



2019 **SEEDS CONFERENCE**

#NextGen: B4STAGE4

May 22nd, 2019
8:00am – 5:00pm
Glendale Community College

KEYNOTE SPEAKERS:

iGen: Turning Distress To Success How To Reach, Teach, and Support Our Youth

Katey McPherson, M. Ed., Associate, Hazard, Young, Attea & Associates

Last year in the United States, 1.3 million people attempted suicide and 9.8 million seriously considered it (SAMHSA). It's estimated that 90% of them struggled with anxiety and depression (NAMI). Often the first person to encounter someone struggling with life is a trusted friend, family member, or co-worker; not necessarily a clinical professional. We will focus on both cultural and clinical aspects of the growing problem to produce something tangible that will help those who work with people as well as how we can assist parents, educators, and administrators as well as faith-based leaders in their pursuit to reach, teach, and support our iGeneration students in their K-16 journey.

Town Hall Listening Session: Innovative Approaches for Addressing Mental Health and Wellness in High Schools

Coach Chad Williams, M.Ed., Estrella Foothills High School

Anna Luna, MSW, Prevention Coach, Mesquite High School Health and Wellness

Grace Martinez, Westview High School Student

How Creativity and Culture Build Resilience in an Age of Accelerated Change

Dr. Steven Tepper, Dean, Herberger Institute for Design and the Arts, Arizona State University

We are living in an age of accelerated social change: the future of work; changing patterns of leisure; new family structures; demographic shifts; disruptive technologies. How do individuals and communities respond to a world in constant flux? What is the role of creativity in combating fear and anxiety? Can art and culture be key strategies for creating meaning, empathy, connection and healthier communities?

WORKSHOP SESSION #1:

Seeds for a Positive Future: Bringing Universal Prevention and Protection from Childhood Psychiatric & Behavioral Disorders

Dr. Dennis D. Embry, President/Senior Scientist, PAXIS Institute

In 2009, the Institute of Medicine highlighted the Good Behavior Game as a scalable, proven strategy to address mental, emotional, and behavioral disorders—including addictions. In 2010, SAMSHA funded 18 replication sites to use the PAX Good Behavior Game (the official Hopkins version used in the research) that were powerfully successful. Since then, more than 35,000 teachers have learned to implement this prevention strategy, affecting 1 million children in terms of population level improvement in reading achievement, math achievement, and prevention of, and reduction of, psychiatric disorders at a population level as well as improved teacher and family wellbeing. New York, Ohio, Oregon, Washington State, New Mexico, Montana, Canadian provinces, and European countries are funding an expansion of PAX. This breakout session maps how communities and schools—even single teachers—can adopt and use this practical, proven practice that can produce lasting benefits in one-semester and longer with continued implementation with a rate of return of 70-to-1. No other early prevention strategy has this level of independent

replicated universal lifetime prevention effects on: psychiatric/behavioral disorders, violence, crime, addictions, teen pregnancy, suicide, reading and math scores, high-school graduation, college entry, and economic impact that is scalable. The direct cost per child to achieve these PAX GBG effects is comparable to movie tickets for a parent and child, popcorn and soda, and pizza afterwards for a bit of entertainment. PAX GBG provides a lifetime chance of peace, productivity, health, and happiness—which is priceless.

Cleaning our Trauma Colored Glasses: Healing Ourselves Before Helping Others

Angie Geren, Founder/Executive Director, Addiction Haven

Trauma informed care starts with us. Typically, in the helping professions we all have our own past stories that tend to cloud our perception of others and invade our interactions. Since trauma is rooted in the body it is difficult to ascertain if our responses are coming from our past experiences. In this workshop we will discuss how to recognize when you are reacting from personal trauma and learn tools on how to shift our actions and heal our pasts so that we can be more effective and not re-traumatize our clients.

Eating Disorders 101

Sherri Hicks, LMSW, Therapist, Rosewood Ranch Center for Eating Disorders

Stars like Jennette McCurdy are opening up about their eating disorders and shedding light on this dangerous disorder. It is estimated that 4% of anorexic individuals die from complications of the disease. College students need solid information on the different types of eating disorders and the warning signs associated with these disorders. Young adults transitioning from High School to College are especially vulnerable to eating disorders as stress can be a contributing factor. This workshop will include current statistics, diagnostic information, brain science behind eating disorders and current treatment options.

More than Crisis: Shattering Stereotypes & Pioneering Inventive Partnerships in Southern AZ

Detective Shawn Degan, Detective John Aitchison, & Deputy Leo Hamilton Watson ("Leo" for Law Enforcement Officer,) Crisis Response Canine, Pima County Sheriff's Department

With dedicated focus on behavioral health issues, Arizona Complete Health and the Pima County Sheriff's Department have worked diligently to redefine what partnership means. By fostering a relationship of trust and developing personal partnerships, they have driven innovative outcomes. In this presentation, we will explore the history behind the collaboration, share data demonstrating improved crisis and criminal justice outcomes, and explore the story of Leo, the Crisis K9 that is changing how law enforcement responds to and treats not only individuals in crisis. Additionally, we will explore how the success of Leo, led to the new School Resource Officer Program where AzCH is partnering with Pima County Sheriff's Department to pair therapy dogs with SRO's in an effort to increase community stabilizations of children in crisis, and reduce the number of crisis mobile team transports. This first of its kind program is set to launch in the end of 2019, and is expected to change the way children and law enforcement interact in the school setting.

Understanding and Navigating the Crisis System in Arizona

Matthew Moody, LAC, Manager of Contact Operations, Crisis Response Network

Arizona has one of the most robust crisis systems in the country, and this presentation will provide an explanation of how the Arizona mental health crisis system is structured, what services are provided, and how to access these services. There will be time at the end of the presentation for questions.

