Healthy People Wood County Mental Health Conference 2015

Date
The conference is scheduled for Friday, October 9, 2015.

Location
The event will be held at University of Wisconsin Marshfield/Wood County, 2000 West 5th 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 are being reserved until Monday, September 28, 2015 at the Hotel Marshfield - 2700 South Central Avenue, Marshfield, WI 54449, 715-387-2700. Please mention you are with Healthy People Wood County. 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 24, 2015. Participants must complete the online registration form by going to the following link: https://ce.uwc.edu/marshfield

Registration deadline is Monday, October 5, 2015; no registrations will be accepted after October 5th.
Early Bird registration will cost $75.00 per person and is due by Friday, September 18, 2015. Between Saturday, September 19 and Monday, October 5, 2015 registration will cost $100.00 per person.

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

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

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

University of Wisconsin Marshfield/Wood County Conference Refund Policy
Cancellation from August 24, 2015 through Wednesday, September 30, 2015 will be refunded the cost minus $30.00 for a service fee. No refunds will be given after Wednesday, September 30, 2015.

For registration and refund questions, please contact Michelle Boernke at 715-389-6537 or michelle.boernke@uwc.edu.

Thank you to the following sponsors:
Schedule

7:15-8:00 a.m.  REGISTRATION – Front Entrance

8:00-8:05 a.m.  WELCOME – Theater

8:05-8:50 a.m.  KEYNOTE – Theater

A Story of Hope and Recovery
Karen Iverson Riggers, CPS, Iris Place Peer Run Respite Director for NAMI (National Alliance on Mental Illness) Fox Valley

9:00-10:00 a.m.  SESSION 1 WORKSHOPS (classrooms to be assigned)

City of Hope-Creating Partnerships that Matter (Next Generation Youth/School Track)
Youth from Nekoosa School District with Sue McKenzie, Director, WISE, Rogers InHealth

Nekoosa School District was struck with multiple suicides within their school district which left them wondering how they could restore hope in their school and community. With guidance from WISE (Wisconsin Initiative for Stigma Elimination) they identified a multi-faceted approach to dealing with the mental health and alcohol and other drugs (AOD) issues they were seeing. You will hear Nekoosa teens talk about supporting their peers and how they are making a difference in their school and community. Come learn how you can restore hope and transform your school and community by establishing valuable partnerships.

The Science and Practice of Mindfulness (Bridging The Gap Wellness/Community Track)
Jennifer Michels, PhD, Clinical Psychologist, Psychology Section Chief, Oncology Psychosocial Services Coordinator

The practice of mindfulness has gained attention in the popular press and infiltrated into diverse business and health care settings in recent years. This session will focus on understanding the concept, supporting science, and basic practice of mindfulness as a means to promote improved wellbeing.

Making Your Worksite Mental Health Friendly (Worksite Engagement Worksite Track)
Kristie Rauter Egge, MPH, Community Health Planner / Health Promotion Supervisor, Wood County Health Department

Happier people are more successful at work. Employers should work to ensure they are creating a healthy workplace culture. Mental health friendly environments are advantageous for everyone because they lead to improved productivity and motivation, reduced absenteeism and presenteeism, as well as a reduction in turnover and health care costs. In this session you will learn about a web based program which offers strategies and tools to assist managers and supervisors to proactively address workplace concerns and do what they can to create a mental health friendly workplace.

Mindfulness Based Sobriety (Caring Connection Service Provider Track)
Alison Janz, LPC and Lori Kroening SAC and MSW (Jenna Saul, MD)

Research shows that mindfulness-based therapy is highly effective in treating emotion dysregulation, stress, depression, and grief – all emotions that lie at the root of addiction. Learn about the ways that mindfulness-based therapies have helped clients cope with stressors, and change the behaviors that lead to substance use by helping clients conquer substance abuse by identifying their own values, strengthening their motivation, and tackling other mental health problems that may lie at the root of their addiction.
Bullying Beyond the Schoolyard (Next Generation Youth/School Track)
Justin W. Patchin, PhD, Professor of Criminal Justice, UW-Eau Claire, Co-director, Cyberbullying Research Center
This session will provide an overview of the ways that teens are using technology to harass, humiliate, and harm their peers. It will provide numerous real-world examples of cyberbullying that will help to stress the seriousness of this problem. It will also describe many of the online environments popular among adolescents today so that educators, parents, and others who work with youth can be better prepared to help young people navigate the ever-changing online world.

