



TEACH ME

HOW TO

read

NEW YORK EDITION

MAY 1-2, 2026 | FARMINGDALE STATE COLLEGE



IN THIS PRESENTATION



**TEACH ME HOW TO HEAL CONFERENCE
OVERVIEW + 2024 HIGHLIGHT VIDEO**



ABOUT SCHELLIE FAN FAN



MEET OUR CONFERENCE PARTNERS



FACTS, STATISTICS, AND IMPACT



KEY TOPICS & SERVICES



PAST CONFERENCE SPEAKERS



SPONSORSHIP PACKAGES



Teach Me How to Heal



ABOUT THE CONFERENCE



www.TeachMeHowtoHeal.com

This two-day conference is designed to educate and empower attendees on what it looks like to achieve emotional healing and mental health stability. Attendees will learn about various types of therapeutic interventions and will be inspired by professionals who have facilitated healing in their areas of expertise. From understanding the various types of therapeutic treatments that are best for you, to gaining insight into what a road to recovery and maintenance looks like; the conference will help you unlock the version of yourself that is waiting to thrive in life.

“Teach Me How To Heal” is an experiential conference featuring: Wellness Experts, Clinicians, reputable motivational speakers and intense learning. Breakout transformation rooms include Hypnosis (For VIP only), Stress & Anxiety, Depression, Trauma, Self Worth and identity discovery. Recovery rooms to decompress after breakout sessions include Art Therapy, Dance, Aroma Therapy, Sound bowl healing, Meditation, Boxing, Yoga and more. No matter where you fall on the wellness spectrum (e.g. from feeling well, stable and grounded to feeling unstable, wounded and lost... this conference is for YOU!



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AND ZETA PHI BETA SORORITY, INCORPORATED, RHO OMEGA ZETA CHAPTER



The Purpose

The conference aims to create a safe space for **young adults** to explore emotional challenges, share experiences, and connect with like-minded peers. Attendees will receive practical tools for well-being, resilience, and navigating adulthood. It promotes an inclusive community and honest dialogue to reduce stigma and encourage individual growth and liberty.

"Teach Me How to Heal" features a team of mental health advocates who provide authentic storytelling, education, and strategies to manage life's challenges and barriers while developing a new repertoire of healthy habits and thought re-programming. This empowers young adults to prioritize their mental health, fostering a healthier and forward moving unstoppable future.

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ABOUT

SHELLIE FANFAN

Revered as one of the most empowering voices in mental health advocacy, Schellie Fanfan has become the leading authority on igniting emotional healing while inspiring people to live the life of their dreams. Embodying her mantra of “Live in Your Smile,” she believes everyone can experience Total Life Prosperity by applying her proven success principles.

Schellie Fanfan is the Chief Executive Officer of Ask Schellie Consulting, LLC and the founder of the TEACH ME HOW TO HEAL CONFERENCE. She is purposed to teach others how to crack the code on accessing platinum versions of themselves. Schellie Fanfan is a highly sought-after keynote speaker, emotional intelligence expert, and best-selling author. Leveraging nearly 25 years of professional experience as a mental health practitioner, Schellie is on a mission to impact individuals worldwide.



MY TESTIMONY



During my healing season, I was intentional. I was consistent. I was **RELENTLESS** with my journey to **LIVING IN MY SMILE**. I journaled and memorialized all aspects of my breakthrough experience to be able to teach the world the secret sauce to self-acceptance and internal **JOY** that is not contingent on external life circumstances.

What makes me different from the rest? Not only do I teach it, I **LIVED IT**. Through vulnerability with strong mentors and counselors, I was able to go from a highly functional successful woman to a highly functional, healed and whole successful woman **WITH** the capacity to be present in a healthy way in the multiple roles I hold as a change agent. I understand the power of practical steps to wellness through the intentional enhancement of emotional intelligence. I no longer have to hide **BEHIND** success, I can **STAND ON IT** to make my message the **LOUDEST!** Change agents **CANNOT** take others to destinations they have not arrived. That is why my purpose fuels me to bring people out of emotional spaces that do not align with the abundance and prosperity that is available to us all.



Teach Me How to Heal



MEET OUR CONFERENCE PARTNERS

About Sankofa Works, Inc.

