

AMERICAN MENTAL  
WELLNESS ASSOCIATION



2018 NATIONAL  
CONFERENCE

# A HEALTHIER MIND *is a* HAPPIER LIFE



**In the Workplace**  
Mental Safety



**In the Classroom**  
Mental Acuity



**In the Home**  
Mental Peace



**In the Military**  
Mental Preparedness



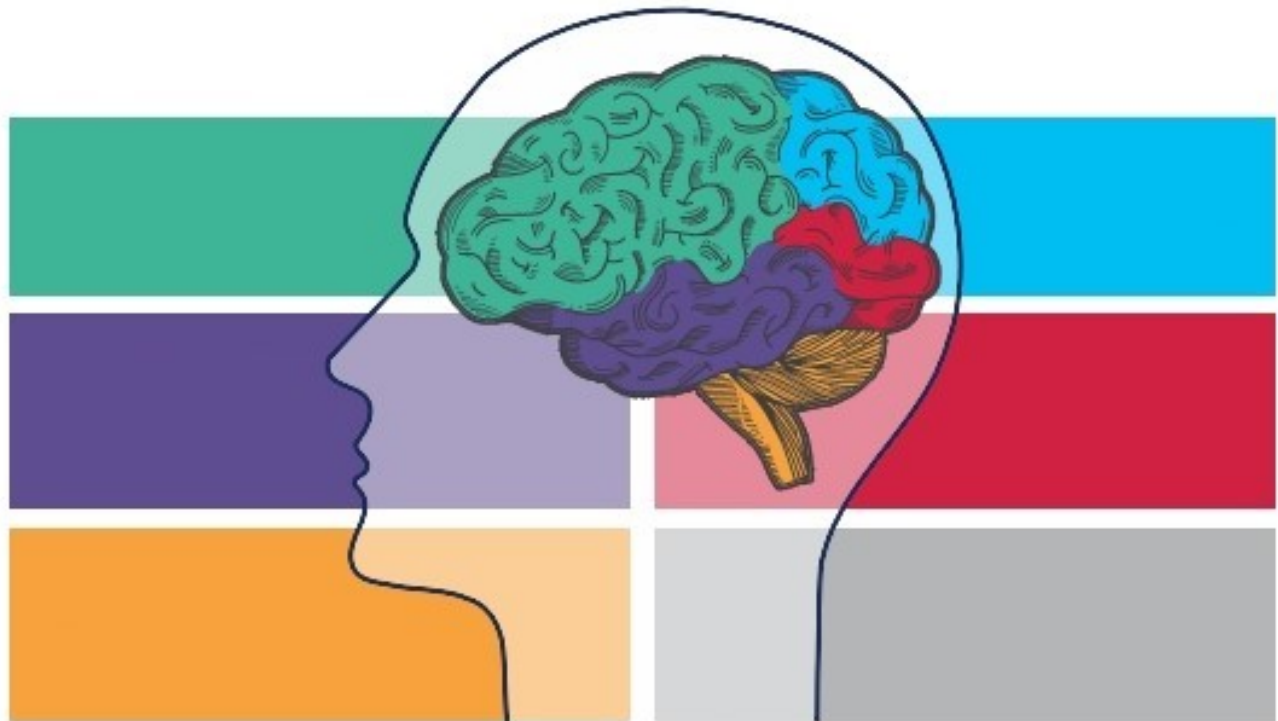
**In the Community**  
Mental Well-Being



**In Sports**  
Mental Protection

**NOVEMBER 19–20, 2018**

Hershey, Pennsylvania



[www.AmericanMentalWellness.org](http://www.AmericanMentalWellness.org)

717-957-3432

[info@AmericanMentalWellness.org](mailto:info@AmericanMentalWellness.org)



## WELCOME

Welcome to our inaugural national conference! We are very excited to have you here to learn, share, network and take back to your communities the truth - mental health problems which include substance use disorders are physical medical conditions!

