



MEDIA RELEASE

FOR IMMEDIATE RELEASE

Rumson School District and WEforum: A Winning Collaboration for Youth Mental Health

Rumson, NJ – Rumson School District proudly partnered with WEforum, Monmouth Medical Center, RWJBarnabas Health, and other community organizations to host a groundbreaking event, *Beyond the Game: Ready for Life – An Athletic Youth Mental Health Symposium*. Held on January 8, 2025, at Monmouth Regional High School, this empowering symposium brought together educators, parents, coaches, and youth athletes to foster resilience, mental health awareness, and character development.

The symposium welcomed close to 300 attendees and featured inspiring discussions led by renowned speakers, including former NFL player Valentine Barnaby, MEN'S X MENTAL founder Teddy Sourlis, and world champion skier Darian Boyle. The event also included the Wise Up: Teen Advocacy Group, with contributions from teens representing Rumson-Fair Haven Regional High School (RFH), Red Bank Regional High School (RBR), Trinity Hall, and Marlboro High School, as well as sophomores, juniors, and seniors from these schools.



Teddy Sourlis, MEN'S X MENTAL Founder & CEO

Youth speakers included Omari Julian Moore, a senior and point guard from Hudson Catholic; Cole Skinner, a defensive lineman at the University of South Florida; and Cassidy Corcione, a defender at Iowa State University. These young leaders shared personal stories and actionable strategies, equipping attendees with tools to support mental well-being and resilience in athletics and beyond. Cassidy Corcione

Mrs. Jennifer Gibbons, Principal of Forrestdale School, attended the symposium and was deeply moved by the collaborative spirit and impact of the evening. “This event highlighted the importance of equipping our youth with the tools they need to thrive in all aspects of life. The messages of resilience and mental preparedness resonated deeply with both students and adults. Rumson Schools are proud to be part of such a meaningful initiative.”

Dr. Michael Snyder, Director of Student Services for the Rumson School District, praised the collaboration and the focus on addressing mental health challenges facing young athletes. “Partnering with WEforum and other dedicated organizations shows our commitment to prioritizing the well-being of our students. This symposium not only empowered our youth but also strengthened our community’s resolve to support them on and off the field,” he said. Dr. Snyder added, “The lessons shared here go beyond athletics. They equip our students with a strong foundation of character, resilience, and the confidence to tackle life’s challenges.”

The event’s vibrant atmosphere, enhanced by the energetic participation of attendees, highlighted the positive and supportive environment cultivated by the organizers. Attendees left feeling inspired and equipped with practical tools to support the mental health and resilience of youth athletes. *Beyond the Game* exemplifies how community partnerships can amplify efforts to address critical issues, inspiring hope and fostering a brighter future for youth.

The Rumson School District extends heartfelt gratitude to Carolyn DeSena, Founder and CEO of WEforum, Monmouth Medical Center, RWJBarnabas Health, and all event partners for their dedication to empowering the next generation. “Together, we can continue to champion the mental health and well-being of our youth, ensuring they are ready for life—on and off the field,” said Dr. Snyder.