

Steamboat Springs School District

Day of Mental Health and Wellness

May 8, 2026

We extend our sincere thanks to **Sara and Michael Craig-Scheckman** for making this day possible. Their generous gift to our students and district, in honor of **CSFF's 20th Anniversary**, has brought this event to life. Through our long-standing partnership, they have helped elevate student voice, expand access to mental health resources, and bring mental wellness to the forefront of our community. **We are deeply grateful—thank you, Sara and Michael.**



Thank you for joining us for a

DAY OF MENTAL HEALTH AND WELLNESS!

Your May 8th experience includes:

- 2 amazing Keynote Speakers
- Expert-led breakout sessions grounded in real-world application
- Interactive and experiential learning sessions
- Practical tools to support mental health and emotional resilience
- Opportunities for reflection, connection, and community-building
- Fun prizes, drawings and activities throughout the day
- On campus catered food trucks, fun activities, a DJ and PRIZES throughout the lunch hour
- Raffle drawings for participants in the breakout sessions



Our Partners



LEADING OFFSCRIPT





Keynote Speaker #1



Kaleb Joseph

Mental Health Advocate, Founder of The Self Help Tour, Former Top-10 ESPN PG Recruit

Kaleb Joseph is a young man who is no stranger to adversity. He was raised in a dynamic household, one of eleven siblings and the only child between both parents. With the dysfunction this created, Kaleb turned to basketball as an escape, seeking approval and stability from coaches and his teammates, often leading to couch-surfing to attend practices and games. His hard work paid off when he received his first Division 1 scholarship offer as an eighth grader, eventually becoming one of the top 10 point guard recruits in the country.

Kaleb's dream came true when he committed to play at Syracuse University. However, the reality was far different. As the projected college basketball freshman of the year, Kaleb faced intense pressure and expectations that proved to be overwhelming. Rather than being a source of joy and excitement, basketball became a source of anxiety and stress. He struggled to cope with the highs and lows of his elite career and began seeking other ways to escape. Unknowingly, he fell into the same pattern of generational trauma that marked his family's history. Feeling responsible for breaking his family's generational chains through his success, Kaleb became paralyzed by his anxiety to the point that he became afraid to show his face on campus after being named one of Sports Illustrated's top 10 most disappointing players after his freshman season.

When the pain of feeling like he let his family down became insufferable, he sought relief in unhealthy coping mechanisms, ultimately leading to an addiction that went unnoticed by everyone around him. Despite having a degree in Healthy Lifestyle Management and Emotional Intelligence, he was unable to acknowledge the issues in himself that he had been trying to prevent and heal in other athletes. After hitting rock bottom, Kaleb was aided by the help of two former NBA players in recovery who knew the struggles ahead in pursuit of turning his pain into purpose. Knowing all too well that he is not alone in his experiences and struggles, Kaleb now travels across the country sharing his story. Through his Self Help Tour, he passionately helps others develop the tools necessary to identify, process and manage their emotions. Through emotional intelligence workshops, life coaching, and coach consulting, Kaleb is helping students of all ages lean into vulnerability, build self-awareness, and cultivate a sense of identity that can carry them through all of life's adversities both on and off the court.

Keynote Speaker #2

Shaney

Andler

**Educator, Author,
Mental Health
Advocate, Founder
of Back Pocket**



Shaney Andler is an educator, author, and mental health advocate dedicated to equipping adolescents with lifelong, actionable coping skills. A trained Special Education teacher and mother of two, she believes many teens are no longer organically developing these skills and that a shift toward preventative mental health education is essential.

She is the founder of Back Pocket, a curriculum designed to provide simple, effective strategies that build resilience and support student well-being. Shaney currently teaches at an adolescent psychiatric hospital and brings both professional and personal insight to her work, including supporting her own son through anxiety.

She is the author of two Amazon bestselling books, *Back Pocket: Tools for Teens to Nurture Their Mental Health* (2022) and *Back Pocket for Parents: Tools to Help Nurture Their Teens' Mental Health* (2024), and speaks nationally to schools, organizations, and parent groups on adolescent mental health.

Based in Madison, Wisconsin, Shaney continues to expand her impact through education, advocacy, and speaking.

