

McHenry County Mental Health Network

2018 Suicide Prevention, Mental Health Wellness & Recovery Conference Schedule

Friday, September 14, 2018 – 9:00 am to 3:30 pm

- 8:15 - 9:00** Registration & Light Refreshments
- 9:00 - 9:15** Opening Remarks - Scott Block, Mental Health Board Executive Director
- 9:15 - 10:30** Keynote Speaker: Stephen Kavalkovich
- Identity - Who We Are Beneath The Surface
- 10:30 - 10:45** Break with Exhibitors
- 10:45 - 11:45** Breakout Session I (4 Concurrent Breakouts)
- Healthy Minds, Healthy Bodies - Lindsey Shaffer, MS, RD, LDN
 - QPR for Suicide Prevention - Brian McCallum, LCPC & Rachel Boldman, LCPC
 - Trauma Informed Care - Erin Brumfield Grima, LCPC
 - Words Matter: How Language Choice Can Reduce Stigma - Laura Fry
- 11:45 - 12:30** Complimentary Lunch & Musical Presentation by The Break Teen Club
- 12:45 - 1:45** Breakout Session II (3 Concurrent Breakouts)
- Medication for Addiction Treatment – Dr. Elizabeth Salisbury-Afshar, MD MPH, DFASAM, FACPM
 - Spirituality & Recovery: Improving Our Spiritual Wellbeing - Nanette Larson, BA, CRSS
 - Using Yoga as a Relapse Strategy - Tracy Soos-Walker, LCPC, CADC
- 1:45 - 2:00** Break with Exhibitors
- 2:00 - 3:00** Breakout Session III (3 Concurrent Breakouts)
- Behavioral Reasons People Turn to Food - Dr. Lacey Lemke, PsyD
 - #MentalHealth Young Adult Panel Discussion - Scott Block, MA, LCPC, CADC, CCJP
 - QPR for Suicide Prevention - Brian McCallum, LCPC & Rachel Boldman, LCPC
- 3:15 - 3:30** Adjourn (Please complete evaluations and collect Free CEUs!)

Breakout Session descriptions attached

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Breakout Session I 10:45 – 11:45

- **Healthy Minds, Healthy Bodies** - Lindsey Shaffer, MS, RD, LDN
Registered Dietitian and Diabetes Educator, Centegra Diabetes Center - Centegra Health System. Eating healthy food through conscious choices can actually change our bodies' natural stress response so that we actually feel better. Reducing stress and maintaining a healthy mindset can lead to a healthy body and reduce our risk of chronic diseases.
- **QPR for Suicide Prevention** - QPR Instructors Brian McCallum, LCPC, Samaritan Counseling & Rachel Boldman, LCPC, McHenry County College
Question... a person about suicide, *Persuade...* someone to get help and, *Refer...* someone to the appropriate resource. QPR is designed to help you save a life.
- **Trauma Informed Care** - Erin Brumfield Grima, LCPC
Director of Behavioral Health with Pioneer Center for Human Services. Passionate about helping people connect to their own resiliency. Erin believes that each individual must feel accepted and valued regardless of the challenges they may be facing.
- **Words Matter: How Language Choice Can Reduce Stigma** - Laura Fry
Director of Operations at Live4Lali. With careful attention to language, we can reduce the burden of stigma surrounding mental health and substance use disorders, improve access to health care for people with these disorders, and save lives. What we say, and how we say it, matters. Let's get started!

Breakout Session II 12:45 – 1:45

- **Medication for Addiction Treatment (MAT)** - Elizabeth Salisbury-Afshar, MD MPH, MD, DFASAM, FACPM
Director Chicago Dept. of Public Health. In August, she will transition to her new role as Director of the Center for Multi-System Solutions to the Opioid Epidemic at American Institutes for Research. The use of medication for addiction treatment (MAT) is often misunderstood, and sometimes referred to as simply "drug substitution." Dr. Salisbury-Afshar will explain the evidence base for using medications for opioid addiction treatment, and describe the role they can play in some peoples' recovery.
- **Spirituality & Recovery: Improving Our Spiritual Wellbeing** - Nanette Larson, BA, CRSS
Deputy Director and Ambassador for Wellness & Recovery Services for the Illinois Department of Human Services Division of Mental Health. In this workshop, participants will learn how to discover a stronger sense of meaning & purpose and six practical steps to take to release forgiveness.
- **Using Yoga as a Relapse Strategy** - Tracy Soos-Walker, LCPC, CADC
Owner and operator of Nurture Yoga & Massage. Creating a relapse prevention plan is an essential part of living in recovery. Although every person's strategy will be different, Tracy's 10 Yoga Practices for Recovery should be a part of any solid relapse prevention plan.

Breakout Session III 2:00 – 3:00

- **Behavioral Reasons People Turn to Food** - Dr. Lacey Lemke, PsyD
Service Line Director for the Center for Eating Disorders throughout the AMITA Health system. Dr. Lemke's training will focus on understanding the emotional and behavioral influences which may lead individuals to rely on food as a coping skill.
- **#MentalHealth Young Adult Panel Discussion** - Scott Block, MA, LCPC, CADC, CCJP
Executive Director of the McHenry County Mental Health Board. Scott will lead an engaging group discussion with young adults with mental health issues. The fear of discrimination and being viewed as different by their friends and peers is a large barrier to young people receiving mental health services. Come learn and help encourage teens and young adults to stand up, open up and get the help they need.
- **QPR for Suicide Prevention** - QPR Instructors Brian McCallum, LCPC, Samaritan Counseling & Rachel Boldman, LCPC, McHenry County College. *Question...* a person about suicide, *Persuade...* someone to get help and, *Refer...* someone to the appropriate resource. QPR is designed to help you save a life.