



STAR VISTA



# SPRING INTO TRANSITIONS

*Panel Discussion:  
Empowering teens to navigate change*

**Burlingame High School**

April 10, 2024 | 6:00-8:00 PM

Sponsored by

**SOLMATEO**

Shining Light on Mental Health

# WELCOME TO SPRING INTO TRANSITIONS 2024

I am thrilled to welcome you to our teen wellness panel discussion, Spring into Transitions 2024 (SIT). This event is dedicated to supporting emerging young adults, and during SIT, we will focus on empowering teens to navigate change. Our thought-provoking panel discussion will delve into teen mental health and wellness. StarVista's goal is to empower the young generation to navigate life's transitions with resilience, confidence, and hope toward their desired future.

Whether you're a teen, parent/caregiver, educator, or simply interested in these critical topics, our event promises valuable insights and actionable advice. It's not only beneficial for students but also relevant for parents, community members, and mental health advocates.

With its mission to help people of all ages overcome life's challenges, StarVista is proud to bring these events to our shared community. Our commitment to continuous improvement and evidence-based approaches ensures that San Mateo County residents receive quality care tailored to their unique needs.

I extend my heartfelt gratitude to our esteemed panel speakers: Nancy Quiggle, Ph.D., Zariah Mekile, MS, MAP, Taylor Coutts, ASW, and HAP-Y graduate Isabella Aragon, as well as our Emcee, Christie James, and Keynote Speaker, Chad Slife. Their presence supports our shared community, and the topics we cover will provide valuable insights.

Additionally, I want to express my thanks to our event sponsors and partners who have made this event possible. A special shout-out to SolMateo, our presenting sponsor and a funder of StarVista's Crisis Center program. Health and wellness are a collective effort, and we are grateful for your support in San Mateo County.

On behalf of the Spring into Transitions planning team, we hope you find immense value in today's panel discussion. May you feel empowered to navigate the challenges you face, both today and in the future. Let's spring into positive change together!

Sincerely,



Sara Larios Mitchell, Ph.D., MACP  
*Chief Executive Officer, StarVista*



# PROGRAM SCHEDULE

## WELCOME AND ANNOUNCEMENTS

Christie James

Sara Larios Mitchell, Ph.D., MACP

Sara Furrer

## KEYNOTE SPEAKER

Chad Slife

Taylor Georgina Coutts, ASW

Nancy Quiggle, Ph.D.

Zariah Mekile, MS, MAP

Isabella Aganon

## PANEL DISCUSSION

## Q&A

Eventbrite Questions

Audience Q&A Session

**Explore resources before and after the presentation from our programs and partners:**

San Mateo County Health Ambassadors for Adults | San Mateo County Pride Center | San Mateo Union High School District (SMUHSD) | SolMateo | StarVista | StarVista Crisis Center

**Need support? Get connected to resources at your school after the event.**

Look for a SMUHSD counselor on-site to schedule a counseling session.



### DISCOVER THE IMPACT OF STARVISTA'S PROGRAMS

Join us for a virtual Discover StarVista Tour! Hear from our staff and clients as they share how our high-impact services help individuals of all ages overcome the challenges they face.

Sign up at [www.tinyurl.com/DSVapril24](http://www.tinyurl.com/DSVapril24) or scan the QR code.



# SPEAKERS AND PANELISTS

## **Christie James**

*Heart of Gold DJs, iHeart Media*



A Bay Area native, Christie's career began with the US military where she served in Italy as a member of the U.S. Navy. She was formerly stationed in Washington D.C. as a member of the Presidential Honor Guard under President Clinton. While serving as a Navy journalist, she became enamored with the world of radio. Christie came to the Bay Area in 2003 where she started as a radio intern, and gained extensive knowledge and experience through a variety of positions at various stations in the Bay Area. She has been on the air with KYLD, KISQ, V101.1, PRIDE Radio and most recently she has become the host of the top-rated "Morning Drive with ChristieLive" show on 80s+ @103.7. Christie is also heavily involved in the Bay Area LGBTQ+ community having produced stages for S.F. Pride, Oakland Pride, and Co-Chaired Pridefest Oakland. You can also catch Christie in the mix at the Oakland Coliseum serving as the official Treehouse DJ for the Oakland Athletics.