We Are All In This Together: Peoria Unified School District's Approach to Mental Health and the Role of Schools

Dr. Marshall Walters & Kathleen Leonard, Peoria Unified School District

According to research from the National Council of Behavioral Health (2015), suicide is the second leading cause of death among adolescent ages 10-25 years old. In the United States, 4 out of every 10 youth are diagnosed with depression, and one-half of all life-time cases of mental illness begin by the age of 14. Today, schools are faced with the dilemma of how to support students that are experiencing mental health challenges while providing an education in a safe environment. This presentation will provide attendees with the tools to begin developing a comprehensive social emotional learning model that includes creating a goal, identifying the importance of conducting a S.W.O.T analysis, identifying key stakeholders, and developing a strong foundation that is proactive in nature, and inclusive of

all students. Attendees will also be able to identify how they can become a stakeholder in supporting youth mental health and schools.

WORKSHOP SESSION #2:

A Practical Discussion About Cannabis

Michelle Davis, DBH, M.Ed., MA, LPC, Assistant Director of DBH Program & Cara English, LPC, Director of DBH Program, Cummings Graduate Institute for Behavioral Health Studies

Fred N. Davis, MD, Vice President, HealthWise Consultants

This workshop will be a practical discussion about cannabis and teen/young adult use, maternal and fetal health, general mental health, and chronic pain. Learn about the endocannabinoid system, the difference between CBD & THC; risks and possible benefits of cannabis use in various populations; cannabis interactions and the impact of cannabis on opioid use. Information about cannabis use is inconsistent and current research is often limited or not of high quality. This makes it challenging for parents, youth & family support workers, behavioral health providers, teens and young adults, and others to understand the effects cannabis use may have and to be confident engaging in an informed discussion about cannabis with teens and young adults.

Identifying Suicidal Behavior in the Classroom and How to Respond

Kelli Donley Williams, MPH, State Suicide Prevention Specialist, AHCCCS

Rebecca Astorga, School Health and Safety Specialist, Arizona Department of Education

During this presentation, we will discuss how to recognize suicidal thoughts in children and adults, how to respond, and how to link the individual (and family) to behavioral health resources in the community. We will also review Project AWARE – an on-going collaboration between AHCCCS and ADE for the implementation of suicide prevention training in schools.

From Wilting to Blooming: Teen-Centered Dating Violence/Sexual Violence Prevention

Donna Bartos, CEO, BLOOM365

This workshop will uncover the root causes and risk factors of teen dating violence/sexual violence and provide information on a homegrown solution for multi-disciplinary, cross-generational prevention and intervention efforts. Through conversation, case studies and interactive exercises, participants will learn about root causes, risk factors, and adverse childhood experiences (ACEs) from the youth perspective and leave with an opportunity to transform prevention efforts in local schools and communities from reactive to proactive.

Insurance Parity 101: What is it and why you should know about it

Ben Denslow and Denise Denslow, Founders, JEM Foundation, & Representation Mitzi Epstein, Arizona House of Representatives

Could your insurance company be breaking the law? What is insurance parity? Why do you need to know about it? The Federal Parity law was passed in 2008 and unfortunately, more than a decade later, it is still not being enforced. In this workshop we will go over the basics of the federal parity law that was passed in 2008 and explore why we need a state parity law passed in AZ. We will discuss why it is critical for those struggling with any form of mental illness and substance use disorder, and show how it can help not only reduce suicide rates, but ensure people receive appropriate care.

Can the Police Help? Interaction between law enforcement and the ASD/DD community

Detective Amanda Stamps, Crisis Team Intervention Coordinator, Mesa Police Department

Law enforcement routinely responds to calls for adult and children with an Autism Spectrum Disorders or Developmental Disabilities who are experiencing a crisis. Additionally, there is a concern for these individuals while they are out in the community and might come in contact with law enforcement. This can be disconcerting for both the individual and the family members involved due to fears of violence or miscommunication. In order to improve these responses and provide confidence to the public, law enforcement agencies have not only created ways to quickly identify individuals and their residences, but also training to both officers and the community. Nationally, programs such as “Be Safe the Movie,” and Medic Alert Found are being used to provide options to quickly identify those with special needs, but also provide guidelines for these encounters to improve safety for all involved. Locally,

programs like the Mesa Police Department's Resident Assistance Program provide information for officers on individuals with disabilities to help improve their response to crisis calls.

"In Our Own Voice" Living with Mental Illness

Terry McDermott, MA, & Ariel Biscoe, NAMI Valley of the Sun

The presenters will share their personal stories of dark days, acceptance, treatment, coping skills and successes, hopes and dreams. The sharing of their own recovery experience has been shown to reduce stigma and give hope to people with a mental illness, family members, nurses, doctors, police, fire, high school students, etc. Examples: 'I quit dreaming years ago, but now I can see hope for the future'. 'I believe that God put you here to change lives and help those who feel hopeless'. 'I wasn't accepting of people with a mental illness prior to this presentation'. At the conclusion of the presentation, the audience will be able to identify the essential parts of the recovery process for mental illness: Acceptance, Treatment, Coping Skills and Success, Hopes and Dreams. They also will be able to restructure their understanding of the stigma of mental illness. Audience members are encouraged to ask questions. NAMI programs that are provided at no charge to the public will be explained and resource materials provided.

WORKSHOP SESSION #3:

Suicide Prevention through Strengths Building: A Tri-Level Approach for the LGBTQ Community

Isaac Akapnitis, LMSW, Lead Development Coordinator, & Ann Maxwell, LMSW, Community Development Coordinator, Terros Health

This session will examine ways to build on the strengths and resilience of LGBTQ youth as a method of suicide and substance use prevention. On a micro level we will discuss ways youth can directly support one another. On a mezzo level we will discuss building supports within schools, communities and families. For the macro level we will provide tools to engage in advocacy efforts and support/utilize national prevention organizations. We all have a role to play in supporting the mental health of our youth. Within the workshop we will strategize solutions that we can take back and implement in our communities. Upon completion, workshop participants will be able to identify suicide prevention methods on a micro, mezzo and macro level; define why the LGBTQ community has unique challenges and needs for support; create a LGBTQ specific suicide prevention toolkit for their community; list three supports for LGBTQ youth.

