

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