

Mental Health Summit

FOR THE PERFORMING ARTS

FEBRUARY 21, 2026 9AM-12PM

REGISTER TODAY!



LARA TANT, MA, RMHCI, R-DMT

Lara is a dance educator, dance/movement therapist, and mental health counselor intern who works with youth at New Growth Counseling and teaches ballet at The Dance Company in Saint Augustine, drawing on her experience as a former professional ballet dancer to integrate the healing power of the arts in fostering resilience, self-awareness, and mind-body connection.

MELISSA LICHTENBERGER, LMHC

Melissa is a mental health professional who supports individuals in navigating the effects of past experiences and societal pressures on self-worth and emotional well-being, helping them uncover inner beauty, build resilience, and strengthen their internal resources within a supportive space.



THE PANEL



MARK STEVENS

Mark currently serves as Director of Bands at Landrum Middle School in Ponte Vedra Beach and is a summa cum laude graduate of The Florida State University College of Music, where he earned a bachelor's in music education, also serving as Head Drum Major of the world-renowned Marching Chiefs.



JENNA ALEXANDER

Jenna is a St. Augustine-based artist inspired by the quiet beauty of everyday moments found in nature. Working primarily with oil paint, her work reflects the textures, light, and movement of Florida's coastal environment and historic landscapes as well as figurative and still lifes.



ANTONIO SCOTT

Antonio believes in envisioning and achieving dreams and, as a 25-year public education veteran shaped by a successful 15-year career as a dancer and musical composer, proudly applies those lessons in his professional and personal life while paying it forward.



SHERRIE PROVENCE

Sherrie is an internationally experienced theatre leader and artist whose multifaceted career spans acting, directing, producing, teaching, and founding companies—always guided by a commitment to hope, light, and powerful storytelling.