Office of Individual and Family Affairs: How We Help!

Dawn McReynolds, Office of Individual and Family Affairs

Please join us and learn more about the Office of Individual and Family Affairs, also known as OIFA. This is our office at AHCCCS and in every plan and Regional Behavioral Health Authority (RBHA). Attendees will learn how the OIFA offices support members, family members and providers alike. The OIFA presentation will bring historical information around how OIFA was formed, how our journey has gotten us to where we are today, and how we work collaboratively with each other and AHCCCS. Participants will learn how OIFA walks alongside our members and family members, assisting in removing barriers to treatment to ensure successful outcomes, which are unique to each unique individual. OIFA staff are individuals with lived experience in behavioral health or as a family member. This experience enables us to identify with those we serve. We also work with providers of all types to support, educate and train in recovery focused areas to enhance provider outcomes to individuals they serve. We work closely with our AHCCCS OIFA who ensures and regulates all the OIFA's across all plans and RBHA's work collaboratively for the best desired outcome for all.

A Prescription for Hope: Recovering From the Impact of Opioids in Rural and Suburban Communities

Mariah Hile, Director of Business Development, Aurora Behavioral Health

Jason Hutchings, Executive Director, Awakening Recovery Center

In this lecture we will give overview of what opioids are, commonly used opioids, methods of use and drivers of overdoses. In addition, we will provide an understanding of the reasons people begin using opioids and why they continue to use. Opioids impact communities in many different areas such as social services, hospitals, criminal justice system, law enforcement, medical professionals, schools, families, religious groups, and the overwhelming economic impact. Most of the impact is negative and quite devastating and this must be discussed. In addition, we will also share the other side of the impact and the ripple effect it's created as communities rally to heal. There is amazing work being

done to pick up the pieces, mend these communities, and hope is being discovered. We will use Safford, AZ and the East Valley (Chandler, Gilbert, Tempe, Mesa) as examples of how recovery is bringing us all closer together.

Civic Engagement and Legislative Advocacy

Shannon Schell, MSW, Executive Director, Protecting Arizona's Family Coalition

Catherine Broski, Field Director, March for Our Lives Arizona

This presentation will cover the nuts and bolts of the Arizona Legislative Process so that attendees have a better understanding of how the process works and the various times they can get involved in the process. Attendees will learn different tools and tips on how to engage with lawmakers and share their stories in order to make positive legislative change at the Arizona Capitol. Attendees will also learn directly from youth organizers on how they have been able to use their knowledge and experience to work with legislators to advocate for funding and systemic change that will bring more resources to our schools and provide mental health services needed for youth in Arizona.

An Empowered Focused Concept to Reduce High Risk Behavior and Divert Substance Misuse

Ted Huntington, CEO, RpM Health Concepts LLC

Josh Azevedo, Owner / Director, The Pathways Program

Teens and Young Adults are experiencing high levels of anxiety and stress leading to a rise in High Risk Behaviors and Substance Misuse. Traditional approaches to Prevention & Diversion are not producing the same outcomes as in prior generations. Programs and approaches that place a priority on Encouragement, Empowering Resiliency, Positive Mental Fortitude along with Pro-social involvement with Pro-social peers & Support Systems with a secondary emphasis on lecturing facts and "Scare Tactics" are yielding greater results. The "Empowerment Focused Concept" allows for a safe and encouraging environment for teens & Young Adults to open-up and respond to new ideas, pathways, mentoring, etc. creating a greater opportunity for healthy and positive behavioral changes & choices.

Re-evaluating Employment for Job-Seekers with Disabilities: Disclosure, communication, and workable options

Susan Davis-Morales, Tucker-Davis Management Strategies

Timothy Stump, AZDES

Fighting stigma in the workplace is an ongoing process. Knowing when to disclose personal information about medical history can be fearsome. This presentation will address how to disclose information to employers who are actively recruiting people who have a disability: Ability One Employers, Federal contractors, Social benefits corporations, and companies that have hired outside agencies to recruit people with disabilities. The disclosure process will be covered in detail along with: Job search skills, utilization of resources including ARIZONA@WORK, job search strategies for re-entry populations, options for youth employment and training opportunities and how to access VR services. This workshop will also address the employment challenges had by adults 18-65 who have received or are receiving behavioral health services and options that can be explored. Organizational, clinical, and community attendees will participate in a dialogue about how to broach conversations with each other, supportive service providers, educational institutions, and potential employers.

PRESENTER BIOS

Amanda Stamps

Detective Amanda Stamps has been with the Mesa Police Department for almost 20 years. During her career, she has worked as a patrol officer, a field training officer, a detective with the Special Victim's Unit, in Community Engagement and Youth Development, and most recently as the department's Crisis Intervention Team Program Coordinator. Detective Stamps is recognized as a subject matter expert in Mental Illness and Crisis Intervention. Detective Stamps teaches mental illness and crisis intervention to all officers both at the academy level and in their continuing training and provides training to communication and detention personnel. In 2015, Detective Stamps became the 1st full-time CIT Program Coordinator for the Mesa Police Department and began working with the East Valley CIT Program Collaboration to build a model program that has been replicated across the state. In 2016, Mesa hosted its first Mental Health Community Fair and established a Mental Health Advisory Board to provide guidance to the department on mental health policies, training, and community issues. Detective Stamps passion for improving interactions between law enforcement and those in mental health crisis is a career long endeavor and extends to her personal life. Detective

Stamps has been a CIT officer since 2004 and has a BA in Psychology from the University of Alabama-Huntsville and a M.Ed. in Counseling and Human Relations from Northern Arizona University.

