

**The Road to Resilience: A
Sandy Hook Mother's
Journey**

Michele Gay shares her personal story, hard-learned lessons and inspiring journey from tragic loss to school safety advocacy. After the death of her youngest daughter in the Sandy Hook School Tragedy, Gay co-founded Safe and Sound Schools to empower other parents, students, staff, and community members to rethink school safety. Weaving practical insights and perspective through her presentation, she provides attendees with useful information and inspiration for their own personal and professional journeys in service to their communities.

**Michele Gay, M. Ed.
Executive Director/Co-founder of Safe and Sound Schools**

Mother, educator, and co-founder of Safe and Sound Schools, Michele Gay chose to take action after losing her daughter Josephine Grace on December 14, 2012. Since that time, Gay has channeled her work as an advocate, improving safety and security in schools and communities across our country. With a Bachelor of Science in Elementary Education from Towson State University, Gay earned Master's degree in Curriculum and Instruction from McDaniel College. Prior to the Sandy Hook tragedy, she taught at the elementary level in the Maryland and Virginia public schools. Now a nationally and internationally recognized public speaker and school safety expert, Gay reaches audiences and consults with all levels of community institutions. Through her work, and always with a goal of helping others increase the safety within their own communities, Gay shares her personal experiences and the lessons she has learned.

The recipient of numerous national awards, Gay is a regular contributor for print, radio, and television outlets. The primary visionary and author of Safe and Sound's programs and materials, Gay has served as a stakeholder voice in national legislation.



**Health Disparities and
School-Based Health
Centers**

The presentation will discuss the intersect between health and education and the importance of leveraging one to improve the other. Will also discuss the role of school-based health centers in addressing health disparities and lessening the impact of health and social inequity on academic achievement for children and adolescents living in under-resourced communities

**Veda Johnson, MD, FAAP
Professor, Department of Pediatrics
Emory University**

Veda Johnson, MD, FAAP is a Professor of Pediatrics and the Marcus Professor in General Academics and Pediatrics. She is also the Director of PARTNERS for Equity in Child and Adolescent Health for the Department of Pediatrics at Emory University in Atlanta, Georgia. The purpose of PARTNERS is to advance health equity by increasing access to and improving the delivery of healthcare for children and adolescents living in at-risk communities throughout the state of Georgia. At PARTNERS, they envision a Georgia where all children have equitable opportunities and resources leading to optimal health, wellness, and academic achievement. The mission of PARTNERS is to enhance the health and well-being of Georgia's underserved children by expanding SBHCs in Georgia, creating family-center model for comprehensive pediatric care and training future pediatricians on social determinants of health. Dr. Johnson received her Medical Degree from Emory University where she also completed a Residency in Pediatrics. Prior to her current position, Dr. Johnson was the Director of Community and School Based Clinics for the Department of Pediatrics at Emory University. Dr. Johnson has served as Principal Investigator (PI) for numerous grants supporting the mission of Partners and the expansion of SBHCs in the state. She is a member of the American Academy of Pediatrics and the Academy's Council on School Health. In addition, she serves as Chair of the School Health Committee for the Georgia Chapter of the American Academy of Pediatrics and the Georgia School Based Health Alliance.



**RISE101: Cultivating Staff
Resiliency**

RISE 101 is an interactive presentation that offers best practices for supporting resilient staff in school environments. The session is a mixture of presentation, interactive discussion, and short exercises outlining some of the key contributors to stress and burnout in school environments with experiential “thrive” breaks and action items that staff can take to support their own resilience.

**Amy Arnold, MS, CHES, HC
Director, Workforce Health Consulting Group
Strategic Customer Engagement**

Amy Arnold is the Director of Workforce Health Consulting in Strategic Customer Engagement at Kaiser Permanente in the Mid-Atlantic region. Her team is charged with helping employer groups create strategies to improve the health and well-being of their employees. Before KP, Amy founded a small boutique health & wellness company located in Alexandria and Arlington, Virginia. Her business provided health coaching and corporate wellness solutions for small to large organizations regionally and across the country. Prior, she spent over a decade developing new product and program offerings at AOL, an online media company.

Amy holds a master’s in Health Promotion and a BS in Leisure Services/Hotel Management. She is a Certified Health Education Specialist, Registered Yoga Instructor, and Health Coach. Amy integrates yoga and mindfulness practices into her daily routine and just completed Mindful Leader’s Mindfulness-Based Stress Reduction certification course. She taps into all of her tools to help support her resiliency, both personally and professionally.



Vaccine Hesitancy 101

Issues of vaccine hesitancy have truly become apparent during this Pandemic. This keynote presentation will include an overview of vaccine hesitancy, past and present issues, health and socioeconomic disparities impacting the issue and strategies to reduce reluctance with hope of vaccine confidence.

Rupali Limaye, PhD

Researcher/Associate Scientist

Johns Hopkins Bloomberg School of Public Health

Rupali J. Limaye, PhD, MPH, MA, serves as a full-time faculty member at the Johns Hopkins Bloomberg School of Public Health, in the Departments of International Health, Epidemiology, and Health, Behavior and Society. Widely seen as an expert in vaccine behavior and decision-making, including vaccine hesitancy and acceptance, she serves as the Director of Behavioral and Implementation Science at the International Vaccine Access Center, as well as the Associate Director for Behavioral Research at the Institute for Vaccine Safety.

Primarily focusing on infectious diseases, Dr. Limaye is a social and behavioral scientist and health communication scholar. Her mixed-method work examines how various influences affect health behavior and how to leverage those influences to affect positive behavior change. She also studies how health information can best be communicated to individuals in different contexts and through different channels. In her 15 years of working in global health, she has worked in more than 20 countries from both research and implementation perspectives, on topics including immunization, family planning, HIV/AIDS, maternal and child health, and alcohol, and teaches classes on health behavior change and persuasive communication.

She received her PhD from the Johns Hopkins Bloomberg School of Public Health. She also holds an MPH in global health, an MA in international affairs, a BA in political science, and a BS in journalism.