From child to senior, people are getting sick and dying because America has not been properly educated on the early signs and symptoms of mental health problems which include addictions. Research shows in the majority of cases, mental health problems precede a substance use disorder by about three years.

The overall cost of America's drug addiction problem is one trillion dollars (\$1,000,000,000,000) every year. The annual cost of suicide and suicide attempts in America is estimated at \$93.5 billion (\$93,500,000,000)! And the numbers keep rising. People are suffering. People are dying. Families are being destroyed.

Just like other physical illnesses, the earlier the treatment the better. Yet there are very few dollars being effectively spent on prevention and early intervention education for mental health issues. We are overdue for changing things up. Americans can get well if we address the core problem. Prevention and early intervention education of mental health problems including substance use abuse, are the keys.

It is well established there are four stages to a medical condition:

- 1) mild symptoms and warning signs;
- 2) symptoms increase in frequency and severity and interfere with life's activities and roles;
- 3) symptoms worsen with relapsing and recurring episodes accompanied by serious disruption in life activities and roles;
- 4) symptoms are persistent and severe and have jeopardized one's life

Yet, the medical conditions related to mental health problems have only been provided education for the 4<sup>th</sup> stage of illness which is where addiction and suicide occur. There are early signs and symptoms of mental health problems (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> stages of the illnesses) but Americans do not know what they are! Without education on prevention and the early signs and symptoms of a mental health problem, people get sicker and sicker. Without recognition or understanding of what is wrong, we have an opiate epidemic and a suicide epidemic which is really a mental health epidemic.

We encourage every American to learn the very early signs and symptoms of a mental health problem forming so we can become a healthier, safer, loving society. On our website, [AmericanMentalWellness.org](http://AmericanMentalWellness.org), under the Resources tab, there are prevention and early intervention educational materials that show, from preschool to older adult, the 1<sup>st</sup> through 4<sup>th</sup> stage signs and symptoms of a mental health problem which includes substance use disorders. On the other side of each card are prevention tools.

Without providing prevention and early intervention education on mental health problems, it is nearly impossible to reduce the number of people living with addictions and/or the number of people succumbing to suicide. We do need to help our very sick; but not educating for prevention and early intervention of these physical medical conditions will continue to keep us in poor health and throw money to the wind.

We hope you return to your communities and share this vital message with everyone.

***Sharon Engdahl***

AMWA Executive Director

# AMERICAN MENTAL WELLNESS ASSOCIATION BOARD OF DIRECTORS

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### **Our Vision:**

**We envision a world that through public education values prevention, early intervention, scientific research, and cures of mental health problems which includes substance use disorders for the holistic health of the individual and society.**

### **Our Mission:**

**We are building healthier lives free of mental health problems through educational outreach.**

**25 Spruce Road, Marysville, PA 17053**

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**[www.americanmentalwellness.org](http://www.americanmentalwellness.org)**

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**The Mental Wellness Awareness Association, Inc. (a.k.a. American Mental Wellness Association) is an IRS 501(c)(3) non-profit organization.**

## **CONFERENCE NOTES**

- Please silence your cell phone during all sessions as a courtesy to the speakers and your fellow conference participants
- Dress for the conference is business casual; keep in mind that meeting room temperatures can vary widely so bring a light jacket or sweater – just in case
- Dress for the Monday Evening Reception is business casual
- Meeting Room Wi-Fi is complimentary. Log-in: “Hershey Meetings” Access Name: “AMWA”