## **Chad Slife**

*Coordinator, Center for Access & Engagement, San Mateo County Office of Education*



Chad Slife is a seasoned educator and leader in transforming schools, dedicated to promoting antiracist and equitable practices. With over two decades of experience, he has a proven track record of improving student achievement, fostering parent engagement, and boosting student enrollment in urban settings. His expertise lies in principal coaching, restorative practices, Multi-Tiered Systems of Support (MTSS), Universal Design for Learning (UDL), improvement science, and shaping school climate and culture. Chad's journey began as a Teach for America Corps Member in San Francisco and East Palo Alto, California, before transitioning to roles as a school principal and now as a leader in the County Office of Education. He brings a wealth of practical wisdom and strategic insight to his leadership roles, consistently striving to create environments where all students can thrive. As a first-generation college graduate, Chad holds a BA in Public Relations from the University of Southern California, an MA in Education Administration from San Francisco State University, and is on the verge of completing his Doctor of Education (Ed.D.) degree in Leadership and Learning in Organizations from Vanderbilt University.

## **Taylor Georgina Coutts, ASW**

*Program Manager - Crisis Intervention and Suicide Prevention Hotline, StarVista*



Taylor Coutts, ASW, joined StarVista's Crisis Center in 2021 and holds a Master's of Social Work degree from California State University, San Bernardino. Entering the Southern California non-profit sector in 2013, Taylor's background consists of youth mentorship, crisis intervention, medical, residential, and school based social work, and community mental health services. Since moving to the Bay Area, Taylor now manages one of California's 12 988 Crisis Centers, serves as secretary on the state's 988 California Executive Committee, and provides clinical therapeutic services for San Mateo County families impacted by crime and violence. Taylor comes to this work with lived experience with mental health challenges and is a proud military spouse and kinship parent to her three amazing teenage nieces. When not working, Taylor loves eating appetizers, laying in the sun, and cuddling with her animals!

## **Nancy Quiggle, Ph.D.**

*Director of Early Childhood and School-Based Services, StarVista*



Nancy Quiggle (she/her) has a Ph.D. in clinical psychology from Vanderbilt University and is a licensed clinical psychologist. She has over 30 years of experience working at not-for-profit organizations that serve children, youth and adults, most of whom experienced significant life traumas. She has provided direct services, has supervised clinicians and clinicians in training, has been involved in program development, and has participated in community outreach and client advocacy. Prior to becoming a Department Director, Dr. Quiggle was the Program Director for StarVista's Women's Enrichment Center for seven years. Dr. Quiggle is committed to strengths based, trauma informed, culturally sensitive care that empowers individuals to live a life in alignment with their personal values and goals.

## **Zariah Mekile, MS, MAP**

*Mental Health Clinician, School-Based Services, StarVista*



Zariah J. Mekile is a doctoral candidate at the PGSP-Stanford Psy.D. Consortium, where she is pursuing her Psy.D. in clinical psychology. She currently serves as a mental health clinician with StarVista's School-Based Services at South San Francisco High School, where she delivers individual therapy for students, administers psychological assessments, and supports students in enhancing school performance. She is also a Crisis Phone Counselor at StarVista's Crisis Center and was a lead counselor at StarVista's Kids Kamp in 2023. In addition to her clinical experience, Zariah has been actively involved in research, contributing to projects at institutions such as Stanford University School of Medicine and Rutgers University. Her research interests span from neurodevelopmental disabilities to anti-racism, showcasing their commitment to advancing knowledge in the field.

## **Isabella Aganon**

*HAP-Y Fall Cohort 2023 Ambassador, StarVista*



Isabella Aganon participated in the 2023 Fall HAP-Y cohort. She is a senior at Capuchino High School and future Neuroscience major. She currently works as an Intern for Senator Becker, where she completes research projects specializing in immigrant rights and healthcare access, education disparities, and abortion access and women's rights.

**A special thank you to our event sponsor, SolMateo!**



SolMateo is a volunteer group working to support our local community with issues surrounding mental health. By raising money and awareness for organizations that provide essential services like suicide prevention hotlines, emergency housing for homelessness, and counseling services, we strive to help our neighbors obtain important resources in times of need.

