



Breakout Session 1

1:15 – 2 p.m.

Suicide Prevention

Leah Casuto, MD, Staff Psychiatrist

Mary Jo Pollock, MSN, CNS, Advanced Practice Nurse

Nelson Rodriguez, MD, FAPA, Staff Psychiatrist

Lorene Walter, MD, Medical Director of Mindful Transitions Adult Partial Hospital Program

Effective Time Management to Create Balance

Melissa McCarthy, MS, CRC, CPRP, Life Skills Development Coach

Feeding the Demon: One Family's Struggle with Anorexia

Harriet Brown, writer, magazine editor and assistant professor of magazine journalism

Internet Use Disorder and My Child

Chris J. Tuell, EdD, LPCC-S, LICDC-CS, Clinical Director of Addiction Services



Breakout Session 2

2:15 – 3 p.m.

Psychotropic Medication Question and Answer Session

Leah Casuto, MD, Staff Psychiatrist

Angela Couch, RN, MSN, PMHNP-BC, Psychiatric Nurse Practitioner

Mary Jo Pollock, MSN, CNS, Advanced Practice Nurse

Tracy Cummings, MD, Medical Director of Cincinnati Children's Hospital Medical Center Inpatient and Partial Hospitalization Program at Lindner Center of HOPE

Mindfulness

Elizabeth Mariutto, PsyD, Staff Psychologist

Mental Health and Genetics: An Overview of What We Know

Jennifer Milau, APRN, PMHNP-BC, Advanced Practice Nurse

Suicide and the Role of Electroconvulsive Therapy (ECT)

Nelson Rodriguez, MD, FAPA, Staff Psychiatrist

How To Parent for Children's Good Mental Health

Anna Guerdjikova, PhD, LISW, CCRC, Director of Administrative Services, Harold C. Scott Foundation Eating Disorders Program



Breakout Session 3

3:15 – 4 p.m.

Treating Mental Illness with Nutrition and Exercise

Amanda Porter, MSN, APRN, FNP-C, PMHNP-BC, CARN-AP, Psychiatric Nurse Practitioner, Integrative Mental Health Practitioner

The Challenging Balance of Being a Loved One of a Person with a Substance Use Disorder

Peter White, MA, LPCC, Addictions Counselor

Making it through Crisis; DBT Distress Tolerance

Nicole Bosse, PsyD, Staff Psychologist
Shannon Jensen, LISW-S, Outpatient Therapist

Emotion Focused Household Culture

Michael K. O'Hearn, MSW, LISW-S, Clinical Director, Center For Stress Related Disorders at Lindner Center of HOPE

Community Education Day 2019 Speakers, Topics and Objectives

BREAKOUT SESSION 1:

Suicide Prevention

Audience members will be able to:

- Explain who and why people die by suicide (Really statistics and risk factors)
- Illustrate how we help suicidal people (Research regarding interventions)
- Articulate what they can do to protect loved ones and others in the community from suicide (gun control early intervention, aggressive treatment of chemical dependence etc)

Effective Time Management to Create Balance

Audience members will be able to:

- Define Time Management
- Explain the Tools of time management and the role of technology
- Explain the Urgent/Important Matrix
- Develop a plan to create balance

Feeding the Demon: One Family's Struggle with Anorexia

Audience members will be able to:

- Understand eating disorders are not a choice
- Understand families are a key part of recovery, not just for children or teens but for adults too
- Believe full recovery is possible

Internet Use Disorder and My Child

Audience members will be able to:

- Develop a better understanding of Internet Use Disorder and the impact upon youth
- Gain an awareness of the relationship between Internet Use Disorder and mental health (co-occurring disorders) and what implications this has for youth with respect to treatment, health and wellness
- Gain a better understanding of the role of the addictive brain in Internet Use Disorder, as well as the power of the Internet

BREAKOUT SESSION 2:

Psychotropic Medication Question and Answer Session

Audience members will be able to:

- List common side effects of commonly prescribed psychotropic medications will be discussed.
- List side effects that should be reported to the prescriber will be discussed.
- Explain the use of off label medications will be discussed.

Mindfulness

Audience members will be able to:

- Describe what mindfulness is
- Identify benefits of mindfulness
- Articulate ways to practice mindfulness in their lives

Mental Health and Genetics: An Overview of What We Know

Audience members will be able to:

- Address link between genetics and psychiatric diagnoses
- Review psychiatric pharmacogenetic panels available
- Discuss advantages of obtaining pharmacogenetic results and clarify misconceptions about clinical utility / relevance
- Open panel for questions at the end

Suicide and the Role of Electroconvulsive Therapy (ECT)

Audience members will be able to:

- Recognize the incidence, risk factors, early symptoms and protective factors of suicide
- Identify electroconvulsive therapy (ECT) as a viable treatment option for patients contemplating suicide
- Identify treatment resources and preventive factors for patients at risk for suicide

How to parent for children's good mental health

Audience members will be able to :

- Acknowledge consistent rules and reasonable expectations are necessary for harmonious family dynamic and for raising confident and empathic children
- Acknowledge mental illness is commonly underdiagnosed or misdiagnosed in young children, particularly if their parents struggle with mental health issues
- Articulate SAFE (Sleep, Activity, Food, Electronics use) parenting tips for raising healthy children

BREAKOUT SESSION 3:

Treating Mental Illness with Nutrition and Exercise

Audience members will be able to:

- Define Integrative Mental Health
- Describe two ways exercise impacts mental illness
- Describe two ways nutrition impacts mental illness

The Challenging Balance of Being a Loved One of a Person with a Substance Use Disorder

Audience members will be able to:

- Demonstrate how loved ones can help persons with substance use disorders decrease risky behaviors and get better, but, we cannot cure, fix or control the problem.
- Acknowledge how self-care is essential to a loved-ones safety and health, and, it is essential to being successful in helping a person with a substance use disorder get better.
- Demonstrate how boundaries are fluid and flexible states of relating designed to maximize the ability to help without compromising the safety and health of a loved one.

Making it through Crisis; DBT Distress Tolerance

Audience members will be able to:

- Demonstrate how to stop making matters worse when under significant stress
- Demonstrate how to tolerate stress and distress and keep moving on in the moment
- Demonstrate how to use accepting reality to free ourselves from suffering

Emotion Focused Household Culture

Audience members will be able to:

- Articulate the “mechanics” of household culture, and relationship to larger culture
- Illustrate cultural conditioning of household values and priorities
- Demonstrate methods of Emotion Focused problem solving and conflict resolution