

# CONFERENCE SCHEDULE

## Monday, November 19

TIME	EVENT	LOCATION
7:30am - 5:00pm	Registration	Chocolate Lobby
7:30 - 8:45am	Breakfast	Nigerian/Trinidad
8:45 - 9:00am	<b>Welcome &amp; Introductions</b> <i>Sharon Engdahl, Executive Director, American Mental Wellness Association</i>	Nigerian/Trinidad
<b>9:00 - 10:00am</b>	<b>PLENARY 1</b>	<b>Nigerian/Trinidad</b>

### Living Life on the Offense

**Eric Hipple**, Former NFL Quarterback (Detroit Lions); Eric Hipple Speaks; author of “Real Men Do Cry”

This innovative presentation strives to enhance learning and academic achievement by changing the culture of stigma surrounding mental health. The program emphasizes the power of peer support and bystander intervention in everything from preventing negative behaviors and violence, to identifying serious warning signs of depression, substance abuse or suicidal intentions. Building on the energy, motivation and sense of purpose that exists in a “healthy mind,” the presentation provides constructive strategies, resources and materials for school staff, students, parents and others to use to encourage positive behaviors. Attendees will learn strategies to identify depression, as well as strategies to promote healthy behavior.

**CEs:**  
**SW = 1**  
**Nursing = 1**

**10:00 - 10:15am**      **Break**

<b>10:15 - 11:45am</b>	<b>Workshop 1: In the Workplace</b>	<b>Cocoa Suites 2-3</b>
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### Prepared and Ready to Promote and Support Mental Wellness/Safety in the Workplace

**Abigail Turner**, Chief Listening Officer, *Someone to Tell it To*

**Breckan Erdman**, National Resource Center on Domestic Violence

**Mark Everest**, President & CEO, Occupational Athletics, Inc.

Interactive, hands-on workshop, focusing on listening as a means to enhance communication in the workplace, in the home, and in communities as a whole. Learning to listen well improves marriage and family relationships and develops meaningful connections within neighborhoods and communities. In the workplace, listening makes customers feel valued, employees feel heard, job retention and morale increases, and team and individual productivity improves. Learn how to listen intentionally and with compassion to help everyone have a healthier mind and happier life.

**CEs:**  
**SW = 1.5**  
**Nursing = 1.5**

Constant exposure to any type of trauma can take a toll on staff well-being and can have a negative impact on the organizational culture. To combat this problem, staff and leadership at the National Resource Center on Domestic Violence have increased efforts to create a culture of wellness that fosters employee retention and long-term sustainability. —>

# Monday, November 19

(continued)

TIME	EVENT	LOCATION
10:15 - 11:45am	<p>Just as physical health and safety have an impact on an employee's job performance and risk of injury, so can mental health and safety. A powerful reality check will demonstrate how a workforce's mental health affects personal safety at work, home, and play and how managing mental health can drive an employee's health and performance.</p> <p><b>Workshop 2: In the Classroom</b></p> <p><b>Executive Function: A Window to Optimizing Students' Learning</b></p> <p><b>Aaron Carmichael</b>, Elementary School Principal, Carlisle School District</p> <p><b>Malinda Mikesell</b>, Reading Supervisor, Carlisle School District</p> <p>Participants will gain knowledge of how an understanding of executive function skills within themselves and their students can improve classroom culture and student achievement. Learn to identify executive weaknesses and gain a toolbox of strategies for healthy executive function skills that will foster academic growth and engagement across content areas. The implementation plan of Letort Elementary School will be shared as an example of how to facilitate learning about executive function with students, teachers and parents.</p>	Cocoa Suites 4-5
10:15 - 11:45am	<p><b>Traumatic Brain Injury and Mental Wellness in Sports</b></p> <p><b>Karen Zegel</b>, President, Patrick Risha CTE Awareness Foundation</p> <p><b>Doug Zegel</b>, Chair, Patrick Risha CTE Awareness Foundation</p> <p><b>Eric Hipple</b>, Former NFL Quarterback (Detroit Lions); Eric Hipple Speaks; author of "Real Men Do Cry" (<i>this session only; not present for Workshop 7</i>)</p> <p><b>David McBain</b>, Director of Athletics West Allegheny School District/ Chair, WPIAL Sports Medicine Advisory Committee &amp; WPIAL Softball Committee</p> <p><b>Gus Frerotte</b>, Retired NFL Quarterback, Vice President, RC21X, Brain Health Initiatives</p> <p>Learn about the commonly misdiagnosed disease that changes the brain in sports: Chronic Traumatic Encephalopathy. CTE is the silent epidemic affecting millions of lives and families across the country. CTE is 100% preventable. Learn how you can recognize this and most importantly prevent it.</p>	Nigerian/Trinidad
11:45am - 12:30pm	<p><b>Break/Lunch</b></p>	Nigerian/Trinidad

