



## **Healthy People Wood County Mental Health Conference 2016**

### **Date**

The conference is scheduled for Friday, October 21, 2016.

### **Location**

The event will be held at University of Wisconsin-Marshfield/Wood County: 2000 West 5<sup>th</sup> Street, Marshfield, WI 54449. Registration will begin at 7:15 a.m. The conference will begin promptly at 8:00 a.m.

### **Hotel Accommodations**

Hotel rooms, for the evening of Thursday, October 20, 2016, are being reserved until Wednesday, October 12, 2016 at Holiday Inn: 750 South Central Avenue, Marshfield, WI 54449, 715-486-1500. Please mention you are with *Healthy People Wood County Mental Health Conference*. The cost is \$82.00 per room. The University of Wisconsin-Marshfield/Wood County and Healthy People Wood County are not responsible for room reservations or payment.

### **Registration**

Open registration will begin on Monday, August 29, 2016. Participants must complete the online registration form by going to the following link: <http://marshfield.uwc.edu/continuing-ed/conferences>.

### **Registration deadline is Friday, October 14, 2016; no registrations will be accepted after this date.**

Early Bird registration will cost \$75.00 per person and is due by Friday, September 30, 2016.

Between Saturday, October 1, and Friday, October 14, 2016 registration will cost \$100.00 per person.

Youth registration is due by Friday, September 30, 2016. Please contact Megan Larson at [mlarson@co.wood.wi.us](mailto:mlarson@co.wood.wi.us) or 715-421-8949 for all youth registration.

If paying by check, please make payable to the UW-Marshfield/Wood County CE and send to:  
University of Wisconsin-Marshfield/Wood County, Continuing Education, 2000 West 5<sup>th</sup> Street, Marshfield, WI 54449.

Registration covers morning coffee, a light continental breakfast, box lunch, refreshments throughout the day, and materials.

Limited full and partial scholarships are available to help pay for the cost of registration. Contact DaNita Carlson at 715-421-8948 or [dcarlson@co.wood.wi.us](mailto:dcarlson@co.wood.wi.us) for more information on how to apply.

All scholarship applications must be submitted for consideration by Friday, September 16, 2016.

0.6 CEUs or 6 training hours from the University of Wisconsin will be awarded for full attendance of this event.

### **University of Wisconsin-Marshfield/Wood County**

For registration and refund technical assistance or questions, please contact Rebecca Rucker at 715-389-6520 or [rebecca.rucker@uwc.edu](mailto:rebecca.rucker@uwc.edu).

### **Thank you to the following sponsors:**



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# Schedule

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

### ADULT

8:00-8:15 a.m. WELCOME

8:15-9:15 a.m. KEYNOTE

*Strong at the Broken Places: Building Resiliency in Children, Families, and Communities*

Dr. Gabriella Hangiandreou, Children's Hospital of Wisconsin/Medical College of Wisconsin

9:15-9:30 a.m. BREAK

9:30-10:30 a.m. MOVIE

*Resilience Movie*

10:30-11:00 a.m. DISCUSSION

*Discussion* facilitated by Dr. Gabriella Hangiandreou

11:00-11:15 a.m. GUEST

*Lighthouse Project*

### YOUTH

8:00-8:05 a.m. WELCOME

8:05-9:35 a.m. KEYNOTE

*Resilience: Conquering Self Doubt and Helping Others*  
Amanda Springob, Motivational Youth Speaker

9:35-9:45 a.m. GUEST

*Lighthouse Project*

9:45-10:00 a.m. BREAK

10:00-11:15 a.m. KEYNOTE

*Rise 2.0 – Building Resiliency*  
Rise Together

**11:15 a.m.-12:15 p.m. LUNCH and BOOTHS** – 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- Amy Lovell, Executive Director REDGen and Heather Mansfield, Academic Dean Divine Savior Holy Angels High School*

This presentation will focus on why it is important to create conversations and environments that promote resiliency and balance for children and teens in a high stress culture. They will discuss REDgen's efforts in schools and communities and also showcase Divine Savior Holy Angels High School's efforts to promote wellness, balance, and resiliency.

