

Mental Health Symposium Presenter Biographies

Center for Humanistic Change

CHC is a private, not-for-profit agency providing prevention education (alcohol, tobacco and other drugs) and life skills training focusing on decision making for healthy choices. For over 30 years, they have developed and delivered high quality educational programming throughout the Lehigh Valley and have been dedicated to the philosophy that people learn best by doing.

Emily Bonney, M.Ed., School Counselor

Ms. Bonney attended Temple University where she earned her Master of Education degree in Counseling Psychology. She has her certification as an Educational Specialist I in Elementary and Secondary School Counseling. Ms. Bonney has worked in private/religious and public schools working with an array of backgrounds of students of various cultures, religious beliefs, and socioeconomic statuses. Most recently she served as a School Counselor for three years in NYC prior to joining the Counseling team at Emmaus High School in 2018. She has served in other capacities in the field of mental health, including as a Psychotherapist at Pinebrook Family Answers in Allentown and as a Mobile Therapist at Valley Youth House in Easton. Ms. Bonney also served as a Site Coordinator for a title one summer school program in NYC, as a Substitute Teacher at Northwestern Lehigh School District, and as a Preschool Teacher in Hellertown. Ms. Bonney currently serves as an advisor for the Future Business Leaders of America club at Emmaus High School.

Stephanie Cignarella, M.A., C.A.S., NCSP, ABSNP School Psychologist

Mrs. Cignarella has been a school psychologist for 9 years. She obtained her Bachelor of Science degree in Psychology from York College of Pennsylvania and her Masters of Arts and Certificate of Advanced Studies in School Psychology from Towson University. She has previously worked in suburban and rural public school settings in York and Lancaster counties. Mrs. Cignarella has been working for the East Penn School District since 2015 at Emmaus High School. Mrs. Cignarella has a special interest in School Neuropsychology and obtained board certification in school neuropsychology. Mrs. Cignarella participated in the committee to make the Mental Health Symposium a reality with the goal of empowering parents with the knowledge to understand the social-emotional and mental health needs of our children today and provide them with the tools to support their children and the community. Mrs. Cignarella is also a member of the National Association of School Psychologists. She enjoys cooking/baking and spending time with her husband and 3 year old daughter.

Andrew Clark, M.D., Board Certified Child & Adolescent Psychiatrist

To become a Board Certified Child and Adolescent psychiatrist, Dr. Clark attained a Bachelor's of Science from Wilkes University, a Medical Degree from Drexel University College of Medicine and spent five years training in psychiatry residency and fellowship at Medical University of South Carolina. Dr. Clark spent most of his career in community mental health centers, and now primarily school settings with partial hospitalization programs and outpatient clinics. For 5 years, Dr. Clark was Chief Medical Officer of KidsPeace Children's Hospital and PA Residential Centers. Currently he works full time with CLIU-21 assisting school districts in the Lehigh and Carbon counties. Dr. Clark originated from Lackawanna County, PA and enjoys skiing with his family. He has four children. Dr. Clark's participation in the MH Symposium was driven by his desire to provide resources and education on mental health within his community.

Howard Levin, M.D., Board Certified Child & Adolescent Psychiatrist

Dr. Levin obtained his Bachelor of Science degree from Albright College and then graduated from Penn State University College of Medicine in 2011 and completed training in general psychiatry residency and child and adolescent psychiatry fellowship at Northwell Health in 2016. He has been practicing as an outpatient child and adolescent psychiatrist at St. Luke's University Health Network since July 2016. Dr. Levin's areas of special interest include mood and anxiety disorders. He is a member of the American Psychiatric Association and the American Academy of Child and Adolescent Psychiatry. Dr. Levin is excited for the opportunity to educate the community on mental health in children and help get children and adolescents the care they need to change the trajectory of illness early in its course.