This session will be repeated at 4pm, Workshop 7

**CEs:**  
**SW = 1.5**  
**Nursing = 1.5**

**CEs:**  
**SW = 1.5**  
**Nursing = 1.5**

# Monday, November 19 (continued)

TIME	EVENT	LOCATION
12:30 - 2:00pm	<b>Keynote Luncheon</b>	<b>Nigerian/Trinidad</b>
	<p><b>Brain Health Across the Lifespan</b></p> <p><b>Paul D. Nussbaum, PhD</b>, Clinical Neuropsychologist and Adjunct Professor of Neurological Surgery, University of Pittsburgh School of Medicine; President and Founder of Brain Health Center</p> <p>Learn the foundation on the basics of “brain health” using neuro anatomy, plus an overview of key concepts such as “neural plasticity, brain resilience and neuro genesis” and detail of the Brain Health Lifestyle<sup>®</sup> as a means of shaping the brain for health. This is a fun, informative keynote designed not only to educate, but also to change lives.</p>	<p><b>CEs:</b> <b>SW = 1.5</b> <b>Nursing = 1.5</b></p>
2:00 - 2:15pm	<b>Break</b>	
2:15 - 3:45pm	<b>Workshop 4 : In the Military</b>	<b>Nigerian/Trinidad</b>
	<p><b>Mental Health Problems, Help, Recovery, Resiliency, Renewal of Military Members, Veterans, Their Families and Others</b></p> <p><b>Edward T. Schlessner, LCSW</b> , VA Training Specialist Social Worker, Lebanon VA Medical Center VAARNG-LTC</p> <p><b>Lisa Eckert, LPC</b> , Clinical Manager, KidsPeace</p> <p><b>Timothy Murphy</b> Psychologist, PA State Senator, retired; US Congressman, retired</p> <p>A panel discussion addressing early detection of behavioral health issues relating to military duties and other environmental stressors; ways to provide service and wellness for military individuals, children and families; and the effects on the brain of trauma, prolonged stress and how clinical care is best adapted to treat veteran populations.</p> <p>Learn ways to provide service and wellness for military individuals, children and families. Community programs partner with Tricare (military insurer) to provide outpatient counseling and medication management.</p> <p>How is the brain is affected by TBI, trauma, and prolonged stress? Clinical care is adapted to treat veteran populations, and clinicians and families can learn to improve treatment for trauma and stress of non-military persons.</p>	<p><b>CEs:</b> <b>SW = 1.5</b> <b>Nursing = 1.5</b></p>
2:15 - 3:45pm	<b>Workshop 5: In the Home</b>	<b>Cocoa Suites 2-3</b>
	<p><b>Opiates, Alcohol, Addictions. Trauma, and Systemic Motivational Therapy for Families</b></p> <p><b>Janene Holter</b>, Senior Supervisory Special Agent, PA Office of Attorney General</p> <p><b>Renea Snyder</b>, CEO, Migliore Treatment Services</p> <p><b>Karen Kaiser</b>, Associate Professor, George Mason University</p> <p><b>Dierich Kaiser</b>, Psychiatrist &amp; Forensic Clinician, Commonwealth of Virginia</p>	

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# Monday, November 19 (continued)

TIME	EVENT	LOCATION
2:15 - 3:45pm	<b>Workshop 5: In the Home</b>	Cocoa Suites 2-3

The presentation will discuss how people who were once prescribed prescription medication may turn to heroin use, the shortage of medications, proper conversations, disposal and Narcan. An overview will also be given on what Pennsylvania is doing regarding this epidemic.

In addition, it will focus on how addiction and trauma collide and how providers can integrate trauma-informed practices and trauma programming into their current treatment program applications. It is important for providers to use evidence-based assessment tools and evidence-based trauma programs, and insure proper training in education surrounding trauma-based treatment.

**CEs:**  
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The United States is battling a drug epidemic that is destroying the lives of many of its citizens, both those misusing substances and their families. The damaging effects of substance misuse falls equally on all family members. There is evidence for working with the family system to abate the negative impact of substance misuse on each family member. Including family members in treatment significantly increases abstinence from alcohol and illicit drugs. A focus will highlight the use of systemic motivational therapy (SMT) model to work with the family system to treat alcohol addiction.