Angie Geren

Angie Geren, Founder and Executive Director of Addiction Haven and Certified Life Coach, empowers individuals and connects communities by giving a voice to the voiceless and providing hope to the hopeless. Angie is committed to changing the conversation surrounding prevention, treatment, public health focused addiction policy, and creating recovery ready communities thru Addiction Haven; an organization that educates, supports, and collaborates with love and understanding is her passion.

Anna Luna

Anna Luna is a Master Level Social Worker who has been in the field of social work for over eight years. Anna currently runs a drug prevention education program at Mesquite High School in Gilbert, Arizona, where she provides ongoing substance abuse prevention education, and teaches students techniques to combat stress and anxiety in the form of mindfulness. Anna is also an adjunct professor for Western New Mexico University, Board Member for Mindfulness First and a Community Liaison for Cornerstone Healing Center. Anna is a Native foster/adoptive mother with two beautiful children.

Ann Maxell

Ann Maxwell, LMSW was worked and volunteered with various LGBTQ organizations in the greater Chicago and Phoenix areas for over 9 years. She is a Community Development Coordinator with Safe Out, a Terros Health Program. Ann earned a BA in Organizational Leadership from North Central College in Naperville, IL and her Master of Social Work from Arizona State University where she was a member of the Phi Alpha Honors Society. She aims to create and support safe and healthy spaces for LGBTQ youth and young adults in all communities. Her current efforts include substance use prevention and suicide prevention programs.

Ariel Biscoe

N.A.M.I In Our Own Voice presenter and State Trainer

Ben Denslow

Ben Denslow, Co-Founder/CFO - Blessed, proud father of two and stepfather of two. Ben is an AZ native and was fortunate enough to marry his best friend December 13, 2015. He has nearly 30 years' experience in the banking industry. Passions include animals, woodworking, gardening and driving legislative changes to improve mental health care. After losing his stepson Jake to suicide in 2016, he vowed to make change happen so no other family would have to endure the pain of losing a loved one to suicide. Together we can bring an end to the epidemic of suicide. QPR, MHFA & ASIST certified. Trained in Signs of Suicide prevention curriculum.

Cara English

Dr. Cara English, DBH, LAC, has 20 years of experience in the fields of psychology, counseling, and integrated behavioral health care. Her educational background includes a Bachelor of Arts in Psychology from Arizona State University in Tempe, Arizona, a Master's degree in Counseling from Northern Arizona University in Flagstaff, Arizona, and a Doctor of Behavioral Health degree from Arizona State University. Cara's experience includes partnering with families from many cultures and backgrounds. She is passionate about empowering mothers and their partners to make informed decisions about their care that are in line with family, cultural, and spiritual values. Dr. English is the Chief Executive Officer of Cummings Graduate Institute (CGI) and the Director of the Doctor of Behavioral Health program (DBH) at CGI. Dr. English is passionate about CGI's opportunity to fill large gaps in healthcare provider education nationally and internationally. She sees CGI as perfectly positioned to bring stakeholders in integrated care together to achieve a shared vision of better healthcare for everyone. Dr. English gained counseling experience as a mental health counselor and wellness educator to children, adolescents, and adults in community organizations, schools, and school-based health centers in many Phoenix neighborhoods and Arizona Tribal Communities from 2002 - 2014. Dr. English began working as a therapist with pregnant and postpartum mothers at the Arizona Breastfeeding Center in 2014. She pursued additional training and certification from Postpartum Support International in Perinatal Mood and Anxiety Disorders (PMADs) in 2016. Recognizing that access to behavioral health services for mothers

suffering from PMADs was sorely lacking across Arizona, she began working with other health providers in 2014 to create a sustainable network of services and support for mothers and families in need. To ultimately fill the need for access to highly qualified mental health services, she co-founded Terra's Place, an integrated maternal and family behavioral health center in August 2017. Dr. English understands the inextricable link between physical and emotional health, thanks to her advanced training in pathophysiology, psychopharmacology, and neuro-pathophysiology as a Doctor of Behavioral Health. She centers her practice at the intersection of physical and mental health by identifying and addressing life stresses, including traumas, and acute or chronic medical conditions that cause or contribute to poor health states for her patients.

Catherine Broski

Catherine Broski is a junior at Millennium High School in Goodyear. Her activism began last February when she joined students across the valley in organizing the March For Our Lives in Phoenix. Since then, she has served as a fellow for Next Gen Arizona and as West Valley Regional Director of March For Our Lives Arizona. She currently serves as Field Director of MFOL AZ.

Chad Williams

Chad Williams, M.Ed., has eight years of experience as an elementary, middle school and high school special education teacher in Arizona. As the Assistant Varsity Coach of boys basketball at Estrella Foothills High School since 2013, Coach Williams integrates mental health and wellness among his team both on and off the court. He has created an environment with both his players and students that encourages young people to speak up about mental health, and has worked to reduce stigma and promote recovery by sharing his own lived experience. Coach Williams has hosted several advocacy events and partnered with Project 375, a national mental health organization founded by All-Pro NFL wide receiver, Brandon Marshall. Coach Williams was the Captain of the Men's basketball team at Seattle Pacific University where he received his undergraduate degree in Communications. He went on to receive his Masters in Special Education K-12 from City University of Seattle.