# 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**

**10:15 - 11:45am**      **Workshop 1: In the Workplace**      **Cocoa Suites 2-3**

### 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
	<p>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.</p> <p>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.</p> <p>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.</p>	<p><b>CEs:</b> <b>SW = 1.5</b> <b>Nursing = 1.5</b></p>
2:15 - 3:45pm	<b>Workshop 6: In the Community</b>	Cocoa Suites 4-5
	<p><b>Trauma in our Communities - Its Impact - How to Help – Joyful Living</b></p> <p><b>Ellen Smith, MD</b>, physician, retired</p> <p><b>Elaine Strokoff</b>, Family Services Coordinator, Jewish Family Services of Greater Harrisburg</p> <p><b>deJoly LaBrier</b>, author, life coach, consultant, survivor –multiple (DID)</p> <p>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.</p>	<p><b>CEs:</b> <b>SW = 1.5</b> <b>Nursing = 1.5</b></p>
3:45 - 4:00pm	<b>Break</b>	
4:00 - 5:30pm	<b>Workshop 7: In Sports</b>	Nigerian/Trinidad
<b>This session is a repeat of Workshop 3 *</b>	<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>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 of Brain Health Initiatives</p>	

# 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***

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## Tuesday, November 20

TIME	EVENT	LOCATION
6:45 - 7:45am	Breakfast	Nigerian/Trinidad
7:45 - 8:45am	Plenary 2A	Nigerian/Trinidad
	<p><b>A Neuroscientist’s Perspective on Mental Health and Mental Illness</b></p> <p><b>Karen Lankford, PhD</b>, Associate Research Scientist, Yale University, Co-founder, SimplyGrayMatters</p> <p>Hear concepts from the neuroscience research perspective related to how the brain works and how specific kinds of dysfunction are thought to cause mental health symptoms. Individual lifestyle changes known to promote brain health and protect against uncontrollable risk factors will also be discussed.</p>	<p><b>CEs:</b>  <b>SW = 1</b>  <b>Nursing = 1</b></p>
8:45 - 9:00am	Break	
9:00 - 10:00am	Plenary 2B	Nigerian/Trinidad
	<p><b>New Federal Mental Health Laws: Impact on Mental Health Treatment in the Coming Decade</b></p> <p><b>Timothy Murphy, PhD</b>, Psychologist, PA State Senator, retired; US Congressman, retired</p> <p>Dr. Murphy was the author of the Helping Families in Mental Health Crisis Act signed into law in December 2016, following years of hearings and legislative action. Changes will impact workforce, inpatient care (Institution of Medical Disease [IMD] Exclusion), HIPPA regulations, substance use disorder treatment, severe mental illness care, prevention grants, accountability and payment models in the coming decade. Key among the changes is a shift from philosophically based care restrictions to one requiring true evidence-based treatment. This presentation will describe in detail where we were and where we must go in delivering better mental health services.</p>	<p><b>CEs:</b>  <b>SW = 1</b>  <b>Nursing = 1</b></p>
10:00 - 10:15am	Break	
10:15 - 11:45am	Workshop 10: In the Military	Nigerian/Trinidad
	<p><b>Traumatic Brain Injury, Help, Recovery, Resiliency, Renewal of Military Members, Veterans and their Families</b></p> <p><b>Timothy Murphy, PhD</b>, Psychologist, PA State Senator, retired; US Congressman, retired</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>This presentation will focus on how the brain is affected by TBI, trauma, and prolonged stress, how clinical care is best adapted to treat veteran populations, and what clinicians and families can learn to prevent injury and 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>