2:15 - 3:45pm	<b>Workshop 6: In the Community</b>	Cocoa Suites 4-5
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**Trauma in our Communities - Its Impact - How to Help – Joyful Living**

**Ellen Smith, MD**, physician, retired

**Elaine Strokoff, Family Services Coordinator**, Jewish Family Services of Greater Harrisburg

**deJoly LaBrier**, author, life coach, consultant, survivor –multiple (DID)

A practical explanation about how adversity affects the brain and how it specifically affects life outcomes will be followed by a clear discussion of how resilience building can be supported based upon knowledge of these brain changes. Adverse Childhood Experience (ACE), PTSD and DID will be heavily addressed, including behavioral signs. Interviewing and appropriate community supports will also be addressed.

**CEs:**  
**SW = 1.5**  
**Nursing = 1.5**

3:45 - 4:00pm	<b>Break</b>
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4:00 - 5:30pm	<b>Workshop 7: In Sports</b>	Nigerian/Trinidad
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**This session is a repeat of Workshop 3 \***

**Traumatic Brain Injury and Mental Wellness in Sports**

**Karen Zegel**, President, Patrick Risha CTE Awareness Foundation

**Doug Zegel**, Chair, Patrick Risha CTE Awareness Foundation

**David McBain**, Director of Athletics West Allegheny School District/ Chair, WPIAL Sports Medicine Advisory Committee & WPIAL Softball Committee

**Gus Frerotte**, Retired NFL Quarterback, Vice President of Brain Health Initiatives

# Monday, November 19 (continued)

TIME	EVENT	LOCATION
4:00 - 5:30pm	Workshop 7: In Sports	Nigerian/Trinidad

**This session is a repeat of Workshop 3 \***

**Traumatic Brain Injury and Mental Wellness in Sports**

Learn about the commonly misdiagnosed disease that changes the brain in sports, the military and domestic abuse: Chronic Traumatic Encephalopathy. CTE is the silent epidemic affecting millions of lives and families across the country. It is in almost every workplace, school and family. It is prominent in jails, rehabilitation centers and mental health facilities. It is playing a part in the life of every American. We just don't know it yet. CTE is 100% preventable. Learn how you can recognize this and, most importantly, prevent it.

**CEs:**  
**SW = 1.5**  
**Nursing = 1.5**

*\* Eric Hipple will not be participating in this session.*

4:00 - 5:30pm	Workshop 8: In the Community	Cocoa Suites 2-3
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**Taste of Dementia and Journaling for Mental Health Support**

**Deborah Allen**, Executive Director, PennCares Support Services

**Celeste Viciere**, Founder, The Uniting Center; Author; Speaker

This high-impact experience will immerse participants into life with dementia, resulting in a deeper understanding of what it is like to live with a cognitive impairment and sensory change. This session is experiential learning that stimulates cognitive and sensory impairment, giving participants a real-life simulation of what it must be like to live with dementia. In addition, there will be discussion of one alternative therapy - method-guided journaling, which has long been used by many therapists - and how it can lead to a more mindful and self-aware public through private, individual use.

**CEs:**  
**SW = 1.5**  
**Nursing = 1.5**

4:00 - 5:30pm	Workshop 9: In the Classroom	Cocoa Suites 4-5
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**Encouraging, Supporting, and Enhancing Mental Wellness in the Classroom**

**Timothy Knoster**, Executive Director, McDowell Institute, Bloomsburg University

**Matt Ziemniak**, Parent, Chief Research Officer

**Michael Hauser**, RC21X, VP of School & Youth Programs; School Administrator, retired

The importance of enhancing teacher training to develop mental health literacy and to prevent suicide will be discussed. Educating and encouraging students to develop healthy brain lifestyles and the intrinsic benefits they can derive from routinely monitoring how their brains are performing, will be presented through the use of the Roberto App.

**CEs:**  
**SW = 1.5**  
**Nursing = 1.5**

***“A Healthier Mind is a Happier Life” Reception***  
***Monday, November 19, 5:45 - 7:15 pm***

Learn about the *MyBrain365 Program, Powered by Roberto*

This is a ticketed event, \$30 per ticket

Guest tickets available at the Chocolate Lobby Registration Desk

- Receive a free one-year subscription of *The Roberto App*
- Meet *The Roberto App* team and learn more about how you can take greater control of your most important resource—your BRAIN!
  - Meet Roberto Clemente, Jr., and learn why the app was named after his father
  - Meet former NFL quarterback Gus Frerotte and hear more about his mission to get everyone in tune with their brain performance
- Meet Dr. Paul Nussbaum, conference speaker and founder of the Brain Health Center, and find out more about his Brain Health Lifestyle™
  - Network with conference presenters and fellow conference attendees
    - Enjoy heavy hot hors d’oeuvres, beverages and a cash bar
    - Compare notes on what you learned during the day’s workshops

***Enjoy your evening***

Hershey Lodge Waterpark - Hersheypark Candylane - Hershey Sweet Lights - Troegs Brewery - Tanger Outlets  
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