Denise Denslow

Denise Denslow, Co-Founder/President - A business professional whose life experience led to Co-Founding The JEM Foundation, a suicide prevention and awareness charity. Denise lost to her son to suicide and faced many obstacles getting her son Jake mental health care. Due to that struggle, Denise and her husband Ben created The JEM Foundation and the Arizona Coalition for Insurance Parity (ACIP). ACIP's focus is to enact state legislation to ensure that health insurance companies cannot discriminate between physical health and mental health. Her passion is to end the epidemic of suicide, educate the public about suicide prevention and awareness, provide individual and family support, and end stigma surrounding mental illness. QPR, MHFA & ASIST certified. Trained in Signs of Suicide prevention curriculum. Denise has a background in Information Technology, a Bachelors in Business Systems Analysis, and a Masters in Theology.

Dennis Embry

Dennis D. Embry, Ph.D. is president/senior scientist at PAXIS Institute in Tucson and a co-investigator at Johns Hopkins Center for Prevention as well as co-investigator with the Manitoba Centre for Health Policy. Founded in 1998, PAXIS Institute is an international prevention science company, focused on preventing mental, emotional, behavioral and related physical disorders at population-level. He is also on SAMHSA/CMHS Advisory Board, the board of the National Federation of Families for Children's Mental Health, and the scientific advisory board of the Children's Mental Health Network. PAXIS Institute has multiple prevention efforts in 38 states, multiple provinces of Canada, multiple European Union Countries, and is starting new projects in Australia and Latin America. PAXIS' population-level projects have reduced alcohol, tobacco, violence, hard drug use, and mental-health problems. PAXIS Institute—a medium-size business—partners with national, provincial/state, and local governments as well as non-profit and for-profit entities to achieve cost-effective approaches to improve human wellbeing. An added focus of PAXIS Institute is to help early-career scientists develop entrepreneurial skills. Dr. Embry is a developmental and child psychologist by training, with his earliest work focused on child safety with Children's Television Workshop and the American Automobile Association Foundation. He was appointed as a National Research Council Senior Fellow in New Zealand, where he worked on population-level parenting and early-childhood strategies—including a specific focus with Maori children and Ngā Kōhanga Reo. Upon returning to the United States and the University of Kansas, he developed consumer oriented behavioral interventions that led to the

PeaceBuilders, which was the first whole school randomized-control trial of positive behavioral interventions and supports. A CDC Epidemiological Team documented that PeaceBuilders actually prevented medically coded violent injuries in schools. During the Gulf War, Dr. Embry was appointed by the Secretary of Defense to recommend and develop strategies to help the dependents of deployed military. He was also co-chair of a group chartered by Congress to develop plans and strategies for the protection of the civilian population during the Gulf War. During the Gulf War, Dr. Embry's Junior High Sunday School challenged him to create something that would create more peace for children in the world. That was the impetus for PeaceBuilders and subsequent work on the PAX Good Behavior Game and evidence-based kernels. Following the Columbine event, Dr. Embry began working ways to replicate and disseminate the good behavior game at population-level in the fall of 1999 along with other school based strategies from the PeaceBuilders' study. The combination became the PAX Good Behavior Game. Most of Dr. Embry's scientific papers are available on www.pubmed.gov. Dr. Embry's childhood history of adversity is the anchor for his passion to help future generations. His parents struggled with addictions and mental illness, and he was diagnosed as "educably mentally retarded" when he entered public school in Arizona. He and his husband reside in Tucson, AZ.

Donna Bartos

The commitment to fight for a cause sometimes surfaces months, years or even decades after an adverse experience. Other times, it's born in an instant to find a solution to a problem. In Donna Bartos' case, the path to dedicating her life's work to preventing the root causes of domestic and sexual violence in a generation was a little bit of both. For over three decades, Donna tucked away the sexual assault, domestic violence and dating abuse she was exposed to and experienced as a child, teen and young adult. In 2006 she broke her silence and has been an advocate and activist for the primary prevention of domestic/sexual violence ever since. During this breakout session Donna will share a brief account of her past experiences with victimization and the research that influenced and informed her launching BLOOM365 and creating the "Are you blooming or wilting?" root cause prevention education resource and 3-Step Bloom It Up program. She will share actionable steps to get involved with BLOOM365's *Bloom It Up* movement to educate and activate Gen Z youth as Peer Advocates for prevention in Phoenix, AZ and beyond. Participants will leave with resources to spark conversations about root cause prevention in their relationships, communities and schools. To read more about Donna's education and non-profit sector background, connect with her on LinkedIn at:

<https://www.linkedin.com/in/donnabartos/>

Erin Callinan

Erin Callinan, MSW is a public speaker, consultant and owner of Peace of My Mind LLC, a company through which she authored and published, "Beautifully Bipolar: An Inspiring Look into Mental Illness." She has served as the Associate Director of Mental Health America of Arizona since March 2018, where she provides advocacy, awareness and education about early intervention strategies, civic engagement for peers, and workplace wellness. Through stigma reduction, promoting healthy help-seeking behaviors, and focusing on prevention efforts, Erin strives to provide messages of hope, resiliency, and possibility. As the Associate Director of Mental Health America of Arizona, Erin engages in state level policy work, advocacy, training and awareness. In 2017, Erin was the recipient of the Emerging Leader of the Year Award from the National Association of Social Workers Arizona Chapter, for her work in behavioral health advocacy and the anti-violence movement. Erin has served on the board of directors for MIKID (Mentally Ill Kids in Distress) for the last 4 years and has volunteered as a mentor at New Pathways for Youth since 2013. Erin spent 7 years as the Director of Domestic Violence Response Initiatives at the Arizona Coalition to End Sexual and Domestic Violence in Phoenix and 3 years as the Shelter Manager at a domestic violence crisis shelter in Flagstaff. Erin earned a Masters in Social Work from Arizona State University and completed graduate internships at Mental Health America of Arizona and End Violence Against Women International.