The mission of Sankofa Works, Incorporated is to encourage high standards of scholarship through scientific, literary, cultural and educational programs; promote charitable projects within the community; and foster the spirit of civic engagement, harmony and fellowship.

About LevelUp Coaching & Consulting LLC

At LevelUp Coaching & Consulting LLC, we are passionate about designing transformative coaching and consulting solutions that enable our clients to elevate their careers and organizations to the next level. Our approach involves partnering with clients to identify and leverage their current challenges, uncovering new possibilities, and developing customized solutions that are tailored to their unique needs and goals.

Learn more by visiting www.TheADLevelUpExperience.com

About Zeta Phi Beta Sorority, Inc., Rho Omega Zeta Graduate Chapter

Zeta Phi Beta Sorority, Inc., Rho Omega Zeta Chapter is a dynamic group of college-educated women committed to embodying the ideals of Sisterly Love, Scholarship, Service, and Finer Womanhood. As a Pan-African chapter, we strive to foster a supportive community that empowers individuals and promotes positive change.

Learn more by visiting <https://www.RhoOmegaZeta1920.org/>

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The Mental Health Crisis in New York

Mental health issues promote homelessness, crime, addiction, and more. It's time to address the root of the matter in our communities.

- According to the most recent data from the **New York State Office of Mental Health (OMH)** and the **U.S. Comptroller's 2024-2025 reports**, the number of adults in New York living with a mental health condition is approximately **3.2 million**.
- According to the most recent data from **Mental Health America (MHA)** and **SAMHSA**, the number of youth in New York (ages 12-17) experiencing a **Major Depressive Episode (MDE)** is **232,000**.
- According to the **NY State Office of Mental Health**, **1.8k deaths by suicide** in the State of New York.



Adults diagnosed with a mental health condition: 3,273,000

(Source as of March 2025: [NewYork-GRPA-Data-Sheet-8.5-x-11-wide.pdf](#))



Youth (12-17) with severe depression: 232,000

(Source: [mhanational.org/wp-content/uploads/2025/09/State-of-Mental-Health-2025.pdf](#))



Lives lost to suicide last year: Data available as of 2023, 1,717

(Sources: [Suicide Rates by State | Suicide Prevention | CDC](#) and [New York | AFSP](#)). As of December 2024, CDC has not yet published finalized state-specific death counts for 2024.



1 in 5 New Yorkers has symptoms of a mental disorder

(Source: Mayor's Office of Community Mental Health | Data Dashboard)



Teach Me How to Heal

Interactive & Experiential
Breakout Sessions!



375+ Attendees Impacted
Across Orlando, New York, and Detroit!

COMMUNITY IMPACT



Back-to-Back Sold Out
Conferences!