**Tuesday, November 20**  
(continued)

TIME	EVENT	LOCATION
10:15 - 11:45am	<b>Workshop 11: In the Community</b>	Cocoa Suites 2-3
	<p><b>Ask a Neuroscientist . . . And What is “This Is My Brave”?</b></p> <p><b>Karen Lankford, PhD</b>, Associate Research Scientist, Yale University, Co-founder, SimplyGrayMatters</p> <p><b>Hillary Marotta, MEd</b>, Consultant, Trainer</p> <p>This session will cover the seven basic principles of brain organization and the four main strategies used to treat neurological disorders or neuropsychiatric conditions. Participants will be invited to discuss the mechanisms behind such conditions as addiction, schizophrenia, and PTSD as well as the theories behind different treatment approaches.</p> <p>This is My Brave (TIMB) is a contact-based mental illness stigma reduction program set in theaters meant to reduce stigma, increase belief about empowerment and recovery and improve attitudes towards treatment seeking for mental health concerns.</p>	<p><b>CEs:</b> <b>SW = 1.5</b> <b>Nursing = 1.5</b></p>
10:15 - 11:45am	<b>Workshop 12: In the Classroom</b>	Cocoa Suites 4-5
	<p><b>Utilizing a Trauma-Informed Culture and Neuroscience Applications to Improve Student Learning</b></p> <p><b>Kate Diorio</b>, Supervisor of Pupil Services, Red Lion Area School District</p> <p><b>Matt Ziemniak, MS</b>, Parent, Chief Research Officer</p> <p><b>David Jordan</b>, Business Development &amp; Clinical Accts. Manager, BrainWare</p> <p>Recognizing that trauma is the root of many issues in the classroom as well as the community, educators are committing to improving their responses to children living in trauma, and mobilizing to change the culture of their schools. In addition, a discussion of the existing gap in mental health training in the education system and in student resources, as well as improving brain functioning will be discussed.</p>	<p><b>CEs:</b> <b>SW = 1.5</b> <b>Nursing = 1.5</b></p>
11:45am - 12:30pm	<b>Break/Lunch</b>	Nigerian/Trinidad
12:30 - 1:30pm	<b>Plenary 3A</b>	Nigerian/Trinidad
	<p><b>The Andrews Institute’s Community-based Sports, Health, Safety and Concussion Program</b></p> <p><b>David Joyner, MD</b>, VP, Baptist Health Care; Executive Director, Andrews Institute for Orthopaedics &amp; Sports Medicine</p> <p>Dr. Joyner will share the Andrews Institute’s programmatic approach to community mental wellness via their concussion safety program. The areas covered include baseline assessments, in-season management, and return to play. This includes the experiences gained and lessons learned in the management of community health with 23 high schools over a four-county area.</p>	<p><b>CEs:</b> <b>SW = 1</b> <b>Nursing = 1</b></p>

**Tuesday, November 20**  
(continued)

TIME	EVENT	LOCATION
1:30 - 2:00pm	<b>Plenary 3B</b>	<b>Nigerian/Trinidad</b>
	<p><b>The Game Plan for Living and the Importance of Mental Safety in the Workplace</b></p> <p><b>Mark Everest</b>, President &amp; CEO, Occupational Athletics, Inc., Creator of the Human Maintenance System (HMS)</p> <p>Just as physical health and safety can have an impact on an employee’s job performance and risk of injury-so can mental health and safety. Companies are seeing the symptoms of mental health problems, but most are not addressing the root cause of these issues. Mental health problems are medical conditions that are both preventable and treatable. The Mental Safety Training Seminar will provide a reality check that demonstrates how your 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>	
2:00 - 2:15pm	<b>Break</b>	
2:15 - 3:45pm	<b>Workshop 13: In the Home</b>	<b>Nigerian/Trinidad</b>
	<p><b>Food for Thought: Nutritional Psychology and the Role of Nutrition in Mental Wellness</b></p> <p><b>Shawn Talbott, PhD</b>, Chief Science Officer, Amare Global</p> <p>Nutrition has a well-known effect on physical health and wellness, including cardiovascular, musculoskeletal, and cellular. Less well-known are the effects of nutrition on mental health and wellness, including depression, anxiety, pain, and burnout. The emerging field of nutritional psychology describes the biochemical/physiological basis for the behavioral/psychological effects of nutrition and lifestyle changes to impact mental wellness. This presentation will describe research-supported nutrition modalities that positively influence mental wellness.</p>	<p><b>CEs:</b> <b>SW = 1.5</b> <b>Nursing = 1.5</b></p>
2:15 - 3:45pm	<b>Workshop 14: In the Community</b>	<b>Cocoa Suites 2-3</b>
	<p><b>Telepsychiatry 101</b></p> <p><b>Jonathan Evans, MS</b>, President &amp; CEO, innovaTel Telepsychiatry</p> <p>Telepsychiatry is an efficient solution to the ever-increasing shortage of mental health professionals across the country. This presentation will explore the current regulatory requirements including issues of parity for reimbursement, technology requirements and processes for implementing a telepsychiatry program.</p>	<p><b>CEs:</b> <b>SW = 1.5</b> <b>Nursing = 1.5</b></p>
2:15 - 3:45pm	<b>Workshop: 15: In the Workplace</b>	<b>Cocoa Suites 4-5</b>
	<p><b>Ways to Wellness: Managing Workplace Stress and Guilt-free Mental Health Personal Days</b></p> <p><b>Leah Holmes, MA</b>, Admissions Manager, Pennsylvania Psychiatric Institute</p> <p><b>Naya Brown, MS</b>, Intake Coordinator, Pennsylvania Department of Aging</p>	