Fred N. Davis

Dr. Fred N. Davis has been a pain medicine physician since 1984 when he co-founded Michigan Pain Consultants, PC in Grand Rapids, Michigan. In 1996 he co-founded and served as President of ProCare Systems, Inc. a firm providing management and development services to pain medicine practices. In 2015 ProCare was successfully sold. Following the sale, Dr. Davis served as President and Chief Medical Officer from 2015-2018. He has been a principal at HealthWise Consultants since 2015, providing program development, coaching, and strategic planning services to healthcare organizations. Dr. Davis is board certified in Anesthesiology and Pain Management, and serves as clinical associate professor at Michigan State University College of Human Medicine, where he is involved in medical

education and interdisciplinary translational research activities. Dr. Davis is an advocate of integrative whole person care guided by quality measures in the field of pain medicine. He has clinical expertise in the development of evidence-based patient centered and population focused clinical tools which serve as a foundation for data informed value- based care.

Isaac Akapnitis

Isaac Akapnitis, LMSW is the Lead Community Development Coordinator with Safe Out at Terros Health, working to prevent and reduce suicide and substance use among LGBTQ youth and young adults. Isaac has worked with LGBTQ populations for over ten years, serving in various volunteer and employment capacities in Florida, Texas, and Arizona. Isaac earned his BA in Sociology from the University of North Florida, where he completed a thesis on intersections and identities among trans individuals. He then earned his Master of Science in Social Work with a concentration in Community and Administrative Leadership from the University of Texas at Austin. In all settings, Isaac strives to promote equity and create access to high quality health care for LGBTQ individuals.

Joshua Azevedo

Joshua Azevedo is a Licensed Substance Abuse Counselor who has been helping youth substance users and their families for over 22 years. Joshua's experience and knowledge of substance use prevention, intervention, treatment, and recovery has been formed through working with thousands of families in outpatient, residential, one on one counseling, support group, prevention coalition, and non-profit settings. Joshua currently owns The Pathway Program, a treatment program for youth in Tempe, Arizona; he also regularly speaks, consults, and educates about substance abuse prevention and treatment in many settings.

Katey McPherson

Katey McPherson brings experience in school leadership, prevention, and organizational change with over 23 years as a school leader. Katey's educational career focused on curriculum and instruction, social justice, leadership development and digital citizenship/social media responsibility, before going on to become a national consultant and Executive Director of The Gurian Institute. Katey has lead initiatives on school safety, school culture and climate, brain-based teaching strategies, professional development for teachers and administrators in the areas of adolescent brain development, trauma-informed care/ACES, and achievement gaps. Additionally, she created a nationwide community and parent engagement series in the area of social media responsibility, teen suicide prevention, and social-emotional learning principles. She has presented at numerous national conferences and has been published in the book, "WTF: Why Teens Fail, What To Fix". Katey's experience in the schools and expertise in the areas of digital citizenship, social media responsibility, screentime impact and child development as well as partnerships with national school safety organizations such as NotMYKid, Inc., ASROA, and NASRO are a perfect match for schools looking to move the needle in both student growth and achievement as well as to further their mental health, safety, and wellness initiatives.

Kathleen Leonard

Kathleen Leonard, LCSW- Holds a Masters in both Social Work from Arizona State University and School Guidance Counseling from Ottawa University. She has over 20 years' experience working in school settings providing social emotional support to students. Her background also includes work in the hospital setting, Juvenile Justice, and the Department of Child Safety. Ms. Leonard currently serves as the Student Support Services Coordinator for Peoria Unified School District. In this role she is a part of District's Student Support Team that is responsible for collaborating and creating a comprehensive social emotional learning program for 42 schools with addition to this work. Ms. Leonard serves as the McKinney Vento Liaison for the district and Adjunct Professor for Arizona State University School of Social Work.

Kelli Donley Williams

Kelli Donley Williams, MPH, has worked in public health since 2003. She has served as the state suicide prevention specialist at the Arizona Department of Health Services, and now at the Arizona Health Care Cost Containment System. She has worked for the state of Arizona for more than seven years, including managing multiple behavioral health and public health projects. She received a BS from Northern Arizona University and her graduate degree in public health from the U of A. She has published three novels and is an avid gardener.

Kristina Sabetta

Kristina Sabetta is a Licensed Masters Social Worker and a passionate mental health advocate. She has previously served in the role of CEO for CHEEERS Recovery Center in Phoenix, the President/CEO for Mental Health America of Wisconsin and on the board for the American Occupational Therapy Association. Kristina currently sits on the board for Southwest Network and is the Vice President for Stand Together and Recover Centers. She is also the Executive Director of Mental Health America of Arizona (MHA AZ) and the Owner of Sabetta Consulting, LLC.

MHA AZ is the state's oldest organization dedicated to all aspects of mental health, mental illness and behavioral health disorders. MHA AZ's mission is "To promote the mental health and well-being of all Arizonans through education, advocacy, and the shaping of public policy". Sabetta Consulting, LLC provides consulting services in the following areas: nonprofit management; executive leadership; capacity building; behavioral health advocacy and education; and program design and implementation. Kristina continues to be successful in guiding agencies to a level of financial stability, while maintaining a focus on their mission and purpose. In doing so, she makes time to address the impact of mental illness throughout the community, including schools, workplaces, churches, health providers, emergency rooms, etc. She has led systematic change initiatives and has been successful in uniting the community to address unmet needs. Kristina fights stigma and works to reduce treatment and health disparities, with the end goal of saving lives. Kristina has been a recipient of the Dryhootch of America Founder's Award and the "Women Putting Their Stamp on Metro Milwaukee" Award.

Leo Hamilton Watson

Deputy Leo Hamilton Watson ("Leo" for Law Enforcement Officer) is the Pima County Sheriff's Department's first Crisis Response Canine. Deputy Leo has been utilized to comfort victims of crimes, police and dispatchers who have had difficult days, to the community after tragic events, and to the field by assisting those in crisis. Deputy Leo considers himself to be Detective Degan's primary handler, despite what Degan thinks.