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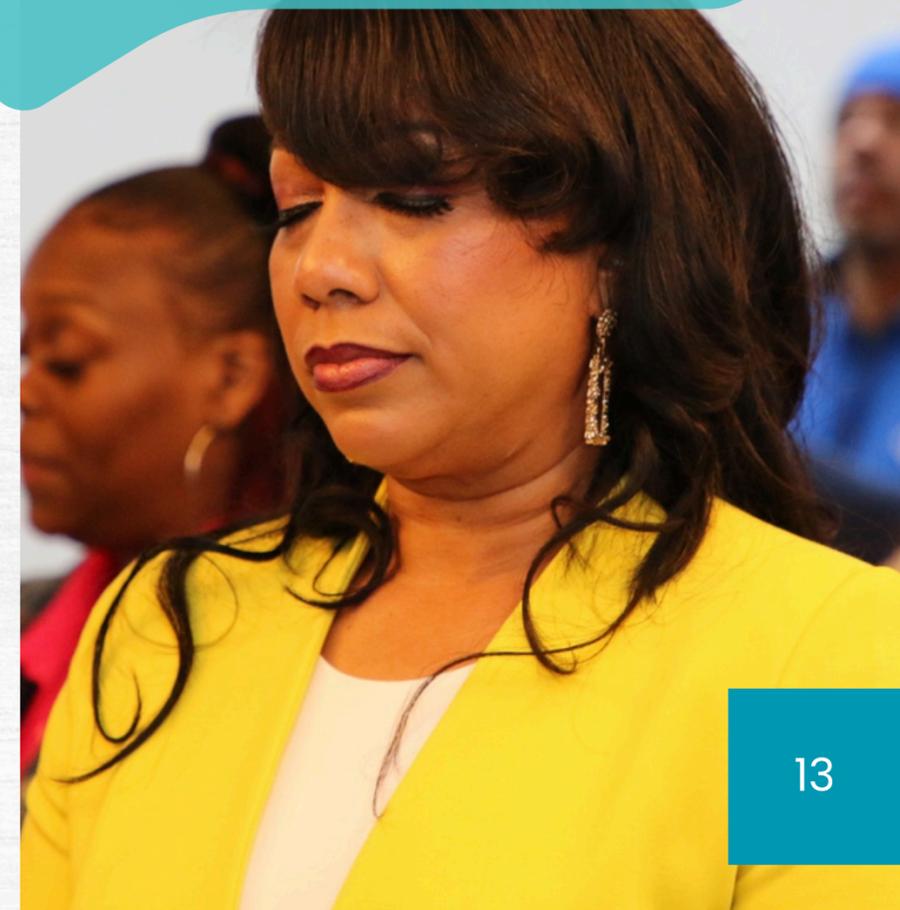
"I registered for the TEACH ME HOW TO HEAL CONFERENCE not really knowing what to expect. I had been in therapy before and did not feel like it was helpful... From the very moment I walked into the venue for the conference, I knew it was going to be a life-changing experience. The speakers were phenomenal and the breakout sessions were so educational and inspiring at the same time. I walked away feeling seen and supported."



"Everyone needs to attend the TEACH ME HOW TO HEAL CONFERENCE. I was asked to go with a friend who wanted support and did not want to attend alone. I had no idea it was going to be so fun and powerful at the same time. The speakers made learning fun and practical."

Incredibly Positive Feedback!

"I will make sure I register for every TEACH ME HOW TO HEAL event I have capacity for. There was not a dry in any of the rooms the entire conference. The speakers are disarming and created a safe space time and time again for people to just let go and receive. Each session was healing."





“

“I've been seeing Schellie for several months now and the progress I've made has been nothing short of amazing.

Their gentle, supportive approach has helped me work through some deep-seated issues and make positive changes in my life.”

Jonathan L.

“

“I don't know if there are enough words to capture my experience at the TMHTH Conference! I laughed, I cried, I healed in ways that I didn't realize being in community could heal me.

This is an experience everyone deserves to have in their lifetime!”

Anonymous



KEY TOPICS

The Teach Me How To Heal Conference endeavors to provide attendees clarity on how to maximize their wellness while accessing resources within their communities. Mental health issues promote homelessness, crime, recidivism, addiction, child abuse and more.

It is time to address the root of the matter in so many of our communities.





EMDR THERAPY

Helps people process traumatic memories in a more adaptive way, allowing them to gain a new perspective and reduce the distress associated with those memories. This leads to an overall improvement in mental health and well-being.



HYPNOSIS THERAPY

Has been shown to be effective in the treatment of a variety of conditions, including anxiety, depression, chronic pain, and insomnia. By inducing a state of deep relaxation, hypnosis can help reduce stress and relieve symptoms associated with these conditions.



EFT TAPPING

A groundbreaking study revealed the effectiveness of tapping as a way to address symptomatology associated with anxiety.



COGNITIVE BEHAVIORAL

Intercepting thoughts and perceptions that influence behavior, CBT is an evidence-based, science backed form of talk therapy effective for the treatment of depression, anxiety, eating disorders, trauma, obsessive compulsive disorders and more.



YOGA

According to Complementary Therapies in Medicine, YOGA is an efficacious way to manage stress, lower anxiety, increase self-worth and promote internal balance.



MEDITATION

According to Harvard Health Publishing of Harvard Medical School, 19,000 meditation studies revealed that meditation is effective with relieving psychological distress. Attendees will be provided the opportunity to decompress through Light Alchemy Meditation led by a trained facilitator.