DJ

Sparkafya

playing during the
lunch festivities



Dave Sparkafya is a resident DJ with a highly entertaining style proven to energize crowds throughout this community. Sparkafya has made a name for himself working stages ranging from night club venues to apres ski dance parties. Since the day Sparkafya was first introduced to electronic music, his calling within the entertainment industry was found. His live performance sets mainly include the deep bass sounds of Tech House, the energy of Dance tracks, and the rhythmic patterns of Soulful Groove. His ability to pivot the mix based on the audience experience in real time gives Sparkafya a leading edge in crafting memorable shows.

Day of Mental Health and Wellness

MAY 8
2026

Steamboat
Springs
School
District

**8:20 -
8:40**

All students report to anchor classes for check-in, attendance, and distribution of name badges and individual schedules

**8:40 -
8:45**

Transition

Morning Sessions

**8:45 -
10:00**

- Half of the student body will be in the auditorium for a Keynote session with Kaleb Joseph
 - The other half of the student body will attend breakout session 1 (registered session)
-

**10:00 -
10:15**

Break

**10:15 -
11:30**

- Half of the student body in the auditorium for a Keynote session with Shaney Andler
 - The other half of the student body will attend breakout session 1 (registered session)
-

Midday

**11:30 -
12:30**

Lunch (All Students)

www.steamboatschools.net

325 7th Street, Steamboat Springs, CO 80487

Day of Mental Health and Wellness

MAY 8
2026

Steamboat
Springs
School
District

Afternoon Sessions

**12:30 -
1:45**

- Half of the student body in the auditorium for a Keynote session with Kaleb Joseph
- The other half of the student body will attend breakout session 2 (registered session)

**1:45 -
1:55**

Break

**1:55 -
3:15**

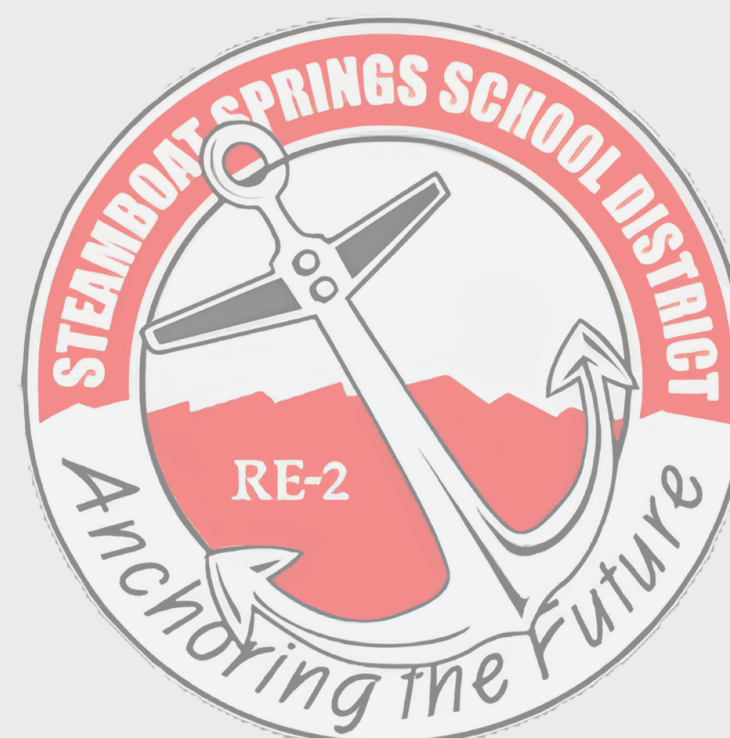
- Half of the student body in the auditorium for a Keynote session with Shaney Andler
- The other half of the student body will attend breakout session 2 (registered session)

**3:15 -
3:35**

Students remain in their current locations. Drawing and prize winners announced via school wide communication

3:35

Dismissal



www.steamboatschools.net

325 7th Street, Steamboat Springs, CO 80487

Find your calm and connection –horse style

**KAITLYN ANDERSON,
LPC AND
TAMMIE DELANEY
EQUINE SPECIALISTS**

In this hands-on session, students will practice mindfulness, self-awareness, and grounding skills while grooming and interacting with horses, learning how presence, energy, and communication shape connection. Through reflection, creative activities, and observation, students will discover practical ways to carry these calming skills into everyday life.

