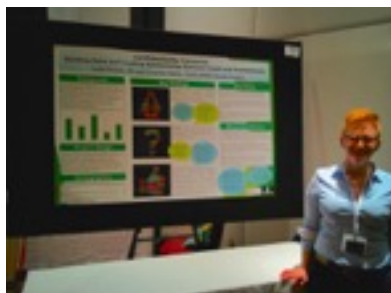


PPAL Speaks at Conferences

PPAL's staff were thrilled to partner with the **Massachusetts Department of Mental Health** on the first annual "Motivating the Movement to Success-Fest," held at Mass Bay College in Wellesley, MA on March 18. The Successfest gathered youth and young adults from across the state to celebrate their accomplishments during the past year and to promote the role of peer support and parent partners. PPAL's Chandra Watts and Meri Viano kicked off the event with an inspirational and informative welcome to all. Lydia Proulx, PPAL's Youth Program Manager, delivered a terrific and very current session on the integration of LGBTQ culture into mental health service delivery. PPAL looks forward to more collaboration with DMH on these important issues!



Parents and caregivers often have concerns about assisting their children with their mental health needs as they move towards adulthood. On March 5, PPAL addressed this issue at the Federation for Children with Special Needs "Visions of Community 2016" conference. Executive Director Lisa Lambert and Director of Operations Anne Silver presented PPAL's, *Moving to Young Adult Life: A Legal Guide for Parents of Young Adults with Mental Health Needs*. The talk included a discussion on the changing role of parents as their children move to young adulthood and the variety of legal considerations for families with respect to daily management of finances, shared medical and behavioral health decision making and estate or long-term financial planning for their young adults. Parents and caregivers had thoughtful questions and appreciated the practical tips for caring for their young adults across all aspects of their lives. Nearly 1,100 people attended the conference, many of whom stopped by PPAL's exhibit table. There, PPAL staff were able to provide brochures, information on trainings and support groups across the state and to answer specific questions from parents about the needs of their children. Overall, it was an action-packed and rewarding day!



This month, PPAL staff attended the **Annual Research and Policy Conference on Child, Adolescent and Young Adult Behavioral Health** in Tampa, Florida. Lydia Proulx presented a poster on the confidentiality concerns of youth. In addition, Jessica Childs and Anne Silver presented a poster on the results of the first year of SAMHSA's Resiliency and Recovery grant. Check our Facebook page for updates and photos!



Chandra Watts and Lydia Proulx attended the **Worcester Youth Workers Alliance Sharing Our Skills Summit**.

Workshops at this event included talking with youth about relationships, aligning our intentions with our impact, and how we can grow and develop our own positions. We are looking forward to further collaboration with this great group!