

Youth at the Forefront

10th Annual ADAPT
Community Health Symposium

Mental Health, Belonging, and Digital Wellness



Friday, October 30, 2026

8:30AM-2:15PM EST

Tufts University School of Medicine

145 Harrison Avenue, Boston, MA 02111

Young people across Massachusetts are facing growing challenges to their **mental health, well-being, digital wellness, and sense of belonging**. These challenges are often compounded for **youth from multilingual and multiethnic communities**, where systemic barriers, stigma, and historically limited access to resources contribute to **disparities in well-being and access to care**.

Join us to explore these challenges and innovative approaches to **fostering belonging, amplifying youth voice, and expanding access to support**.

View the [event page](#) for our agenda and speakers.

This event is sponsored by **Tufts CTSI** and hosted by the **ADAPT Coalition**.

Breakfast and lunch will be provided. Chinese (Mandarin and Cantonese) language interpretation will also be available for attendees.

For more information, please contact Chloe Yang, ADAPT Project Manager, at Chloe.Yang@tuftsmedicine.org.

Space is limited at this in-person only event!

[Click here](#) to register or scan the QR code below