Permission and liability waiver must be signed.

Social media shapes more than we think. Join this interactive session to explore its impact on mental health and learn practical strategies to strengthen independent thinking, emotional awareness, and resilience.

Beyond the Feed: Strengthening Your Mind in a Social Media Era

TESSA HILL, LCSW

Move Your Mood - Dance Style

LORA LABAREE

Discover how movement can boost your mental health, reduce stress, and build resilience. Join us for a fun, judgment-free session where you'll move, connect, and leave feeling more energized and grounded.

Things get heated sometimes – but you can stay calm. Learn real-life strategies to manage your emotions, deescalate drama with friends, siblings, and even parents, and walk away with your peace (and pride) intact. Hands-on activities make it practical, fun, and all about real control in real situations.

Crash Out Control: Stay Cool in Conflict

DEPUTY DAWN SMITH

Rooted & Resilient: Mindfulness in Nature

**JOEL DENNEY AND
SARAH STORM -
YAMPATIKA**

Step outside, slow down, and reset your mind! This hands-on outdoor session guides you through mindfulness exercises on the trail to stay grounded, manage stress, and build resilience—skills you can use every day while connecting with nature.

Speak up, be heard, and have a blast doing it! This interactive session uses improv games to boost your confidence, sharpen your communication skills, and help you connect with friends, teammates, and teachers—on the field, in class, and beyond. No-pressure practice and guaranteed laughs included!

Confident Conversations

KATIE CARROLL

Love, Boundaries & Breakups

**JULIA LOWENTHAL,
PROGRAM DIRECTOR
OF COMMA PROJECTS**

Relationships can be amazing—and complicated. In this creative, hands-on session, you'll make your own collage/zine while learning how to set healthy boundaries, navigate tough conversations, and handle breakups with confidence and self-respect. Walk away with real-life tools for healthier relationships and stronger support systems.

Be part of the solution. In this interactive session, explore how gun violence impacts communities and learn practical ways youth can help prevent it—like recognizing warning signs, promoting safe storage, and speaking up to keep others safe.

Gun Violence Prevention

LANEY SHEFFEL, ED

Becoming Your Personal Best – Mindset

KATIE MALONEY

What can Olympians teach us about resilience? Reflecting on the personal story of Hunter Kemper, the most decorated US triathlete in US history and four-time US Olympian, you will reflect on the role mindset plays on your ability to be your best self. Students will ask “what would I do if I knew I couldn’t fail?” and create a fail-forward plan.

What’s working at your school—and what could be better? In this fast-paced, hands-on session, you’ll work with other students to explore belonging, stress, relationships, and wellbeing, then share ideas that could help make your school an even better place for everyone. Your voice helps shape the story.

Mapping What Matters: A Youth-Led Look at School Life

JENNA GANNON

The Imagine Project - Turning Tough Feelings into Powerful Stories

**DIANNE MARONEY (AUTHOR)
AND VICKI HAGEN**

Turn your tough stories into powerful possibilities. In The Imagine Project, students will use a simple 7-step writing process to release old, limiting narratives and imagine a story that reflects their true selves. Write, reflect, and discover a coping tool that can empower you for life.

Turn ideas into impact—album style. Teens will dive into the latest Youth Scan data to spot a top mental health issue, then get creative by designing an album cover that presents their solutions. Pitch your ideas, share your vision, and see how your creativity can spark real change in your community.

Music Albums for Mental Health

**TEEN COUNCIL AND
PARTNERS FOR YOUTH**

The Art of Yoga

**KELSEY RYAN
AND JENNA
LEDET**

Move, create, connect. In The Art of Yoga, students will blend yoga, mindfulness, and art—moving through poses with paint to express personal intentions while contributing to a shared masterpiece. No experience needed—just come ready to explore, create, and see how your expression can connect with others. **Bring a journal and if possible, wear clothes you're ok with getting paint on.**

Kick anxiety and be your true self. In this session, students will explore how their nervous system affects anxiety and learn practical, science-backed tools to regulate stress—helping you navigate school, friendships, dating, and everyday challenges with confidence.