Alyssa Pilsits, M.A., LPC

Ms. Pilsits obtained her master's degree in Counseling Psychology at Arcadia University. She is a Pennsylvania certified in elementary school counseling and a nationally certified counselor. She also is a licensed professional counselor. This is Ms. Pilsits's fourth year at East Penn School District and currently works at Willow Lane Elementary School, but it is her eighth overall as a school counselor. She has worked in a variety of school settings (alternative education, private school and public cyber charter school) as well as mental health settings. She has served children from a variety of populations. The main reason Ms. Pilsits wanted to participate in this symposium was in order to help children develop social and emotional skills that are safe and healthy, it is essential that the dialogue between parents and those who work with children be on-going and open. In partnering with one another, we can help children navigate the often "gray" areas in relationships both in-person and digitally. She is optimistic that we can learn from one another (both children and adults!) and in doing so help every child to feel good about themselves, reach their potential and develop social and emotional intelligence that will lead to them being respectful individuals.

Lisa Shrivinski, M.Ed, M.S., School Counselor

Mrs. Shrivinski has been serving in the East Penn School District for 16 years. She previously taught American History and World Cultures at Central Dauphin East High School in the Central Dauphin School District. Mrs. Shrivinski began teaching 8th grade social studies at Eyer Middle School in 2004. In 2012, she earned her Masters Degree in School Counseling and transferred to Lower Macungie Middle School where she has been a school counselor for 6 years. During her professional career in the East Penn School District, she has also met the qualification for a Supervisory Certificate in Curriculum and Instruction and an Administrative Certification. She has served in many student advisory roles such as Student Council Advisor and Girls on the Run coach as well as other leadership roles and committees such as SILT, SWPBIS, and Angel Network.

Sharawn Valentine, M.Ed., Ed.S., School Psychologist

Mrs. Valentine obtained her Bachelor of Arts degree in Psychology from Wake Forest University then attended Lehigh University for her Masters of Education in Human Development and Educational Specialist degree in School Psychology. Mrs. Valentine has worked as a contracted behavioral support specialist for CLIU-21, then in 2009 began working as a school psychologist in Muhlenberg School District. In 2015, Mrs. Valentine began working with East Penn School District at Shoemaker Elementary School. Mrs. Valentine has special interest in children with Autism Spectrum Disorder and children with behavioral/emotional disorders. Mrs. Valentine hopes to provide preventative tools and supports for parents during this MH Symposium.

The CARON Foundation**Argiroula "Argie" Hansen, BA Psychology**

Ms. Hansen started working at Caron Treatment Centers as a Student Assistance Specialist in 2014. In her role as SAP Specialist, she administers Behavioral Health Assessments to students that have been referred to the Student Assistance Program. She also facilitates psychoeducational groups and provides educational programming to students, faculty and parents. Prior to working with Caron she had worked in a rape crisis center providing counseling and advocacy services to survivors of sexual assault, then later coordinating the direct services.

Susan G. Lettera, MSW

Sue is the Director of Lehigh County Integrated Services located at the Lehigh County Government Center in Allentown. Sue has been a practicing Social Worker for over 30 years. She earned her Bachelor of Social Work, with a Minor in Sociology, from Marywood University and Her Master's in Social Work from Widener University. She has completed graduated work toward a Master's Degree in Public Administration from Kutztown University, along

with numerous professional training/continuing programs/settings for children and adults with intellectual/developmental disabilities and autism. Beginning in 2001, Sue joined the staff at Lehigh County Children and Youth Services where she primarily worked in in-take/assessment services and specialized in Family Group Decision Making/Family Finding. In 2016, Sue became the CASSP Coordinator for Lehigh County. She is currently a member of the Executive Team of the Lehigh Valley Trauma Awareness Collaborative.

Jennifer Clarke-Sirignano, MSS

Jennifer is a Lehigh County Integrated Services Program Specialist. Jennifer has been a practicing social worker for 23 years. She earned her Bachelor of Arts Degree in Sociology from University of Maryland and her Master of Social Services from Bryn Mawr College, Graduate School of Social Work and Social Research. She continues her professional training through attending trainings and continuing education classes. Jennifer's work experience prior to joining Lehigh County consists of work at a mental health residential treatment facility for adolescent males as well as a children's after school partial program. She joined Lehigh County in 1998 as a resource coordinator and case worker for Children's Mental Health. Jennifer was the CASSP Coordinator prior to her current position. The primary focus of her current work includes collaboration and integration of services.