**Tuesday, November 20**  
(continued)

TIME	EVENT	LOCATION
	<p>This presentation will focus on common workplace stressors and how to manage them in a healthy manner. What is wellness? What happens when wellness is threatened by stress and how does the body react to it emotionally, physically, and spiritually in the short, medium and long term? When should an employee take a day off; what should the employee tell their boss? How can a mental health personal day help, and how should the mental health day be spent?</p>	<p><b>CEs:</b> <b>SW = 1.5</b> <b>Nursing = 1.5</b></p>
3:45 - 4:00pm	Break	
4:00 - 5:30pm	Workshop 16: In the Classroom	Nigerian/Trinidad
	<p><b>STOMP: Student/Teen Outreach for Mental Illness Prevention and Schools' Mental Wellness Initiative</b></p> <p><b>Alexa Moody</b>, Founder &amp; Executive Director, PleaseLive, Inc.</p> <p><b>Sharon Engdahl</b>, Executive Director, American Mental Wellness Association and Mental Wellness Awareness Association of PA</p> <p>STOMP is a three-pronged program designed for high school students as an introduction to mental illnesses and suicide prevention. The presentation is designed as a special assembly at the high school level. This workshop will allow participants to become familiar with the program, and learn how to petition their school districts/community venues to utilize the program. The Mental Wellness Awareness Association's and The American Mental Wellness Association's "Schools Mental Wellness Initiative" is a comprehensive approach to mental wellness. The initiative provides students, faculty, staff and community members education on prevention and early intervention of mental health problems which include substance use disorders.</p>	<p><b>CEs:</b> <b>SW = 1.5</b> <b>Nursing = 1.5</b></p>
4:00 - 5:30pm	Workshop 17: In the Home	Cocoa Suites 4-5
	<p><b>Prevention Strategies for Stable, Healthy Lives and Family Cohesion</b></p> <p><b>Shannon Williams</b>, Founder, Self-Care Housekeeping, Behavioral Health Counselor</p> <p><b>Courtney Faunce, MA</b>, Intern, Lifescape Counseling Services, LLC</p> <p><b>Charity Godfrey, MS</b>, Founder/Owner, Lifescape Counseling Services, LLC</p> <p>This session will discuss the many ways home/personal space can indicate things such as stress, content, crisis, etc. Participants will engage in an exploratory activity to recreate mental health in a physical space, discuss triggers and learn how to best navigate different mental states in order to lead stable and healthy lives. Impact therapy is a solution-focused treatment modality utilizing multisensory deliverables to facilitate enriched learning and growth. It can be used in various professional disciplines across a variety of settings, and expands upon CBT-based approaches to increase mental wellness through tangible actions and measurable outcomes. This presentation will focus on addressing the interchanges of family dynamics while honoring the increasingly evolving and culturally diverse modern family.</p>	<p><b>CEs:</b> <b>SW = 1.5</b> <b>Nursing = 1.5</b></p>
5:30pm	Conference Ends - Happy Thanksgiving - Safe Travels!	

