



shiv's third eye

YOUTH MENTAL WELLNESS FAIR



2023

LIVINGSTON HIGH SCHOOL

30 ROBERT HARP DRIVE

LIVINGSTON, NJ 07039

SUNDAY 5 NOV

1 - 5 PM

Free Entry, Food, Scavenger Hunt, Panels, Resources, Exhibitors (40+) & more!

- Trends in youth mental health & wellness: Challenges & Remedies

Panelists
Dr. Brian Chu, Dr. Julia Turovsky, Dr. Wilbert Yeung
Moderator - Dr. Rohini Vira

- Parents & Teens communication: Trials & Tribulations

Vignettes/ Role Plays Moderated by
Danna Markson, Donna Ellenbogen, Dr. Wendy Loonin

- Youth Voices - Sharing Mindspeak Insights

Panel by MindSpeak Judges
Dr. Dakshana Lang, ER Frank, Dr. Rosemary McCee, Sima Kumar

Award Ceremony - "MindSpeak" Essay Competition

SPONSORS

PLATINUM

Thomas Family Foundation

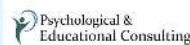
GOLD



SILVER



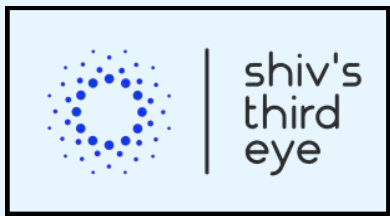
BRONZE



Exhibitors

1. Quiet Mind CBT - Dr. Julia Turovsky (Gold Sponsor)
2. ACAP, Livingston (Gold Sponsor)
3. Mindsoother Therapy Center (Silver Sponsor)
4. Family Health & Wellness Services (Silver Sponsor)
5. Advance Psychiatric Associates - Dr. Wilbert Yeung (Silver Sponsor)
6. Metro NY DBT - Carrie Diamond - DBT (Bronze Sponsor)
7. Psychological & Educational Consulting (Bronze Sponsor)
8. Zarabi Psychological Health (Bronze Sponsor)
9. Stepping Forward Counseling Services (Bronze Sponsor)
10. Positive Developments, Millburn (Bronze Sponsor)
11. Family Wellness Solutions - Donna Ellenbogen
12. Dr. Rohini Vira
13. Coaching by BMS - Bansari Modi Shah
14. All Parenting Matters - Lisa DiSciullo
15. Elm Street Placements - Educational Consultant
16. Advanced NeuroPsychology - Dr. Rosemarie Basile
17. The Anxiety Institute, Madison
18. Center for Stress, Anxiety & Mood Disorders, Summit
19. Resilience DBT & Eating Therapy
20. The Pediatric Eating Disorder Center at Atlantic Health System
21. David Zimmer - Individual, Group, Family Counseling
22. North Jersey Psychology Association - Dr. Jordan Levy & Dr. Jan Weiner
23. Abigail AC Marshall
24. Family Healing Center, Livingston
25. KKG Nutrition- Karin Kaplan Grumet
26. Our Creative Drive - Rachel Jaslow Art Therapist
27. The Art In Therapy - Kim Taina-Nolan
28. Promly
29. Rutgers UBHC
30. Collaborative Behavioral Healthcare Project - Essex Pediatric HUB
31. NAMI NJ
32. MHA of Essex & Morris County
33. MHA of New Jersey
34. AFSP New Jersey
35. Edge NJ
36. Partnership for Children of Essex (PerformCare)
37. Creature Comfort Pet Therapy
38. Sky Breathing - Art of Living
39. Pyramid Fitness & Wellness
40. Livingston Library - Teen Zone & Children's Room
41. LPS Clubs
42. Livingston Health Department





YOUTH MENTAL WELLNESS FAIR



Parents -Teens Communication: Trials & Tribulations

Moderated by



Danna Markson,
LCSW

Founder CEO of Mindsoother Therapy Center,
Livingston



Donna Ellenbogen,
LCSW

Founder, Family Healing Center,
Livingston



Dr. Wendy Loonin,
Ph.D.

