



Healthy People Wood County Mental Health Conference October 21, 2016

7:15-8:00 a.m. – ARRIVAL and REGISTRATION

8:00-8:05 a.m. – **YOUTH WELCOME**

- 8:05-9:35 a.m. – **Resilience: Conquering Self Doubt and Helping Others** – Amanda Springob
- 9:35-9:45 a.m. – **Lighthouse Project**
- 9:45-10:00 a.m. – BREAK
- 10:00-11:15 a.m. – **Rise 2.0: Building Resiliency – Rise Together**

8:00-8:15 a.m. – **ADULT WELCOME**

- 8:15-9:15 a.m. – KEYNOTE
 - **Strong at the Broken Places: Building Resiliency in Children, Families, and Communities** – Dr. Gabriella Hangiandreou, Medical College of Wisconsin, Child Psychiatry Consultation Program (CPCP)
- 9:15-9:30 – BREAK
- 9:30-10:30 a.m. – **Resilience Movie**
- 10:30-11:00 a.m. – **Discussion** facilitated by Dr. Gabriella Hangiandreou
- 11:00-11:15 a.m. – **Lighthouse Project**

11:15 a.m.-12:15 p.m. – LUNCH, BOOTHS, and PHOTOGRAPHY – Please pick up lunch in the Commons Area. You may eat indoors in the Commons/cafeteria area, or outdoors picnic style (weather permitting). You can also enjoy a stroll around campus! Booths are located in the hallway leading from the Theatre to the Commons.

- **Photography, Captured By Corilee (11:00am-2:30pm)**

12:15-1:15 p.m. – PLENARY SESSION

- **Promoting Balance and Resiliency in the Lives of Children and Teens** – REDgen

1:30-2:30 p.m. – SESSION 1 WORKSHOPS

- Workshop A- **Substance Use Disorder and Resilience** – Lucas Moore, LCSW, SUDS, Department of Health Services
- Workshop B- **Crafting Resilient Girls and Summer Grounds Resiliency Work with Young Ladies** – Nancy Brook and Venice Williams, Center for Resilient Cities, Alice's Garden
- Workshop C- **Healing Through Art** – Sandy Zador, LCSW, Marshfield Clinic
- Workshop D- **The Wisconsin School Mental Health Framework: a Roadmap to Safe Schools and Healthy Students** – Steve Fernan, Department of Public Instruction
- Workshop E- **Trauma Informed Parenting/Caregiving** – Amy D'Addario, MS, CSW, SAC, Children's Health Alliance of Wisconsin

2:45-3:45 p.m. – SESSION 2 WORKSHOPS

- Workshop A- **Community Resilience: What is it and How do we get it?** – Sheila Weix, Marshfield Clinic
- Workshop B- **Trauma & Resilience in Children and Teens** – Valentina Pacheco-Cornejo, Psy-D, Marshfield Clinic
- Workshop C- **Maximizing Resilience in Treating Anxiety** – Patty Faber and Tracy Olson, Wise Mind Mental Health Clinic, LLC
- Workshop D- **Self-Care for Professionals and Caregivers** – John Schreindl, DAAPM, NMD, DiplOM, Lac, Marshfield Acupuncture
- Workshop E- **Building Resilience through Centering the Self** – Patricia Ellis, PhD, Marshfield Clinic

3:45-4:00 p.m. – EVALUATIONS COLLECTED and CEUs DISTRIBUTED