**Kicking anxiety
so you can be
yourself!**

**KAYLA GUETTICH AND
SOPHIE BERKLEY**

Hope Has A History: Lessons in Resilience from the LGBTQIA+ Community

**CHELSIE HOLMES
CANAAN HATFIELD**

Discover the power of resilience. Hope Has a History invites students to explore LGBTQIA+ stories of strength, survival, and community through trivia, discussion, and true historical examples—learning how hope is built, shared, and carried forward. All identities are welcome! You don't need to be an expert or share personal experiences to participate.

The More You Know (And Flow!) combines essential suicide prevention and mental health skills with an upbeat, all-levels yoga session—helping students recognize warning signs, practice self-care, and leave feeling energized, grounded, and ready to support themselves and others.

**The More You
Know**

**CLAIRE DE CORDOVA -
REPS, AND BRIDGET
CLEARY - YOGA
INSTRUCTOR**

Stress less, thrive more

**MOLLY WOODHULL
- WOODHULL
WELLNESS**

This hands-on session gives students simple, real-world tools to stay grounded, boost focus, and handle stress in daily life. With practical self-care strategies that fit into busy schedules, you'll learn techniques you can use anywhere—at school, during sports, at work, or at home—to build resilience and keep your cool.

IntrovertFest celebrates the power of quiet, reflection, and solo self-care—showing teens that taking time for themselves is a strength, not a weakness. Explore reflective activities, discover library resources, and learn how to make space for calm in a busy small-town life.

Recharge your way. *IntrovertFest.*

**LAURA GODT AND
JAMIE COLLINS**

Forget 6 7, 988 is the Number to Remember

**CASSIE VILLEGAS,
RANDY BONDY, & JAIME
BREWER SOLARI CRISIS
SERVICES**

Know your lifeline. Learn how 988 can be a go-to resource for you—or a friend—any time you need support, a listening ear, or help navigating tough moments. Discover how it works, who answers, and what to expect when you reach out—because you're never alone, and there's always hope.

In this session, students will explore the neurology of our stress response system, develop an understanding for what stress management is and isn't, and practice a strategy for responding appropriately when they get triggered or emotionally activated.

How to skillfully respond when you get triggered!

JAMES GALLAGHER

Cost of Poverty Experience

**EMILY SCHWEITZER -
THE HEALTH
PARTNERSHIP**

Step into their world. In *The Cost of Poverty Experience*, you'll take on real-life challenges people face every day—from jobs and school to health and money—seeing how stress and tough choices shape life. Walk a mile in someone else's shoes and discover empathy, perspective, and the power of understanding.

Stand strong, feel empowered. In *Krav Maga Self Defense Basics*, students will learn practical self-defense techniques, practice them hands-on, and build confidence in their body and abilities. This session is not only empowering—it's fun, interactive, and a chance to strengthen both physical and mental awareness.

Krav Maga Self Defense Basics

**TARA SHAFFER, KRAV
MAGA INSTRUCTOR**

Artful Empathy - Step into Someone Else's Story

**CELINA TAYLOR, ABBEY
IBERG**

In this interactive workshop, students explore radical empathy by identifying real-life challenges and bringing them to life through skits—showing both what's missing and what's possible. Collaborate, perform, and build skills to strengthen relationships, leadership, and everyday connection.

Make your mark in this hands-on art session by helping create a Mosaic Tree that represents resilience, hope, and connection. Honor your experiences and those we've lost while contributing to a lasting piece of art that will stay in your school community for years to come.

Gratitude, Grieving and Resilience through Art

**CHERYL FULLERTON,
ANNA ALLSBERRY AND
JOAN ALLSBERRY**

Cultural Humility Training

**JERRY HERNANDEZ -
INTEGRATED
COMMUNITY**

Explore your own identity and discover the stories of others in this interactive, hands-on session. Led by Integrated Community, you'll learn, laugh, and leave with tools to help make your school a place where everyone belongs.

Step into a space where your background isn't just your history—it's your greatest asset. Join us to uncover the 'cultural superpowers' that help you navigate the world and learn how to build a personal narrative that keeps you grounded and strong. Your story is powerful; it's time you're the one who tells it.

Unmasked: Discovering Your Cultural Superpowers

**LILIA LUNA - NW
COLORADO HEALTH**

Cast & Chill: Fly Fishing for Regulation and Wellness

TBD

Come unwind with mindfulness, stress relief, and a fun fly fishing clinic. Learn how to cast, build your skills, and discover a hobby you can use to relax and reset now and in the future.

