

Be Well, Do Well Presentation 4/7/16
Program Information and Presenters

Learn about resources available to IHS families in the school and community to help youth manage social and academic stress. Understand signs and symptoms your teen may be experiencing, and how all members in the family can be supported.

Speakers in order of appearance on the recording:

From School District:

- Barbara Bergman, Family Liason, bbergman@icsd.k12.ny.us
- Lynn Reitenbach LMSW, School Social Worker, mreitenb@icsd.k12.ny.us
- Keith Harrington, 9th Grade Dean of Students, kharring@icsd.k12.ny.us
- Tokenma Killians, Associate Principal, tokenma.killins@icsd.k12.ny.us

From Community:

- Serena Ward, Family Navigator-Tompkins County, Franzia Rackers Center, 592-0486, serenaw@rackercenters.org
- Tina Hallock, Family Navigator-Tompkins County, Franzia Rackers Center, 607-227-5868, tinah@rackercenters.org
- Pat Vincent, Director of Family Support Services and Family Peer Advocate Specialist, Mental Health Association in Tompkins Co, 273-9250, pvincent@mhaedu.org
- Tamie Pushlar LCSWR, Lighthouse Program, Franzia Racker Center, 273-9250, tamiepushlar@gmail.com