

Shining a Light On Adolescent Mental Health

The Jon E. Nadherny / Calciano Memorial
Youth Symposium Continues to Inspire and Educate

A family's response to a tragedy 20 years ago has evolved into a world-class, annual symposium addressing key topics on adolescent mental health.

The Jon E. Nadherny/Calciano Memorial Youth Symposium was developed by Jon Nadherny's family after he committed suicide in 1995 at the age of 23.

Each year, the symposium provides in-depth reviews of adolescent topics of clinical relevance. Held in recent years at the Cocanut Grove in Santa Cruz, the event is co-sponsored by the Dominican Hospital Foundation and the Calciano Memorial Youth Endowment. With Continuing Medical Education units available, it is geared toward practitioners, clinicians, and educators, but is also open to the public.

"The growth of the symposium has been the foundation of our family in dealing with the loss of Jon as a loving son, brother, and nephew," said Linda Calciano, PhD, Mr. Nadherny's mother and the symposium's co-founder. "Although Jon's death continues to be excruciatingly painful, my family continues to cherish and honor the devotion of this community

to the understanding, education, and prevention of suicide."

The 2015 symposium explored "The Spectrum from Autism to Aspergers" with reported attendance numbering near 450. In February 2016, the 18th annual symposium will look at mental health issues among the transgender community.

"This annual symposium, supported by Dignity Health Dominican Hospital and its Foundation, enriches our entire community," said Dominican's Director of Behavioral Health Services George Jarow, RN, also the symposium's co-chair and conference director. The symposium's advisory committee meets monthly and is composed of representatives from a variety of professions and organizations, including Mr. Nadherny's brother and symposium co-chair Joshua Nadherny-Calciano, MSN, RN, CNL, and Bob Semas, symposium co-founder and former president of the Dominican Hospital Foundation.

"Jon's death shattered our family, and sadly we are not alone," Ms. Calciano said. "My children have attended the symposium throughout



Linda Calciano, PhD, co-founder of the Jon E. Nadherny / Calciano Memorial Youth Symposium, with son Nicholas.

their childhood, learning the various mental challenges they and other young people face.

"I am so proud of their passion and resiliency as they shall always together be dedicated to the legacy of Jon," Ms. Calciano continued. "I attend each symposium with gratitude and humbleness as I listen to and observe all the amazing individuals who share their love for mental wellness in our youth."

To make a donation to support the symposium go to supportdominican.org or call 831.462.7712.