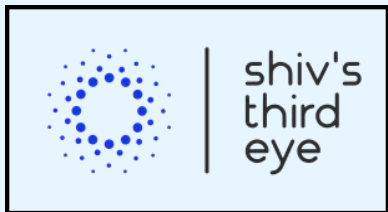
Partner, Family Health &
Wellness Services, Summit

Role Play Actors

Parents,
Teens

LIVINGSTON HIGH SCHOOL
30 ROBERT HARP DRIVE
LIVINGSTON, NJ 07039

SUNDAY
5 NOV
2 PM-2:50 PM



YOUTH MENTAL WELLNESS FAIR



Trends in Youth Mental Health & Wellness : Challenges & Remedies

Panelists



**Dr. Brian Chu,
Ph.D.**

Clinical Psychology Professor at Rutgers University, Director of Youth Anxiety & Depression Clinic, Senior Consulting Psychologist at The Center for Stress, Anxiety & Mood (CSAM), Summit



**Dr. Julia Turovsky,
Ph.D.**

Licensed Clinical Psychologist (Adolescents and Adults), Founder, Quiet Mind CBT, Chatham



**Dr. Wilbert Yeung
MD**

Child, Adolescent & Adult Psychiatrist
Co-founder Advanced Psychiatric Associates, Florham Park

Moderator



**Dr. Rohini Vira,
Ph.D., LMFT**

Licensed Couples and Family Therapist, Chatham

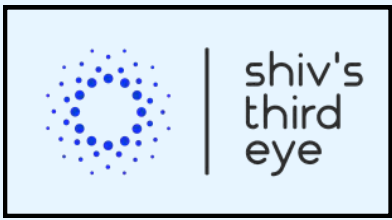
LIVINGSTON HIGH SCHOOL

30 ROBERT HARP DRIVE

LIVINGSTON, NJ 07039

**SUNDAY
5 NOV**

3 PM- 3:50 PM



YOUTH MENTAL WELLNESS FAIR



Youth Voices : Sharing “MindSpeak” Insights

Panelists



Dr. Dakshana Lang

English Teacher at LPS, NJ Teacher Association Policy & Teach Asian American Stories Fellow



E. R. Frank

Novelist, Licensed clinical social worker and Psychotherapist



Dr. Rosemary McGee

Licensed Mental Health counselor, certified psycho-analyst, Medical Humanities teacher at Morristown Memorial, Writing to heal workshop facilitator



Sima Kumar

English Teacher at West Windsor Plainsboro, NJ “Make Us Visible” Board member

LIVINGSTON HIGH SCHOOL
30 ROBERT HARP DRIVE
 LIVINGSTON, NJ 07039

SUNDAY
5 NOV
4:00 PM-4:30 PM



Anxiety / OCD / Depression / Mood Disorders

- [Quiet Mind CBT](#) - Table 21
- [Mindsoother Therapy Center](#) - Table 1
- [Family Health & Wellness Services](#) - Table 5
- [Metro NY DBT Center](#) - Table 6
- [Dr. Liz Nissim-Matheis - Psychological & Educational Consulting](#) - Table 4
- [Stepping Forward Counseling Services \(Bronze Sponsor\)](#) - Table 7
- [Positive Developments, Millburn](#) - Table 19
- [Zarabi Psychological Health](#) - Table 20
- [The Anxiety Institute, Madison](#) - Table 18
- [Center for Stress, Anxiety & Mood Disorders, Summit](#) - Table 8
- [David Zimmer - Individual, Group, Family Counseling](#) - Table 13
- [North Jersey Psychology Association - Dr. Jordan Levy & Dr. Jan Weiner](#) - Table 14
- [Dr. Rohini Vira, Chatham](#) - Table 27
- [Advanced Psychiatric Associates](#) - Table 2
- [Family Healing Center, Livingston](#) - Table 9