KEY TOPICS CONTINUED

ART THERAPY

The American Art Therapy Association defines Art Therapy as a therapeutic intervention that can help cultivate emotional resilience while resolving psychological distress. To ensure attendees have the opportunity to achieve balance after the conference, an Art Decompression Room will be provided and led by a Master's Level Therapist.

MASSAGE THERAPY

Research evidences that massage therapy helps to reduce stress by activating the parasympathetic nervous system, which promotes relaxation and reduces the production of stress hormones like cortisol.

Massage therapy helps to improve mood by increasing the production of endorphins, which are natural mood elevators. Amidst the prevalence of depression, anxiety, sleep disorders, low self-confidence and stress; massage therapy has proven to be a powerful tool for mental health management. Attendees will be provided massage therapy as an option for emotional decompression.



Our Network of Conference Speakers



Expert mental health
professionals

Our goal is to empower attendees on their mental health journeys with the guidance of leading industry voices. Our curated selection of subject matter experts will deliver insightful presentations, interactive workshops, and transformative discussions, fostering a truly hands on experience unlike any other. TEACH ME HOW TO HEAL speakers have included but are not limited to the following.



PAST SPEAKERS



Kirk Barnes
Author, Entrepreneur,
Speaker



Kristina Dhountal
Surviving Parent of Suicide



Deron Essex
Meditation Expert
CEO, Grounded Flight



Brian Christian Jenkins
Master of Ceremonies and
Relationship Strategist



Lewis Kola
Licensed Psychotherapist



Justin Lang
Poet



Kyle Christian Steele
Social Entrepreneur



Shawn Welcome
Poet

Teach Me How to Heal



Bryan Winston
Leadership Coach
NLP Master Practitioner



Chris Hampton
International Speaker
CEO and Owner of
CHAMPIAM



Allie Braswell Jr.
Executive Coach and
Civic Leader

“ It has been an honor to participate in the Teach Me Heal Conferences and contribute to the vital message of healing within our community. Witnessing the realization going on people’s faces that they are not bound to their current circumstances, and that healing is a choice – is truly inspiring.

Christopher “CHAMPIAM” Hampton, TMHTH Conference Speaker





PAST SPEAKERS



Dr. Rhonda M. Woods



Dr. Marcea Whitaker



Marjorie Mesidor, Esq.