## **1:30-2:30 p.m. SESSION 1 WORKSHOPS**

### ***Substance Use Disorder and Resilience***

*Lucas Moore, Adolescent Substance Use Disorder Treatment Coordinator, Wisconsin Department of Health Services*

This Presentation will address the unique challenges of working with youth and young adults who are dealing with substance use issues, and how/why these individuals are uniquely affected. Though all is not lost, discussion will also take place about how one can help support protective factors to build resilience.

### ***Crafting Resilient Girls and Summer Grounds Resiliency Work with Young Ladies***

*Nancy Brook, Child Welfare Social Worker, Center for Resilient Cities, Alice's Garden and Venice Williams, Director of Alice's Garden Urban Farm*

This presentation will discuss the work done to build resiliency in a creative, exploratory, structured group setting drawing from the core concepts of resiliency, competency, character, control, creativity, coping, control, and contribution.

### ***Healing Through Art***

*Sandy Zador, LCSW, Marshfield Clinic*

This presentation will provide an introduction to basic concepts of trauma informed therapy utilizing art and other creative approaches. It will include both didactic and experiential components.

### ***The Wisconsin School Mental Health Framework: a Roadmap to Safe Schools and Healthy Students***

*Steve Fernan, Assistant Director-Student Services/Prevention and Wellness Team, Department of Public Instruction*

This presentation will focus on the work of DPI and its partners to braid the funding of five federal discretionary grants into a cohesive statewide effort. This effort is aimed at creating positive school climates, healthy students that are academically successful, and sustainable partnerships between schools and community based organizations. An overview of the department's recent publication on strategies for implementing a School Mental Health framework will serve as the foundation for Mr. Fernan's remarks.

### ***Trauma Informed Parenting/Caregiving***

*Amy D'Addario, MS, CSW, SAC, Children's Health Alliance of Wisconsin*

The Wisconsin Early Childhood Comprehensive Systems (ECCS) Project worked with state early childhood partners to modify the National Child Traumatic Stress Network (NCTSN) curriculum *Caring for Children Who Have Experienced Trauma*. Learn more about this initiative, as well as the modifications made to this curriculum.

## 2:45-3:45 p.m. SESSION 2 WORKSHOPS

### **Community Resilience: What is it and How do we get it?**

*Sheila Weix MSN, RN, CARN, LNC, Family Health Center, Inc. - Marshfield Clinic*

This presentation will help participants understand what community resilience is and how it is expressed, understand how community resilience relates to harmful substance use, and identify ways in which community resilience can be developed or enhanced.

### **Trauma & Resilience in Children and Teens**

*Valentina Pacheco-Cornejo, Psy-D, Marshfield Clinic*

This presentation is intended to facilitate understanding of the agents that promote resilience. The discussion will also explore the implications of trauma on the developing brain, thinking patterns, behavior, and relationships.

### **Maximizing Resilience in Treating Anxiety**

*Patty Faber and Tracy Olson, Wise Mind Mental Health Clinic, LLC*

Anxiety is one of the most common and treatable of mental health concerns. The presentation will begin with a description and clinical understanding of anxiety (OCD, PTSD, panic, social anxiety, etc.) and will focus on the most effective strategies for helping resolve symptoms. The discussion will include a range of examples, exercises, metaphors, and skills that use a person's inner resources and adaptation to reduce the impact of anxiety and expand functioning.

### **Self-Care for Professionals and Caregivers**

*DR. John Schreindl, Marshfield Acupuncture*

Self-care is one of the most important, and most often forgotten, things you can do as a Healthcare professional. Police, Firefighters, Military Personnel, and EMS service providers are taught how to handle burnout, but Healthcare professionals very often are not. Learn how to recognize the signs of impending burnout, reverse this process through relieving stress and seeking support, and create resilience by taking care of your emotional and physical self.

### **Building Resilience through Centering the Self**

*Patricia Ellis, PhD, Marshfield Clinic*

Facing challenges can be difficult, depending on our perspective. This presentation will help identify ways to shift perspective to better care for oneself and/or others and to become more resilient in facing such challenges in our lives.

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

Contact DaNita Carlson with questions pertaining to the conference.

DaNita Carlson – 715-421-8948 – [dcarlson@co.wood.wi.us](mailto:dcarlson@co.wood.wi.us)