**Learn more: [www.solmateo.org](http://www.solmateo.org)**

# KEY TOPICS AND NOTES

Chad S. | The value of student engagement and restorative practices

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Taylor C. | Navigating mental health crises and stigmas and accessing resources in the community

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Nancy Q. & Zariah M. | The current climate and how parents/caregivers can support their teen

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Isabella A. | Post-graduation plans, stress management, and comparing yourself to others

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## MENTAL HEALTH MATTERS 2024

*A 5K Run/Walk and Wellness Fair*



**MAY 18th**

**9:00 AM - 1:00 PM**

**RYDER PARK**



SCAN TO REGISTER

[runsignup.com/mhm24](https://runsignup.com/mhm24)



STAR VISTA



In partnership with



**Thank you to our Presenting Sponsor!**



# RESOURCES

## StarVista

Main Line: (650) 591-9623

[www.star-vista.org](http://www.star-vista.org)

## StarVista Crisis Center

24/7 Hotline: (650) 579-0350  
or dial 988

[www.sanmateocrisis.org](http://www.sanmateocrisis.org)

## San Mateo County Pride Center

Main Line: (650) 591-0133

[www.sanmateopride.org](http://www.sanmateopride.org)

## StarVista Counseling Center

Main Line: (650) 355-8787

[counseling.center@star-vista.org](mailto:counseling.center@star-vista.org)

## The Trevor Project

24/7 Hotline: 1 (866) 488-7386

[www.thetrevorproject.org](http://www.thetrevorproject.org)

## 988 Suicide & Crisis Lifeline

24/7 Hotline: 988 (call, text and chat)

[www.988lifeline.org](http://www.988lifeline.org)

## Rape Trauma Services

24/7 Hotline: (650) 692-7273

[www.rapetraumaservices.org](http://www.rapetraumaservices.org)

## CORA (Community Overcoming Relationship Abuse)

24/7 Hotline: 1 (800) 300-1080

[www.corasupport.org](http://www.corasupport.org)

## Kara: Grief Support Services

Main Line: (650) 321-5272

[www.kara-grief.org](http://www.kara-grief.org)

## National Domestic Violence Hotline

24/7 Hotline: 1 (800) 799-7233

[www.thehotline.org](http://www.thehotline.org)

## allcove San Mateo

Main Line: (650) 266-7030

[www.allcove.org](http://www.allcove.org)

## NAMI San Mateo

Helpline: (650) 638-0802

[www.namisanmateo.org](http://www.namisanmateo.org)

## One Life Counseling Center

Main Line: (650) 394-5155

[www.onelifecounselingcenter.com](http://www.onelifecounselingcenter.com)

## Autism Speaks

Main Line: 1 (888) 288-4762

[www.autismspeaks.org](http://www.autismspeaks.org)

## Autism Society, San Francisco Bay Area

Main Line: (650) 637-7772

[www.sfautismsociety.org](http://www.sfautismsociety.org)

# SAVE THE DATE!

## SOLMATEO

Shining Light on Mental Health in Our Community

PRESENTS



## SIGNATURE KITCHEN TOUR

Friday, May 3, 2024 • 10 AM-4 PM

Burlingame • Hillsborough • San Mateo Park

Self-guided tour of six homes • Food tastings, boutique shopping & raffle

### SolMateo is a volunteer group

working to support our community with issues surrounding mental health. We raise money and awareness for local organizations that provide essential services such as suicide prevention hotlines, emergency housing for the homeless and counseling services. Proceeds from our events benefit the Mental Health Association of San Mateo County and StarVista Crisis Center.



Scan for more  
information  
and tickets

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# STAR VISTA

## Helping All Ages and Stages Through Life's Challenges

**StarVista is a nonprofit organization that has been helping people throughout San Mateo County navigate life's challenges for over 55 years. Our counseling, case management, skill development, and crisis prevention programs reach tens of thousands of people in our community each year.**

We work closely with local governments to fill unmet needs, partner with schools to connect directly with young people, and collaborate with other nonprofit organizations to share expertise and best practices. From substance abuse and thoughts of suicide to domestic traumas and homelessness, we help people persevere and transform some of life's toughest situations into personal victories.

StarVista provides services to people of all ages.

**To find a program that's right for you, visit [www.star-vista.org/programs](http://www.star-vista.org/programs).**



**View our Programs**



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