



## National Summit for Mental Health & Mental Fitness:

Practical Solutions for Creating a Culture of Peace

July 23rd - 24th, Denver, CO

<https://summit.americameditates.org/>

Mental health & mental fitness is an integral part of human health and well-being, as reflected in the definition of health in the Constitution of the World Health Organization: “health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” Yet, 20% of American adults (44M) and 20% of youth aged 13-18 live with a mental health condition today with only half of them diagnosed. At the same time, the healthcare system and society at-large is falling behind on effective comprehensive approaches to nurturing a mentally healthy population, as stigma persists and the notion of the “mental health continuum” is only now becoming mainstream.

The 2-day Mental Health & Fitness Summit will bring together the pre-eminent thinkers and leaders in the field from the 4 areas of society best-positioned to change the course of the mental health epidemic spreading across the globe today: healthcare, policy, business, and education. With a focus on active participation and purpose-driven collaboration across silos, the summit will be an opportunity to:

- ❖ Discuss and share experiences among leaders from policy, government, business, education, and healthcare on the status of mental health in our society today and its essential role in achieving health for all people
- ❖ Build partnerships across different fields to enable a comprehensive and coordinated response for mental health
- ❖ Discuss how to expand the current approach and vision of mental health systems and explore a variety of wellbeing multi-disciplinary approaches, including through holistic medicine, prevention and complementary and alternative medical practices such as meditation
- ❖ Discuss existing mental health policies and programs and explore opportunities for institutional and policy changes to improve overall mental health
- ❖ Discuss how unaddressed mental health challenges that can contribute to increased crime, addiction, depression and suicide rates society-wide
- ❖ Develop a practical road map for leaders who wish to make a lasting difference in the mental health and well-being approach of their organizations and communities

The summit will culminate with America Meditates (<https://americameditates.org/>), a large outdoor public gathering promoting a society free of stress and violence in Denver City Park on July 24th, walking distance from the venue.

Day 1 (July 23rd)	Agenda	Location
8:00am - 9:00am	Registration & Coffee	Plenary
9:00am - 9:15am	Welcome & Summit Introduction	Plenary
9:15am - 9:35am	<b>Opening Remarks:</b> America's Changing Mental Health Landscape: Barbara Van Dahlen, Executive Director of the Task Force PREVENTS ( <i>President's Roadmap to Empower Veterans and End a National Tragedy of Suicide</i> )	Plenary
9:35pm - 10:20pm	<b>Healthcare Panel Discussion &amp; Q&amp;A:</b> "21st Century Healthcare: Innovative Strategies for a Comprehensive and Holistic Approach to Mental Healthcare"	Plenary
10:20am - 10:50am	Morning Break / Networking	Plenary
10:50am - 11:05am	<b>Spotlight Talk:</b> Fabrizio Hochschild, Under-Secretary General, United Nations	Plenary
11:05am - 11:50pm	<b>Policy Panel Discussion &amp; Q&amp;A:</b> "Mental Health & Policy Landscape: Global and Local Priorities for Effecting Change"	Plenary
11:50pm - 12:30pm	<b>Address &amp; Group Meditation:</b> Gurudev Sri Sri Ravi Shankar	Plenary
12:30pm - 2:00pm	Networking lunch	
2:00pm - 2:15pm	<b>Musical Performance:</b> Majestè Amour Pearson, from musical reality show "The Four: Battle for Stardom"	Plenary
2:15pm - 3:00pm	<b>Business Panel Discussion &amp; Q&amp;A:</b> "Mental Health & Business: A Crisis at Work"	Plenary
3:00pm - 3:30pm	Afternoon Break / Networking	
3:30pm - 3:45pm	<b>From the Heart:</b> Youth Perspectives & Experiences	Plenary
3:45pm - 4:30pm	<b>Education Panel Discussion &amp; Q&amp;A:</b> "Mental Health & Education Landscape"	Plenary
4:30pm - 4:45pm	<b>Closing Remarks:</b> "Building a Mindful Nation," Congressman and Presidential Candidate Tim Ryan	Plenary
4:45pm - 5:00pm	Energy Musical Boost	Plenary

<b>Day 2 (July 24)</b>	<b>Agenda</b>	<b>Location</b>
8:00am - 9:00am	Networking Coffee	Plenary
9:00am - 9:10am	<b>Day 2 Orientation and Participatory Methodology:</b> “How do we make this more than a summit?”	Plenary
9:10am - 9:25am	<b>Find your track for deep-dives in break-out groups:</b> 1. Policy 2. Healthcare 3. Business 4. Education 5. General	Track room
9:25am-11:10am	<b>Introductions + Discovery Process:</b> What works or doesn't work in my field? <i>*content subject to change based on specific track</i>	Track room
11:10am - 12:00pm	<b>From Head to Heart:</b> Human Moments Process <i>*content subject to change based on specific track</i>	Track room
12:00pm - 1:30pm	Networking Lunch	
1:30pm - 2:15pm	<b>Solutions Process:</b> What are the key solutions to implement and improve the state of mental health in my organization? What are my personal intentions after the Summit? <i>*content subject to change based on specific track</i>	Track room
2:15pm - 2:30pm	Moderated Energy Boost	
2:30pm - 3:00pm	<b>Manifestation Process:</b> What does success look like? What would the Time magazine cover read like if we were to be successful?	Track room
3:00pm-3:15pm	Return to Plenary / Break	
3:15pm-3:45pm	Selected Film Clips <i>*content subject to change</i>	Plenary
3:45pm - 4:15pm	<b>Summit Consolidation &amp; Commitments:</b> What are the top solutions / next steps across the different tracks of the Summit?	Plenary
4:15pm - 4:30pm	<b>Closing Remarks:</b> Marianne Williamson, acclaimed lecturer, activist, NYT bestselling author, Presidential candidate	Plenary
4:30pm - 4:45pm	<b>Farewell and Actionable Next Steps</b>	Plenary
5:00pm – 10:00pm	Complimentary access to <b>America Meditates:</b> Outdoor Event at Denver City Park ( <a href="https://americameditates.org/">https://americameditates.org/</a> )	