Eating Disorder/ Disordered Eating/ Nutritionist/ Addiction

- [Advanced Psychiatric Associates](#) - Table 2
- [Resilience DBT & Eating Recovery](#) - Table 15
- [The Pediatric Eating Disorder Center at Atlantic Health System](#) - Table 16
- [KKG Nutrition- Karin Kaplan Grumet](#) - Table 17
- [Family Healing Center, Livingston](#) - Table 9
- [Mindsoother Therapy Center](#) - Table 1
- [Metro NY DBT Center](#) - Table 6
- [Stepping Forward Counseling Services \(Bronze Sponsor\)](#) - Table 7
- [Positive Developments, Millburn](#) - Table 19

Family Therapy/ Parent Coach/ Educational Consultant

- [Family Wellness Solutions - Donna Ellenbogen](#) - Table 28
- [Dr. Rohini Vira, Chatham](#) - Table 27
- [Coaching by BMS - Bansari Modi Shah](#) - Table 29
- [All Parenting Matters - Lisa Disciullo](#) - Table 30
- [Elm Street Placements - Educational Consultant](#) - Table 31
- [Advanced NeuroPsychology - Dr. Rosemarie Basile](#) - Table 32
- [Abigail AC Marshall](#) - Table 33
- [Mindsoother Therapy Center](#) - Table 1
- [Family Health & Wellness Services](#) - Table 5
- [Dr. Liz Nissim-Matheis - Psychological & Educational Consulting](#) - Table 4
- [David Zimmer - Individual, Group, Family Counseling](#) - Table 13
- [Family Healing Center, Livingston](#) - Table 9



Skills Group/ Support Group

- [Mindsoother Therapy Center](#) - Table 1
- [Family Health & Wellness Services](#) - Table 5
- [Metro NY DBT Center](#) - Table 6
- [Stepping Forward Counseling Services \(Bronze Sponsor\)](#) - Table 7
- [Positive Developments, Millburn](#) - Table 19
- [The Anxiety Institute, Madison](#) - Table 18
- [Center for Stress, Anxiety & Mood Disorders, Summit](#) - Table 8
- [Center for Stress, Anxiety & Mood Disorders, Summit](#) - Table 8
- [David Zimmer - Individual, Group, Family Counseling](#) - Table 13
- [Family Healing Center, Livingston](#) - Table 9

Alternate Therapies

- [Our Creative Drive - Rachel Jaslow Art Therapist](#) - Table 24
- [The Art In Therapy - Kim Taina-Nolan](#) - Table 26
- [Creature Comfort Pet Therapy](#) - Table 3
- [Sky Breathing - Art of Living](#) - Table 37
- [Pyramid Fitness & Wellness](#) - Table 25
- [Resilience DBT & Eating Recovery \(Dance Therapy\)](#) - Table 15
- [Mindsoother Therapy Center \(Play Therapy, EMDR\)](#) - Table 1
- [Dr. Liz Nissim-Matheis - Psychological & Educational Consulting \(Play Therapy\)](#) - Table 4
- [Center for Stress, Anxiety & Mood Disorders, Summit](#) - Table 8

