



**Wesley Stewart** is the creator and founder of the innovative California-based non-profits, **Urban Surf 4 Kids** and **Every Kid Swims**. These programs have served over 20,000 youth and utilize water-based activities to empower youth in foster care to develop self-confidence and life skills. In 2020 he created the **Aloha Life Journal**, a powerful eight-week Hawaiian-themed, science-based mental health journal that provides a road map to discovering your purpose and encourages creating healthy habits, while creating authentic and vulnerable relationships.



**Emily Miller** is a certified peer support specialist working for **Bucks County Peer Net**, a program of Mental Health Partnerships. She utilizes her lived experience with mental health, substance use and LGBTQ issues to support adults with mental health and/or substance use challenges. Emily has overcome many challenges in her life, including being diagnosed with depression as a teenager and becoming a single mother at a young age. She is extremely passionate about her personal recovery and next month will celebrate four years of sobriety.



**Nicholas Emeigh** is a mental health advocate and public speaker with five years of continuous recovery from mental illness, substance use and three suicide attempts. He proudly serves the community as director of outreach and development for **NAMI Bucks County PA**, providing help, hope, awareness and opportunities to Bucks County's 640,000 residents. He speaks often in the media and at conferences, schools, and institutions of medicine and higher learning.