Marshell Walters

Dr. Marshell Walters, Psy.D- Is the Multi-Tiered Intervention Support/ Positive Behavior Intervention Support Coordinator for Peoria Unified School District. As a part of the District's Student Support Team, she is responsible for collaborating and creating a comprehensive social emotional learning program for the district which encompasses 42 schools and over 32,000 students. Dr. Walters holds a doctorate in Clinical Psychology from the Professional School of Psychology at Argosy University and a Masters in Marriage and Family Therapy from the University of Phoenix. Her background includes over 20 years of experience in mental health within the educational sector, private practice, non-profit organizations, Children's Hospital, and Juvenile Detention. Dr. Walters also serves as Adjunct Faculty for the College of Humanities and Social Sciences at Grand Canyon University.

Matthew Moody

Matthew Moody serves as the Manager, Contact Center Operations at Crisis Response Network. In this role, he oversees 100 employees in a crisis contact center that fields over 25,000 calls per month. He also provides oversight to Arizona 2-1-1, which offers information and referral services to the state of Arizona. He has over ten years of experience in the behavioral health field, specializing in case management, crisis, and counseling services. Matthew is passionate about veteran support, increasing public knowledge of mental health issues, and reducing mental health stigma. With a strong desire to prevent suicide, Matthew leads innovative change to improve the lives of those with mental illness. Matthew earned a Bachelor of Psychology degree and a Master of Science degree in Counseling from Arizona State University. Matthew also serves on the Board of Directors for Mental Health America of Arizona and a member of the Central Arizona Independent Oversight Committee on the Mentally Ill.

Michelle L. Davis

Dr. Michelle Davis, DBH, MA, M.Ed., LPC is the Assistant Director of the Doctor of Behavioral Health Program at Cummings Graduate Institute as well as the principle and founder of HealthWise Consultants, a specialized consulting firm. She has a unique background in behavioral health, K-12 and higher education, and health and executive coaching that allows her to understand how human behavior influences both clinician and patient decision making in healthcare and business. She has worked in pain management clinics as a behavioral health clinician, as well as in healthcare delivery program development, and in higher education settings. Dr. Davis' educational Background includes a Doctor of Behavioral Health from Arizona State University, a Master's in Counseling and a Graduate Certificate in Integrative

Holistic Healthcare from Western Michigan University, a Master's in Education from Post University, as well as a Professional Certificate in Cannabis Science and Medicine from University of Vermont, Lerner College of Medicine. As a subject matter expert in integrative care and holistic health approaches Dr. Davis has strived to have a comprehensive understanding of whole person experience in relation to health care choices. Through her clinical and educational career, she has advocated for patients' right to autonomy in finding safe, effective approaches for patients in managing healthcare challenges. She believes that patient and provider education on the topic Cannabis allows both the provider and the patient to use factual information to inform discussions and choices.

Mitzi Epstein

State Representative Mitzi Epstein represents our community full time, with a caring, collaborative, positive approach. She is a computer systems analyst who has worked for multi-national companies including Olin Brass, and Citicorp. She owns a very small business called Custom Language Training. Public education is the heart of Mitzi's vocation. She has co-founded local and statewide coalitions of parents, teachers, retirees, and business leaders to advocate for high quality public education. She served as a Kyrene School Board member from 2005-2008. In 2016 Mitzi was elected to the State House of Representatives. She is the Ranking Member on the Ways and Means Committee, and serves on the Commerce Committee, where her analytical and business skills are an asset to the teamwork in the House of Representatives. In 2017 Rep. Epstein established the Neighbors Council to prevent hate crimes and promote understanding. They meet monthly to develop solutions to public problems. Their first achievement was the state law that added a full-time Suicide Prevention Administrator in AHCCCS, Arizona's mental health management department. The next big step for the Neighbors Council is to improve mental and physical healthcare parity to improve access and affordability to behavioral and mental health in Arizona. Rep. Epstein stands on the principle that every solution is better when it is developed with a wide range of perspectives at the table.

Rebecca Astorga

Rebecca Astorga's experience at the elementary school level and education in public health led her to the School Health and Safety Programs Unit at the Arizona Department of Education. Rebecca administers the state Character Education grant connecting schools with programs for character development to build positive teaching and learning environments, inclusive of social emotional learning and Positive Behavior Interventions and Supports (PBIS). Rebecca is also the Principal Investigator for Project AWARE, Advancing Wellness and Resiliency in Education, a five-year grant funded through the Department of Health and Human Services Substance Abuse and Mental Health Services Administration.

Shannon Schell

Shannon Schell has been the Executive Director of Protecting Arizona's Family Coalition since 2017. Prior to that, she served as the Director of Public Policy for the Arizona Coalition to End Sexual and Domestic Violence where she was the organization's primary legislative lobbyist. Shannon brings with her extensive experience working with the Arizona legislature, state agencies and community groups. She is a former board member of the National Association of Social Workers, Arizona Chapter, and is an active member of the Basic Needs Coalition. Shannon holds a Masters of Social Work from Arizona State University. Throughout school and after graduating, she has worked in the direct service primarily with families who were struggling financially and individuals who were chronically homeless.

Shawn Degan

Detective Shawn Degan is a seventeen-year veteran of the Pima County Sheriff's Department. His distinguished career has included assignments as a patrol officer, search and rescue, and as a detective investigating robberies, assaults and thefts. Detective Degan is a highly qualified instructor on a variety of topics, and has taught new deputies, corrections, dispatchers and in the community. He currently is assigned to the Pima County Sheriff's Department's Mental Health Support Team. He is the primary handler for Deputy Leo, PCSD's Crisis Response Canine.

