

Breakout Session 1 1:15-2 p.m.	Breakout Session 2 2:15-3 p.m.	Breakout Session 3 3:15-4 p.m.
<p><b>Trauma and Substance Use: A Complex Relationship</b> Chris Tuell, EdD, LPCC-S, LICDC-CS <i>Clinical Director of Addiction Services</i></p> <ul style="list-style-type: none"> <li>Identify how trauma is a risk factor for substance abuse</li> <li>Identify how substance abuse is a risk factor for trauma</li> <li>Identify treatment strategies for the co-occurrence of trauma and substance abuse</li> </ul>	<p><b>Cannabis and the Impact on Mental Health</b> Christine Collins, MD <i>Staff Psychiatrist</i></p> <ul style="list-style-type: none"> <li>Identify how trauma is a risk factor for substance abuse</li> <li>Identify how substance abuse is a risk factor for trauma</li> <li>Identify treatment strategies for the co-occurrence of trauma and substance abuse</li> </ul>	<p><b>The COVID Pandemic and Its Effects on Mental Health</b> Brett Plyler, MD <i>Staff Psychiatrist</i></p> <ul style="list-style-type: none"> <li>Share how the pandemic has affected individuals</li> <li>Explain the effect on society at large</li> <li>Explain how to take of their mental health</li> </ul>
<p><b>Spirituality in Mental Health</b> Amanda Porter, PhD, APRN, PMHNP-BC <i>Psychiatric Nurse and Integrative Mental Health Practitioner</i></p> <ul style="list-style-type: none"> <li>Discuss and understand the definition of Mental Wellness</li> <li>Discuss and understand the difference between Spirituality and Religion</li> <li>Discuss and understand the difference between Healing and Curing</li> <li>Discuss the role that Spirituality plays in combating mental health issues</li> </ul>	<p><b>How to Manage Anxiety and Worry in These Uncertain Times</b> Lindsey Collins Conover, PhD <i>Staff Psychologist</i></p> <ul style="list-style-type: none"> <li>Identify worry and how it is different from anxiety</li> <li>Explain how worry keeps us anxious</li> <li>Combat worry and engage in the present moment</li> <li>Discuss how to apply these strategies to common, pandemic-related uncertainties many of us are facing</li> </ul>	<p><b>Practicing Mindfulness Based Stress Reduction (MBSR)</b> Peter White, MA, LPCC, LICDC <i>Outpatient Therapist</i></p> <ul style="list-style-type: none"> <li>Identify mindfulness orientation and the fundamentals of a mindfulness stress reduction practice</li> </ul> <p>After review of the practices of MBSR – Body Awareness, Mindful Movement, and Meditation, attendees will be led in 10 to 15 minute blocks in each of the practices.</p>
<p><b>OCD and Anxiety: The Value of Doing “Nothing”</b> Angela Couch RN, MSN, PMHNP-BC <i>Psychiatric Nurse Practitioner</i> Jennifer Wells, LISW-S <i>Outpatient Therapist, Director of the OCD and Anxiety Treatment Team</i></p> <ul style="list-style-type: none"> <li>Provide an overview of OCD and anxiety</li> <li>Identify the reinforcing nature of neutralizing behaviors</li> <li>Explore what is involved with "doing nothing"</li> </ul>	<p><b>ADHD at All Ages</b> Paul Crosby, MD, MBA <i>President and Chief Executive Officer</i></p> <ul style="list-style-type: none"> <li>Explain what ADHD is, how it presents, and what to expect with treatment</li> <li>Understand how ADHD interacts with other mental illnesses</li> </ul>	<p><b>Couples Counseling 101: Steps to Improve Communication</b> Catrina Spicer, LISW-S <i>Outpatient Therapist</i></p> <ul style="list-style-type: none"> <li>Understand and identify toxic styles of communication</li> <li>Identify effective and healthy ways to communicate</li> <li>Develop a plan for change</li> </ul>
<p><b>Stigma Busting: Real Conversations with Real People Receiving Mental Health Treatment</b> Lorie Walter, MD <i>Medical Director of Mindful Transitions, Adult Partial Hospital Program; Clinical Director of Outpatient Services</i></p> <ul style="list-style-type: none"> <li>Have perspective on mental health stigma through conversation and story telling</li> <li>Apply insights from people on a mental health recovery journey</li> </ul>	<p><b>Supporting Your Teen With an Eating Disorder</b> Heather Connor, LISW-S <i>Outpatient Therapist</i></p> <ul style="list-style-type: none"> <li>Share common signs/symptoms of eating disorders</li> <li>Challenge common myths and beliefs</li> <li>Share treatment options/support</li> <li>Discuss strategies to promote a healthy relationship with food and our body at home</li> </ul>	<p><b>New Insights on Depression</b> Nelson F. Rodriguez, MD, FAPA <i>Staff Psychiatrist</i></p> <ul style="list-style-type: none"> <li>Understand the new insights in depression</li> <li>Understand the treatment modalities available based on the new concepts</li> </ul>
<p><b>Health at Every Size (HAES)</b> Anna Guerdjikova, PhD, LISW, CEDS <i>Director of Administrative Services, Harold C. Schott Foundation Eating Disorders Program</i></p> <ul style="list-style-type: none"> <li>Discuss definitions of weight and health and their change over time</li> <li>Identify the drawbacks on dieting and understand the non-diet approach to wellness</li> <li>Share some current research in support of HAES</li> <li>Discuss some common misconceptions of HAES</li> </ul>	<p><b>“Are we there yet?!” Navigating the journey of grief and loss</b> Kristy Hardwick, EdD, LPCC-S <i>Outpatient Therapist</i></p> <ul style="list-style-type: none"> <li>Describe the process of grief and how it affects individuals</li> <li>Recognize common misconceptions surrounding grief</li> <li>Identify coping strategies to promote healing</li> <li>Learn about complicated grief and when to seek professional help</li> </ul>	<p><b>Empowered Parenting</b> Tracy Cummings, MD <i>Associate Chief Medical Officer for Clinical Excellence and Chief of Child and Adolescent Psychiatry</i> Megan Schrantz, EdD, LPCC <i>Therapist</i></p> <ul style="list-style-type: none"> <li>Create and promote healthy relationships with their children</li> <li>Implement boundaries and rules without feeling guilty</li> </ul>