Deyna Lynn Phillips, CHC,
CLC, CAMS, CDVSI



Dr. Lauren Josephs, Ph.D.,
LMHC, NCC



Dr. Janie Lacy LMHC, NCC,
CSAT-S



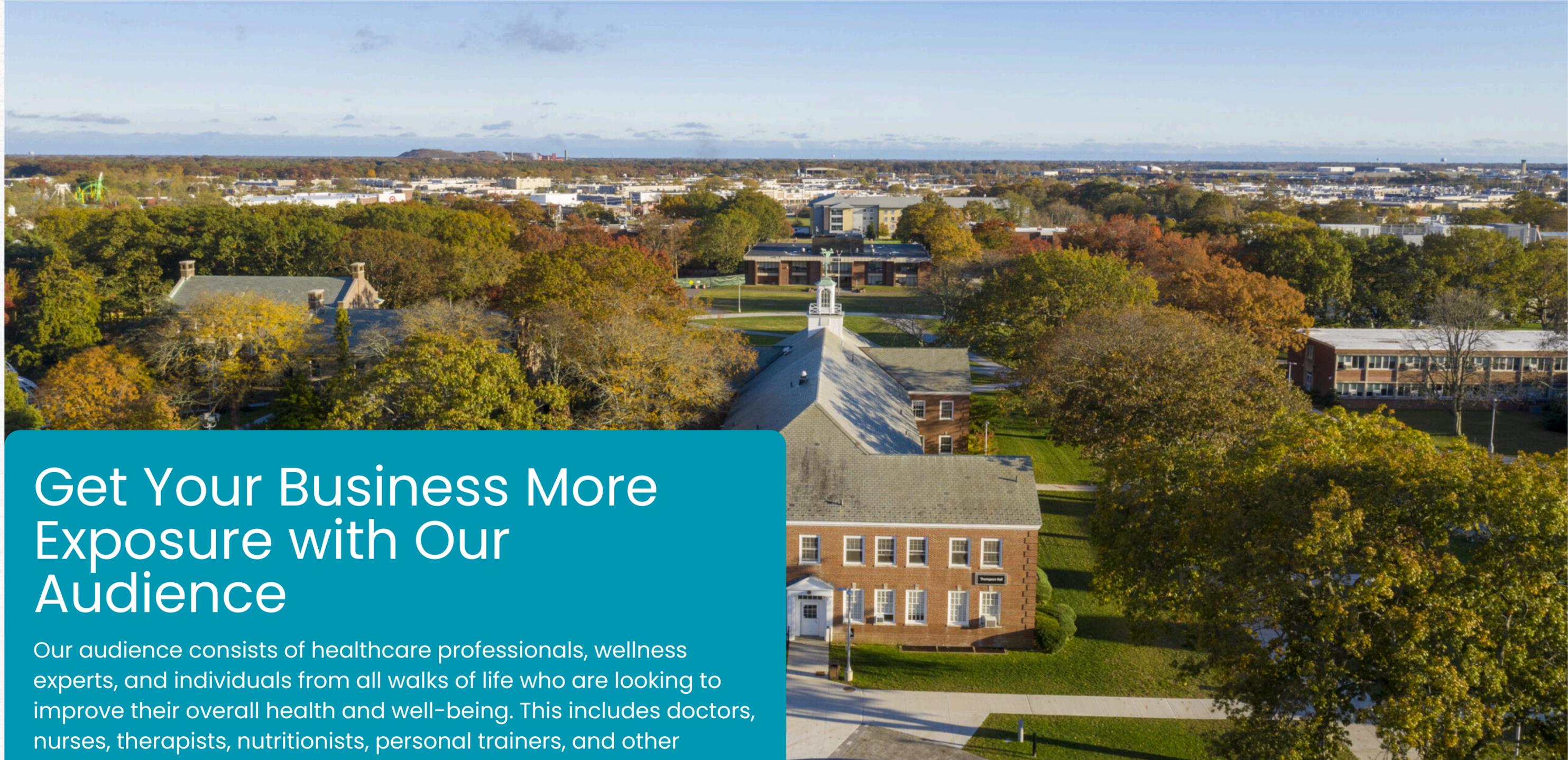
MinisterBeeBetta



Join us in challenging stereotypes by sponsoring this innovative and interactive healing conference, which distinguishes itself from traditional mental health events!