In this hands-on session, you'll design your own bouquets for Mother's Day or , boutonnieres, corsages or a bouquet for Prom. In this session you will save money, time and create a very special arrangement. Slow down, get creative, and experience how working with your hands can be a powerful way to de-stress. You'll leave not only with something beautiful for the weekend, but also with a brighter mood and a go-to wellness practice you can continue to use!

Creative Outlets - Creating Boutonnieres, Corsages and Bouquets

TONI QUICK

College Application BootCamp for Juniors

BRENDAN SELBY

Get a jump start on your senior year! In this session, you'll explore key components, timelines, tips, and tricks for the college application process –so you can reduce stress, stay organized, and feel confident as you plan for this next big chapter.

Fuel your body, mind, and meaningful connections that you will remember for a lifetime! In this hands-on session, we will explore how food impacts energy, focus, and connection while creating simple foods from our bio-room! Walk away with practical strategies that will help you in school and in life!

Culinary Arts for Connection

**SCOTT PRYZMUS
AND BENNETT
COLVIN**

Tuning the Machine: Mental Health & The Pack

SOBER SOULS MOTORCYCLE CLUB (MC) REPRESENTATIVE: SCOTT "BAGZ" MOUNCE, AND OTHER MC MEMBERS.

Your mind is like a machine—if it's not taken care of, it can impact everything around you. In this hands-on session with Sober Souls MC, you'll use motorcycle-inspired activities to learn how to manage stress, release pressure, and take care of your mental health—because no one rides alone.

Ever feel like you're playing a role just to fit in? This interactive session mixes games, real talk, and creativity to explore why we hide who we are—and how to show up as your authentic self. You'll leave with a custom mask and a reminder that you don't have to carry it alone.

The Masks We Wear: The Exhausting Game of Fitting In

**TINO ROMERO, CAS, BS (COO-
THE MOUNTAIN WEST
COMPANY)**

¿Qué pasa, calabaza?

KAITLYN PEEPLES,
MA

Drop in. Breathe. Play. Talk. ¿Qué Pasa Calabaza? is not your every-day, same-old space. It's a spot where Latine youth can get real about what's going on in their lives— the fear around immigration, the uncertainty at home, the stuff that's hard to say out loud – through truth-telling cards, real talk with your gente, and a little bit of fun. Draw a card. Help a friend. Say the thing. No wrong answers. No pressure. Just you and the power of your peer group.

Learn how to respond in an emergency with this hands-on CPR and AED session. You'll practice chest compressions, learn when to call 911, and use an AED training device while following simple voice prompts. This low-pressure class builds confidence and gives you clear, step-by-step skills to help someone in a life-threatening situation—no experience needed. Emergencies can feel tense and stressful—this practice is designed to help you recognize the signs that someone needs help, understand what you can do to help, and build confidence to take action.

Hands- only CPR & AED Practice

MATT
RAPETSKI,
COORDINATOR
OF
COMMUNITY
PROGRAMS AT
UCHEALTH

AP Spanish Language & Culture Exam Prep Session

IRENE ALICOT

Prom weekend + AP tests = stress—but we've got you. Attend an extra Test Prep Session! Come review key content, build a game plan, and walk into next week's Exam feeling confident, prepared, and ready to crush your exam.

Ever feel like you're playing a role just to fit in? This interactive session mixes games, real talk, and creativity to explore why we hide who we are—and how to show up as your authentic self. You'll leave with a custom mask and a reminder that you don't have to carry it alone.

AP Calculus AB Exam Prep Session

BRITTA BODINE

AP PreCalculus Exam Prep Session

KRISTIN O'CONNOR

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AP Music Theory Exam Prep Session

MICHAEL
MARTINEZ

AP Language and Composition Exam Prep Session

JOHN CLELAND

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AP Language and Composition Exam Prep Session

RYAN AYALA

AP French Exam Prep Session

REBECCA COHEN

Prom weekend + AP tests = stress—but we've got you. Attend an extra Test Prep Session! Come review key content, build a game plan, and walk into next week's AP Test feeling confident, prepared, and ready to crush your exam.