Sherri Hicks

Sherri Hicks is a licensed Master Social Worker and graduate of Arizona State University. Sherri provides therapy to adults and their families at Rosewood Ranch Eating Disorder Treatment Center in Wickenburg, AZ. Sherri assists her clients in becoming free of their eating disorder, trauma, depression, anxiety and more. She utilizes EMDR, Cognitive

Behavior Therapy, Dialectical Behavior Therapy, Sand Tray Therapy and Psychodrama to walk alongside her clients on their healing journey.

Steven Tepper

Steven J. Tepper is the dean of the Herberger Institute for Design and the Arts at Arizona State University, the nation's largest, comprehensive design and arts school at a research university. Tepper is a leading writer and speaker on U.S. cultural policy and his work has fostered national discussions around topics of cultural engagement, creative work and careers, art and democracy, and the transformative possibilities of a 21st century creative campus. He is the author of *Not Here, Not Now, Not That! Protest Over Art and Culture in America* (University of Chicago, 2011) and co-editor and contributing author of the book *Engaging Art: The Next Great Transformation of America's Cultural Life* (Routledge 2007). Prior to ASU, Tepper was on the faculty at Vanderbilt University where he was a chief architect of the Curb Center for Art, Enterprise and Public Policy, a national think tank for cultural policy and creativity. Tepper holds a bachelor's degree from the University of North Carolina at Chapel Hill; a master's in public policy from Harvard University's John F. Kennedy School of Government; and a PhD in sociology from Princeton University.

Susan Davis-Morales

Susan Morales has worked in the Arizona behavioral health system for almost 20 years with various peer service providers as an administrator and program developer. In 2009, Susan developed Arizona's first TAY Peer Support Training Program while working as the HR and QM Director for Behavioral Health Consumers in Action / Visions of Hope of Arizona. In 2010 she left "Visions" to work with Arizona Organizing Project as the Volunteer Program Executive. She partnered with people experiencing homelessness to find their footing in employment and housing. In 2018, Susan graduated from Tulane University Law School with a Masters in Jurisprudence in Labor and Employment Law (MJL) and is currently working toward a Doctorate of Business Administration concentrating on Human Resource Management. She owns her own business and works as a labor and employment consultant partnering both with individuals and organizations on employment and human capital issues.

Ted Huntington

Ted Huntington has a passion to see individuals overcome challenges and experience breakthrough. During his childhood Ted experienced the death of his father, a mother who suffered from mental illness & addiction, being placed in numerous foster homes, and his two biological sisters losing their lives to the disease of addiction. Ted is an Internationally "Certified Prevention Specialist" and has a diversified background with experience in Substance Abuse Prevention, Law Enforcement, Pastoral Care and Social Work. He is currently the Community Programs Manager for ICAN in Chandler, Arizona where he manages the Chandler Coalition on Youth Substance Abuse and coordinates the multi-sector and city "Chandler / Gilbert Substance Use & Treatment Task Force." He is also the Substance Coordinator for Gilbert's "East Valley Behavioral Health Coalition", sits on a variety of committees from the Governor's Office of Youth, Faith & Family and is the president of the board for the "Chandler I Am Project." Ted retired from the Mesa Police Department where he specialized in Violent Crimes Investigations and Training as an AZ POST Subject Matter Expert for Police Proficiency Skills specializing in preparing officers to maximize performance under stress and survive physical & deadly encounters. Ted was also fortunate to have served as the Pastor and Children's Services Director for the Sunshine Acres Children's Home in Mesa, Arizona where he counseled youth & parents from challenged backgrounds and managed a staff of 28-20 professional care providers & counselors.

Terry McDermott

Terry McDermott, BS, MA, AW, US Navy Veteran, In Our Own Voice presenter and State Trainer, Crisis Intervention Presenter, NAMI Connection Peer Support Group Facilitator, Peer Program Coordinator NAMI Valley of the Sun, Lived Experience.

Timothy Stump

Tim Stump has worked as a Job Developer, Employment Specialist, Program Coordinator and Vocational Rehabilitation Counselor helping individuals with disabilities to obtain their employment goals for close to two decades. He is currently working as Vocational Rehabilitation Employer Liaison for the Arizona Department of Economic Security. He graduated from the University of Arizona with a Master of Arts in Rehabilitation. Tim is a Certified Rehabilitation Counselor and Certified Psychiatric Rehabilitation Practitioner. Tim is the recipient of the 2014 ADA Liberty Award

from the Arizona Disability Advocacy Coalition, 2015 Making a Difference Award from the Arizona Rehabilitation Services Administration, 2016 Empower Award for Outstanding Individual Contribution from the City of Glendale, and the 2017 Mayor's Disability Award Winner from the City of Tempe.

Yesmina Luchsinger

Yesmina Luchsinger has a M.S. in Psychology from Arizona State University and is the AWARE Grant Coordinator at the Arizona Department of Education. Her career path has been a unique crossover of the behavioral health and education worlds. Her areas of focus include: Youth Mental Health First Aid Trainer, PBIS implementation and sustainability, prevention and intervention support in school settings, youth substance abuse prevention, helping foster care and at-risk youth, and working with adults living with serious mental illness. Her graduate school research explored the long-term impacts of bullying in LGBTQ youth and the positive impact of mindfulness meditation in young adults. Her work has been presented at the International Conference on Positive Behavior Support and she is a founding Board Member of CARE (Community Alliance for Resources and Education) Coalition in the West Valley. She passionately believes in the power of prevention in schools to improve student outcomes, improve teacher satisfaction and retention, reduce office discipline referrals and increase the overall wellness of a community. Yesmina is a certified Yoga Instructor and believes the tools of mindfulness and yoga can help to create a trauma aware/recovery focused campus. She dreams big and would like to open a non-profit yoga foundation that provides yoga as an alternative to suspension in Title I Schools.