Sponsorship Packages

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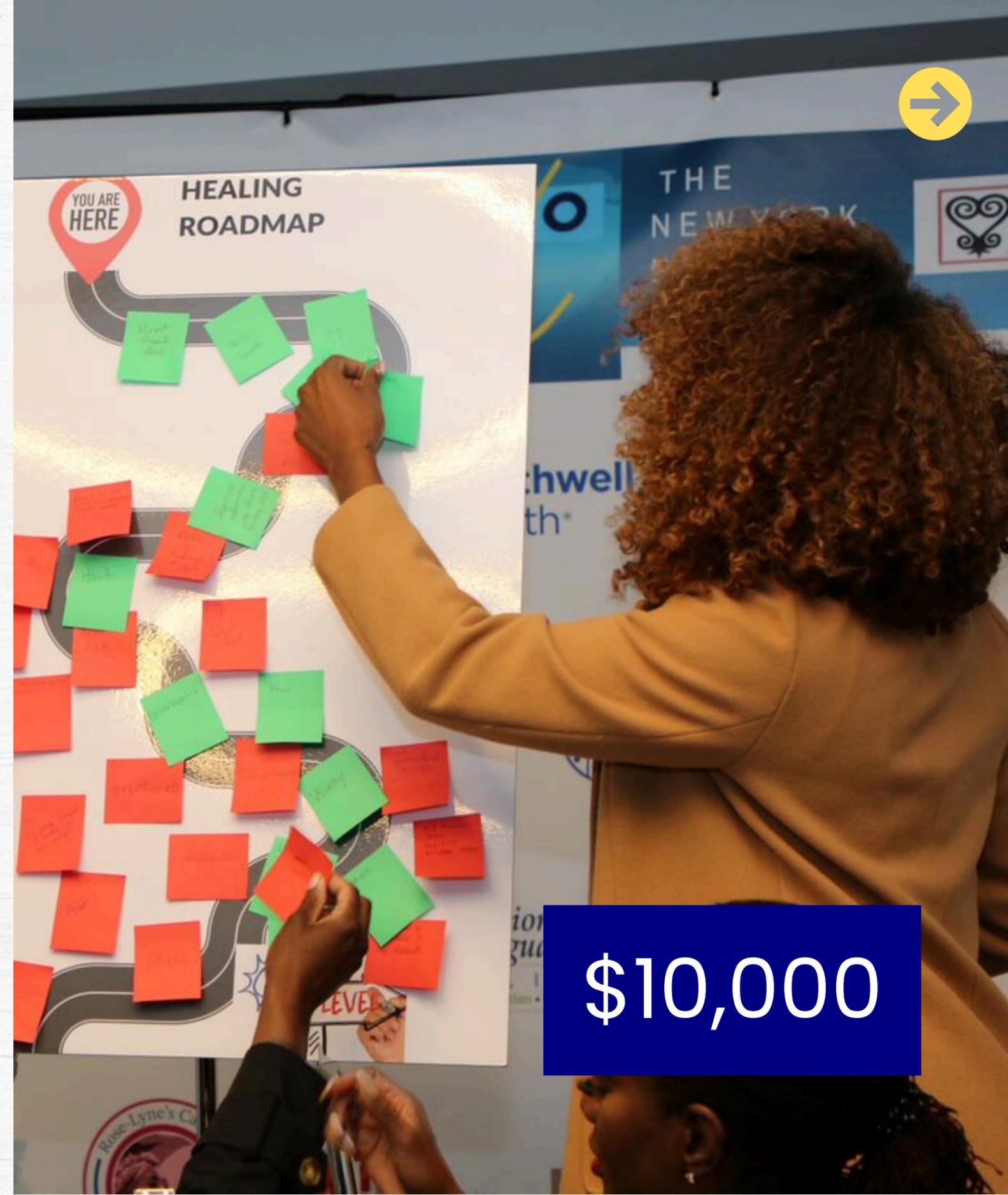
Get Your Business More Exposure with Our Audience

Our audience consists of healthcare professionals, wellness experts, and individuals from all walks of life who are looking to improve their overall health and well-being. This includes doctors, nurses, therapists, nutritionists, personal trainers, and other healthcare professionals, as well as individuals looking to take a proactive approach to their own health and wellness.

Platinum Level

Sponsorship

- Sponsor remarks during opening reception & luncheon
- Ten VIP reserved seats with priority access to Recovery Rooms
- Consistent honorable mentions during conference
- Company logo and recognition as a sponsor on all marketing materials – flyers, email blasts and social media posts
- Industry exclusive sponsorship
- Company logo on the Conference step & repeat photo wall
- Company logo displayed on promo video
- Link to company website and contact information including logo on pre- and post-event email blasts
- Vendor and Marketing opportunity: door prize giveaways and product placement, per venue protocol; option to host a social media giveaway
- Consistent honorable mentions during the event



\$10,000



\$5,000



Gold Level *Sponsorship*

- 4 VIP reserved seats with priority access to Hypnosis Room and recovery rooms and verbal recognition during event
- 4 general admission tickets
- Company logo and recognition as a sponsor on all marketing materials – flyers, email blasts and social media posts
- Company logo on the Conference step & repeat photo wall
- Company logo displayed on promo video
- Link to company website and contact information including logo on pre- and post-event email blasts
- Vendor Marketing opportunity: door prize giveaways and product placement, per venue requirements
- Consistent honorable mentions during the event