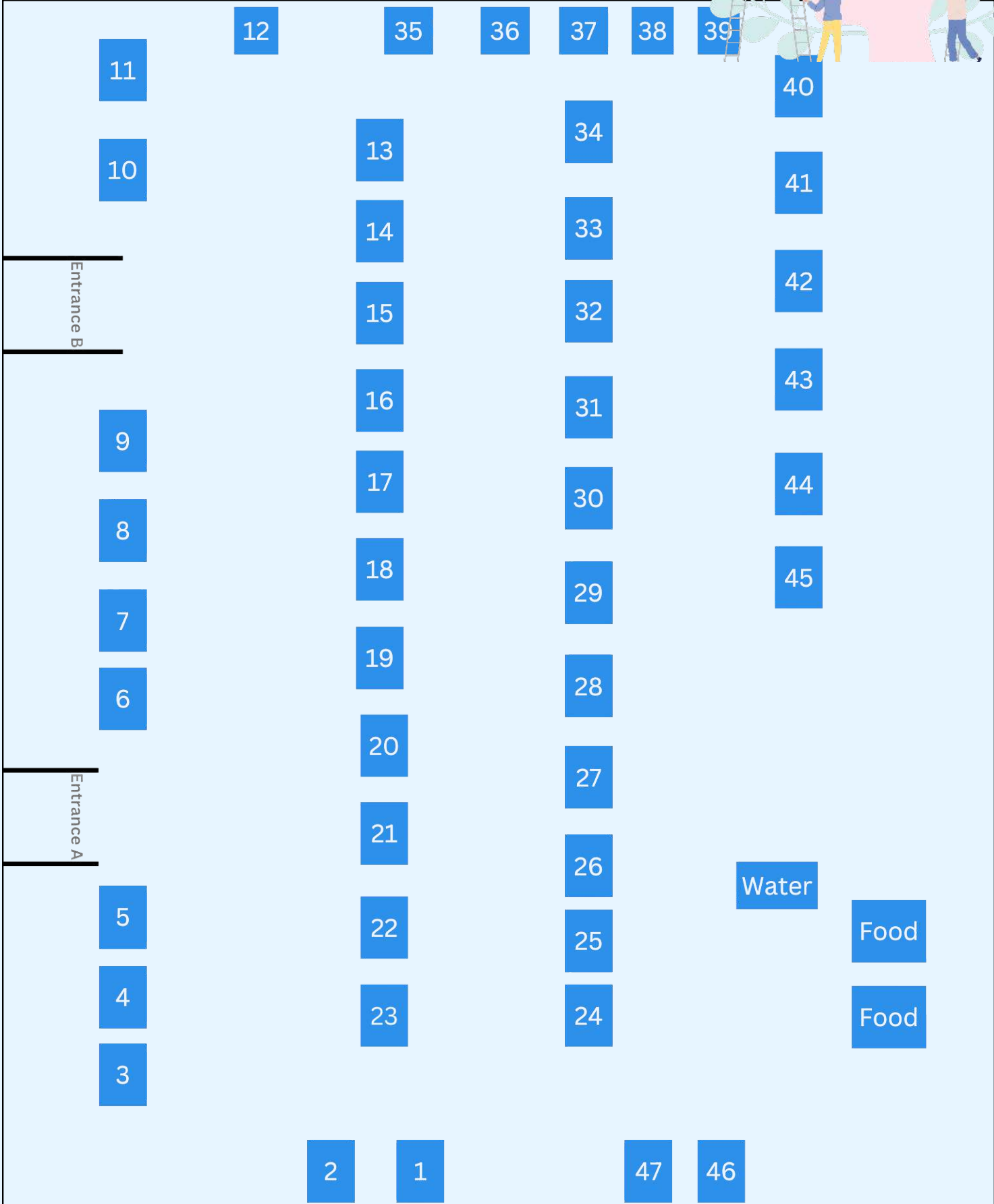
Other Resources (Free or Affordable)

- [ACAP, Livingston](#) - Table 22 & 23
- [Rutgers UBHC](#) - Table 43
- [Collaborative Behavioral Healthcare Project - Essex Pediatric HUB](#) - Table 44
- [NAMI NJ](#) - Table 38
- [MHA of Essex & Morris County](#) - Table 40
- [MHA of New Jersey](#) - Table 41
- [AFSP New Jersey](#) - table 39
- [Edge NJ](#) - Table 42
- [Partnership for Children of Essex\(PerformCare\)](#) - Table 45
- [Livingston Library - Teen Zone & Children's Room](#) - Table 35
- [Livingston Health Department](#) - Table 36
- [Promly](#) - Table 34



YOUTH MENTAL WELLNESS FAIR

Exhibitor Hall Map



Entrance C