The Buzz on DBT (Dialectical Behavior Therapy) (Bridging The Gap Wellness/Community Track)
Tracy Olson, MSW and Patty Faber, MSW, Wise Mind Mental Health Clinic
Dialectical Behavior Therapy (DBT) is emerging as a powerful approach in helping people regulate emotions and reduce impulsive and unhealthy behavior. This is an overview of the essential components of DBT and ways that it can be helpful. This is intended for a general/community audience and will cover the foundational principles of DBT, including mindfulness, biosocial theory, the role of skills training, and the growing application of DBT for increasing resiliency and coping.

“It’s Not a Casserole Illness” (Bridging The Gap Wellness/Community Track)
Karen Iverson Riggers, CPS, Iris Place Peer Run Respite Director for NAMI (National Alliance on Mental Illness) Fox Valley
When we hear about a friend or family member who is diagnosed with a cancer, or another serious illness, we often see people line up around the block with casseroles, offers to run errands or help the family. Many times, family members share that when they express their family member or friend is struggling with mental health and/or substance abuse, people run the other way. This workshop will offer an opportunity for learning and action in advocacy to support agencies, organizations and communities in creating and offering compassion to those struggling, create an advocacy plan to break stigma and offer ways to engage people in dialogue about mental health and/or substance abuse.

Employer Perspectives on Drugs in the Workplace (Worksite Engagement Worksite Track)
Jane Birkholz – Training Director, Workforce Solutions, Lakeshore Technical College, Cleveland, Wisconsin and Bill Persinger – Assessment Services Manager, Lakeshore Technical College, Cleveland, Wisconsin
This is your opportunity to learn what private and public sector employers are doing in regard to drugs and alcohol in the workplace. Learn why employers choose to drug test, what drugs are tested for and why drug policies are critical to business success. Examples of employees who have tested positive for drugs and/or alcohol will be shared in the session.

Bullying in the Workplace (Worksite Engagement Worksite Track)
Leah Szemborski, MS, LPC, Employer Solutions EAP
Many people don’t know the difference between workplace harassment, bullying and uncomfortable conflict interactions. This session will help you to differentiate these situations, and offer suggestions on ways you can stop harassment and bullying in your workplace, and learn effective conflict resolution skills.
**Autism Spectrum Disorder: the Implications Across a Lifespan** *(Caring Connection Service Provider Track)*

*Stacy M. Stefaniak Luther, MS, LPC-T, Senior Behavior Consultant, Phoenix Behavioral Health Services, LLC*

This session will help service and care providers establish a therapeutic relationship with individuals with Autism Spectrum Disorder and understand the implications across the lifespan. You will have a review of diagnostic criteria and how this diagnosis impacts the lifespan and daily living for these individuals. There will also be an overview of relationship building strategies; which are key in providing optimal care.

**11:15 a.m.-12:15 p.m. LUNCH and BOOTHs —** 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 also located in the hallway leading from the Theater to the Commons.

**12:15-1:15 p.m. PLENARY SESSION —** Theater

***Six Questions Worth Asking about Another Person’s Point of View***

*Mark Sweet, PhD, Trainer & Consultant with Disability Rights Wisconsin (DRW)*

Every person has a POV (point of view) about what is happening in their lives. Each has a POV about how others try to teach and support them. The more we try to understand that POV, the better able we are to support them in meaningful ways. Rather than characterizing a person’s behavior (example: challenging) we can try to understand what he or she is trying to cope with, assert or accomplish. During this session, we will focus on six questions that can help you better understand the POV of a person you know.

**1:30-2:30 p.m. SESSION 3 WORKSHOPS (classrooms to be assigned)**

***Hit Me Baby, One More Time: Understanding and Addressing Teen Dating Violence*** *(Next Generation Youth/School Track)*

*Gabriella Hangiandreou, MD, Child/Adolescent Psychiatrist, Assistant Professor, Medical College of Wisconsin*

Unhealthy relationships can start early and last a lifetime. Teens often think some behaviors, like teasing and name calling, are a "normal" part of a relationship. However, these behaviors can become abusive and develop into more serious forms of violence. The goals of this session is to define dating violence in youth, identifying risk factors and lasting effects of it, and discuss avenues for prevention and intervention.

***Post-Traumatic Stress Disorder (PTSD) – Healing Through Story and Song 2 HOUR SESSION*** *(Bridging The Gap Wellness/Community Track)*

*Jason Moon, Masters of Arts in Religious Studies (MARS), Veteran of the Iraq War 2003-2004*

This session is a personal account of coping with PTSD as told by singer-songwriter, storytelling and Iraq War Veteran, Jason Moon. Moon weaves scientific/statistical information within the telling of his own journey with PTSD. The emphasis of this session is on the use of the creative arts to process and heal from PTSD.