\$2,500

Silver Level *Sponsorship*

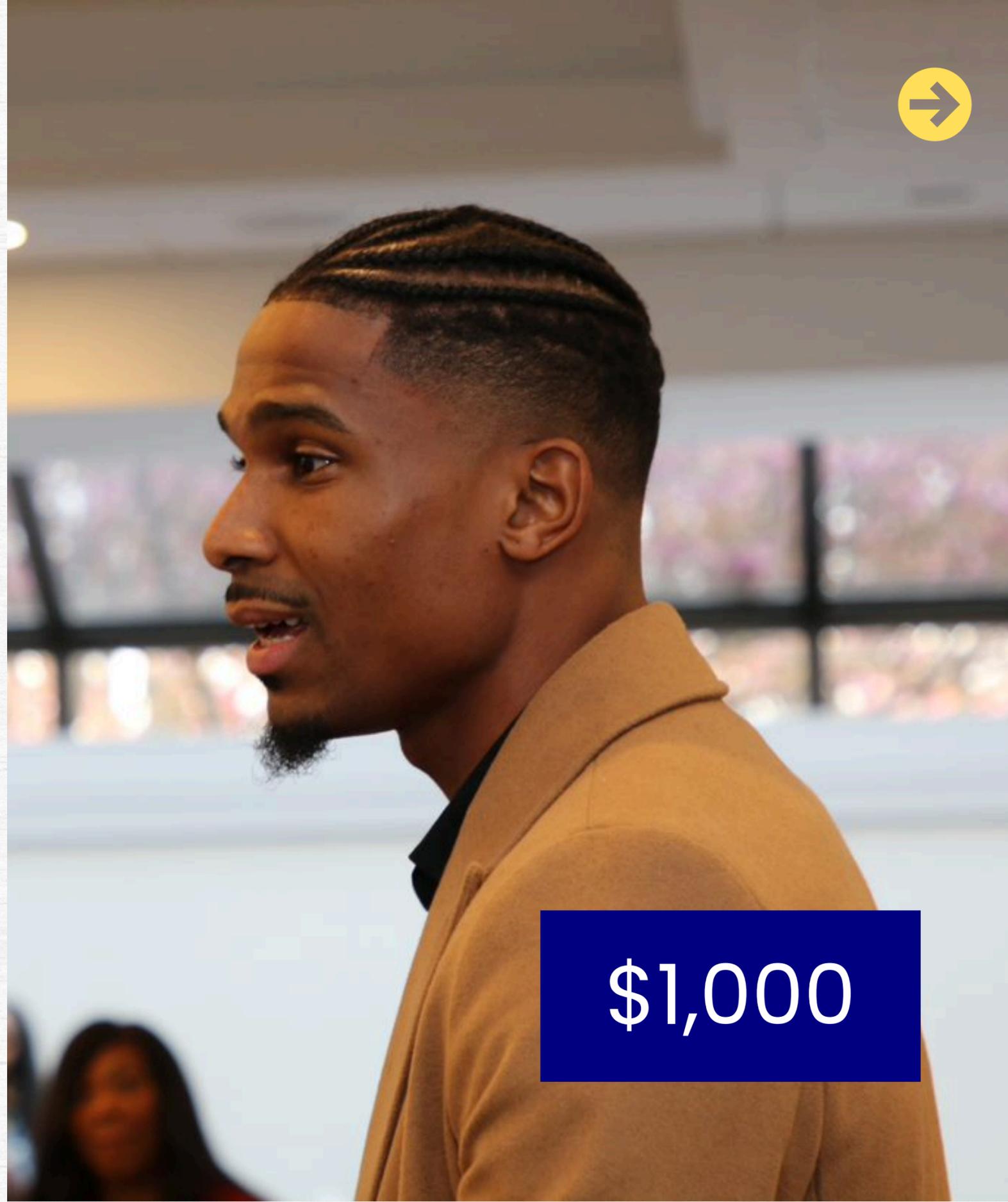


- 2 VIP reserved seats with priority access to VIP reception and massage room
- 4 general admission tickets
- Company logo and recognition as a sponsor on all marketing materials – flyers, email blasts and social media posts
- Company logo on the Conference step & repeat photo wall
- Company logo displayed on promo video
- Link to company website and contact information including logo on pre- and post-event email blasts
- Consistent honorable mentions during the event

Bronze Level *Sponsorship*

- 2 VIP reserved seats with priority access to recovery rooms
- Verbal recognition during event Company logo on flyer

\$1,000





Contact

In order to make this conference accessible to all, which includes those experiencing financial hardship and/or those living in underserved areas, sponsorships are needed to bring this to full throttle fruition.

If you are interested in speaker, vendor, or sponsorship opportunities, please contact us!



