

## Millennials Change: **Silencing the Shame**

Friday, October 17th, 2017, 6:30 PM - 8:00 PM PDT



### **CAMRYN TRIPLETT**

Director of Communications  
for Silence the Shame &  
Entrepreneur, Millennial  
Keynote Speaker

Camryn Triplett is a young entrepreneur and philanthropist from Atlanta, Georgia. She graduated at the top of her class at Howard University in 2011. Camryn met Shanti Das, the founder of Silence The Shame, a few years ago when it was still her brain child. She immediately loved her vision and told Shanti that she would love to be involved when the time comes. Having suffered from depression and anxiety since her early teens, this cause is very near to her heart. A little less than a year passed, and Camryn reached out to Shanti because Camryn's father had recently passed away. She was hoping for words of encouragement and advice on how to get through such a hard time, but she received much more as she could have imagined when she started volunteering her time to the Silence the Shame initiative.



### **BENJAMIN MCAFEE**

Founder of My Campus Health  
& Mental Health Advocate

Benjamin McAfee is the founder of My Campus Health, an online platform that focuses on the intersections of college and mental health and other disabilities. Benjamin graduated from Georgetown University with a B.S. in International Relations. He was awarded the Gates Millennium Scholarship and is an alumnus of the Management Leadership for Tomorrow Business Fellowship. He has been given the opportunity to speak on multiple panels at various universities, meet Demi Lovato, and speak at the Gates Millennium and Family Online Safety Institute conference for his work in the mental health field. Benjamin also has written about mental health on RIZZARR. Benjamin was published in BP magazine, one of the most widely read magazines in the nation on mental health and bipolar disorder.



### **CHELSEA M. KRONENGOLD**

Senior Program Associate, Body  
Project Master Trainer Panelist  
I Am Young America

Chelsea Kronengold, MA is a body image and eating disorders advocate and professional. Chelsea has been involved with the National Eating Disorders Association (NEDA) since 2012 as a walk coordinator, Proud2Bme intern, and programs consultant. In 2016, Chelsea joined the NEDA staff after receiving a masters in clinical psychology from Columbia University. Presently, Chelsea is a senior programs associate at NEDA playing an essential role with NEDA's prevention efforts by training and disseminating the Body Project; an evidence-based body confidence program for women and girls. Chelsea frequently speaks on behalf of NEDA about her personal and professional experience with body image, eating disorders, media literacy, and weight stigma; she has appeared in national media platforms including Teen Vogue, Huffington Post Live, Seventeen Magazine, WebMD and SiriusXM Doctor Radio.



### **JUSTIN KRUGER**

Founder of Project Helping &  
KyndHub Panelist

Justin Kruger founded Project Helping based on my personal experience with mental wellness. Like many people living with a mental health challenge, no one close to him knew he was struggling. He had a great job. He was successful. It seemed like He had everything – and truly He did. But privately, he was struggling. Then, something completely unexpected happened. I was invited to volunteer. It happened to be at a point in his life when he was really struggling. He had no clue that experience would not only change his approach to his own mental wellness, but also change his life trajectory. Volunteering immediately provided an outlet for him. The more he volunteered, the better he felt. The better he felt, the more he started to realize that volunteering was helping him improve his mental wellness.



### **FRANCES GONZALEZ**

Director of Communications  
Disaster Distress Helpline  
National Suicide Prevention  
Lifeline

Frances is the Communications Director for the Mental Health Association of NYC, where she runs public communications and partnerships for City-wide and national mental health programs, including the National Suicide Prevention Lifeline and the national Disaster Distress Helpline. Her writing and digital strategy experience span nonprofit, City government, and startups, including the Clinton Foundation and New York City 311.



### **DIANA VIGLUCCI**

Youth & Programs Coordinator at  
NAMI-NYC Metro

Diana Viglucci joined the NAMI-NYC Metro family in the spring of 2015 as Youth and Programs Coordinator. She leads NAMI-NYC's youth and young adult initiatives, including facilitating the Young Adult Support Group, connecting with young people through community outreach, and supporting youth peer workers in harnessing their personal experiences to advocate for others. A passionate public speaker since the age of seven, Diana has presented on young adult mental health and youth advocacy on both regional and national scales. She is thrilled to be creating spaces for young adults to speak candidly about their mental health.