



2023 Mental Health Expo

Information about local services and support programs

Tuesday, May 23

Noon – 5:00 p.m.

**ECHI @ ECU Outpatient Center
115 Heart Drive, Greenville**

Join us for the 11th Annual Mental Health Expo. This year's expo will feature more than 50 exhibitors from service organizations who will be available to answer questions and provide information about local mental health and substance abuse resources. This free event is for individuals, family members, caregivers and providers. The Expo is free, fun and informative for the whole family. Register to win door prizes for gifts.



For more information or to become an event exhibitor, contact Jo Wallace at **252-847-8798** or visit ECUHealth.org/BehavioralHealth.



Featured presentations

12:30 p.m. – 1:30 p.m.

“Mind Over Matter” Using Mindfulness to Assist with Treatment of Depression and Anxiety

Celeste Crawford, PhD, CRC, CCS, LCAS, LCMHCS

This presentation will define and review the components of Mindfulness and discuss how Mindfulness strategies can be incorporated into treatment interventions for depression and anxiety.

2:00 p.m. – 3:00 p.m.

“Lay Responder Naloxone Training: When and How to use NARCAN Nasal Spray”

Lillie Malpass, MPH, CHES, Briana Brantley, Jan Britt: MS, LCMHCS, LCAS, CCS

In this presentation, we will discuss the effects of the opioid public health crisis, how to recognize the signs and symptoms of an opioid overdose, and how to administer the opioid overdose reversal drug Naloxone (NARCAN). We hope this training helps individuals understand the importance of Naloxone while also reducing the stigma surrounding this topic.

3:30 p.m. – 4:30 p.m.

“Human Trafficking: Building Protective Factors for Prevention and Resiliency”

Liz Liles, Melinda Sampson

Human trafficking is preventable, and one of the cornerstones of prevention is having supports available to girls as they navigate the tumultuous waters of adolescence. In this session, local advocates will discuss the reality of human trafficking locally, and how building protective factors in the community can be a primary prevention mechanism, as well as assisting in developing resiliency in youth and young adults, post-victimization.