Email

Events@TeachMeHowtoHeal.com



Website

www.TeachMeHowtoHeal.com



Instagram

@askschellie



YouTube

Ask Schellie



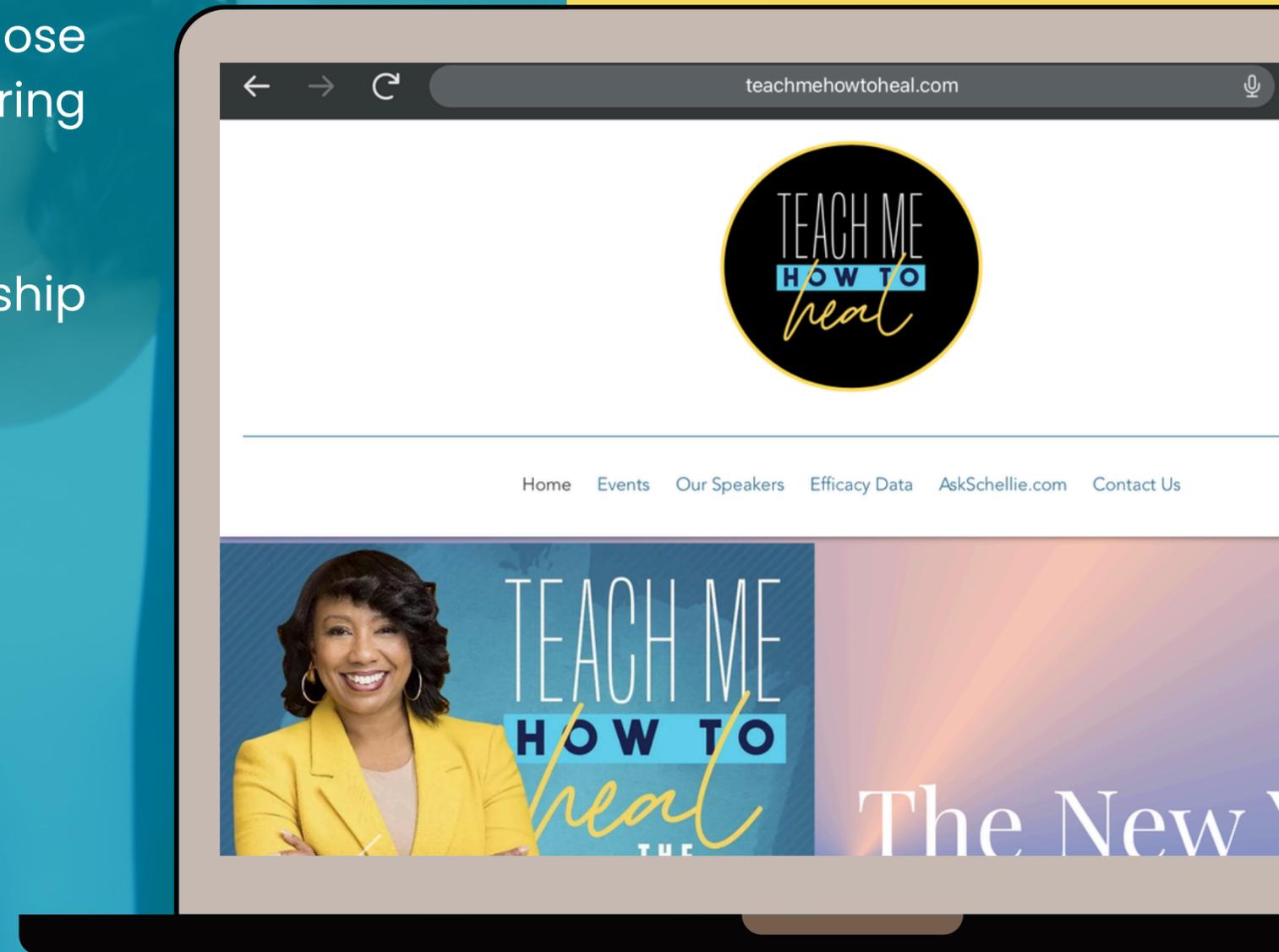
Facebook

Ask Schellie



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Ask Schellie





Thank You So Much For Your Support!



THANK YOU for your support. Together, we can change the world, ONE LIFE at a time.