***Adverse Childhood Experiences (ACE) In Wisconsin 2 HOUR SESSION*** *(Bridging The Gap Wellness/Community Track)*

*Mary Kleman, Prevention Manager, MSE, ACE Master Trainer*

ACEs are adverse childhood experiences that harm children’s developing brains so profoundly that the effects show up decades later; they cause much of chronic disease, mental illness and violence. This session will look further at what exactly is an ACE, how the brain is effected and how learning this information can help you work with children and adults affected by ACE’s.
**Emotional Intelligence and Ethical Decision Making 2 HOUR SESSION** *(Worksites Engagement Worksite Track)*

Gary Yeast, BA, MS, MS, LMFT, Employer Solutions EAP

“We are being judged by a new yardstick: not just how smart we are, or by our training and expertise, but also how well we handle ourselves and each other.” Daniel Goleman

Emotional Intelligence is increasingly relevant to organizational development and developing people, because the principles provide a new way to understand and assess people’s behaviors, management styles, attitudes, interpersonal skills, and potential. Emotional Intelligence is an important consideration in human resources planning, job profiling, recruitment interviewing and selection, management development, customer relations and service, and more.

The purpose of this session is to help you make better decisions in your career and personal life. Bad decisions are about as frequent as good ones, and we’re not much better in our personal lives. We are often not aware our decisions include an ethical choice, but many decisions are relative to our social responsibility. We have an obligation to act to benefit society at large.

**Reasonable Suspicion Training for Supervisors 2 HOUR SESSION** *(Worksites Engagement Worksite Track)*

Christine Salm-Littl, Educator/Employer Solutions Ministry Medical Group

Reasonable suspicion testing is an important tool used to protect worker safety and health while enforcing the employer’s workplace program. Supervisors are the first line of defense and must be prepared to take appropriate action when determining if reasonable suspicion exists to test an employee for substance abuse. This course helps supervisors to identify the behavioral and physical indicators of possible alcohol use and the misuse of controlled substances in the workplace.

**Dialectical Skills Training- Professional Tools for Helping with Dysregulated Emotion 2 HOUR SESSION** *(Caring Connection Service Provider Track)*

Patty Faber, MSW and Tracy Olson, MSW, Wise Mind Mental Health Clinic

This is a session on Dialectical Behavior Therapy (DBT) Skills Training; which covers specific ideas and strategies for teaching emotion regulation, distress tolerance, and interpersonal effectiveness. DBT is an evidence based structured treatment, which blends cognitive, behavioral, and mindfulness approaches to develop internal coping skills. This workshop will provide information and teach concrete skills designed to help people increase impulse control and reduce destructive behavior. This is geared to a wide range of helping professionals, including school personnel, social services, mental health providers, and others.

**CET (Cognitive Enhancement Therapy): Physical Therapy for the Brain 2 HOUR SESSION** *(Caring Connection Service Provider Track)*

Ray Gonzalez, ACSW, LISW-S, Executive Director

Cognitive Enhancement Therapy (CET) is a SAMHSA (Substance Abuse and Mental Health Service Administration) Evidence-Based Practice that improves cognitive skills and social cognition for persons in recovery from schizophrenia and other mental illnesses. During 48 once-a-week sessions of computer exercises, social cognition group work and individual coaching, clients learn how to be socially wise and vocationally effective.

Attendees will learn how CET promotes recovery by participating in a typical CET session including specialized computer exercises; a cognitive functioning talk; completing homework questions and participating in a cognitive exercise. A PowerPoint talk describes the neuroscience research supporting CET; the social, vocational, healthcare and educational effectiveness of CET. This session will demonstrate the hope and practical wisdom that CET offers.
2:45-3:45 p.m. SESSION 4 WORKSHOPS (classrooms to be assigned)

Adolescent Suicide Prevention in Central Wisconsin Utilizing Sources of Strength (Next Generation Youth/School Track)
Valentina M. Pacheco-Cornejo, PsyD, Licensed Clinical Child and Adolescent Psychologist Marshfield Clinic, Psychiatry and Behavioral Health and Jeanna M. Carlson, School Counselor Marshfield High School

Adolescent suicide is a growing concern, ranked the third leading cause of death among adolescents ages 15 to 19 years. Our goal was (and still is) to reduce the number of students in a rural Central Wisconsin public high school who seriously consider or attempt suicide, using Sources of Strength. At the end of this session on a school-based suicide prevention program, you will be able to explain the prevalence of suicidal ideations and attempts in teens in Central Wisconsin (CW), and the effectiveness of a suicide prevention program implemented at a CW high school.

3:45-4:00 p.m. Evaluations and CEUs handed out – Theater Lobby

Thank you for attending!

Contact DaNita Carlson with questions pertaining to the conference.
DaNita Carlson – 715-421-8948 – dcarlson@co.wood.wi.us