## SPEAKER BIOGRAPHIES

### **DEBORAH ALLEN**

MSW, Temple University; BA, Rehabilitation Services, East Stroudsburg University. Ms. Allen is the Executive Director of PennCares Support Services, with over 20 years' experience in mental health and Intellectual and Developmental Disabilities (IDD), visual impairment/blindness, autism, substance abuse and aging. Her prior work was at PA Behavioral Health and Aging Coalition as Executive Director conducting various mental health, brain health and aging trainings. She is a certified master trainer for Dementia Live, a WISE Facilitator, and ageless grace educator. She has served on various state and county committees, advisory groups, task forces and work groups.

### **NAYA BROWN**

Candidate for MS, Health Education, December 2018, Arcadia University; BS, Business Management, Philadelphia University. As an individual diagnosed with anxiety and depression, Naya has learned techniques in order to effectively and successfully ask supervisors for a mental health personal day. Her goal is to not only end stigma against those with mental illness, but to also eliminate mental illness stigma in the workplace. Naya is a certified Mental Health First Aid instructor.

### **AARON CARMICHAEL**

MEd, Educational Leadership, Shippensburg University. Aaron has served as the building Principal at Letort Elementary School of the Carlisle School District for the past 7 years. His undergraduate degree is in elementary education from Messiah College. He also holds PA Certification in Elementary Education K-6 and Principal Certification K-12.

### **KATE DIORIO**

Candidate for PhD, Education in Organizational Leadership, Grand Canyon University; MEd, Educational Leadership, Neumann University; BS, Social Studies Education, West Chester University. Kate has worked as a social studies teacher, a dean of students, assistant principal, and is currently the Supervisor of Pupil Services in the Red Lion Area School District. She has had the benefit of working in urban and rural school districts which has provided her with the resolute understanding that ALL children require a purveyor of hope to achieve a limitless future.

### **LISA ECKERT**

MA, Counseling Psychology, Immaculata University, Licensed Professional Counselor, Pennsylvania. She has 12 years experience in the field and has worked in various levels of care such as WrapAround services, family based services, IOP, and most recently residential. Lisa is the clinical manager of one of the residential centers overseeing the clinical operation of approximately 60 clients at Kids Peace. Kids Peace is a private charity dedicated to serving the behavioral and mental health needs of children, families and communities. Founded in 1882, it provides a unique psychiatric hospital; a comprehensive range of residential treatment programs; accredited educational services; and a variety of foster care and community-based treatment programs to help people in need overcome challenges and transform their lives.

### **SHARON ENGDAHL**

BS, Behavioral Social Science/Social Studies Education, Penn State University; PA Dept. of Education Instructional Level 1 Teaching Certificate. Sharon has over 45 years of mental health research experience, and is the founder of the Pennsylvania Mental Wellness Awareness Association and the American Mental Wellness Association. She is also a Board Member for the Mental Health Association in Pennsylvania. In 1998 she received an award for "Leadership and Courage in the Battle for Insurance Parity" from the Alliance for the Mentally Ill of Pennsylvania. In 2008 she was one of the first 100 people in the country trained as a Mental Health First Aid instructor and was additionally certified as a Youth Mental Health First Aid instructor in 2013. Prior to her retirement, Sharon served for 25 years as a research analyst for the PA House of Representatives, writing one of the first Health Care Savings Account bills in the country; working on the enactment of Pennsylvania's first mental health insurance law and enactment of Mental Health Advance Directives; organizing a state-wide mental health forensic summit; and many other initiatives. During her career at the House of Representatives, she served on the Professional Licensure Committee, working on many health care professionals' licensure laws and regulations.

### **BRECKAN ERDMAN**

BA, Women, Gender and Sexuality Studies, Washington University, St. Louis. Breckan is the program specialist at the National Resource Center on Domestic Violence, and is a passionate advocate of wellness and self-care for long term sustainability.

### **JONATHAN EVANS**

MS, Clinical Psychology, BA, Psychology. Jonathan has been employed in the behavioral healthcare field for over 30 years. He serves on many boards, and is the past President of the Pennsylvania Community Providers Association. Before founding innovaTel Telepsychiatry, he was the founding President and CEO of Safe Harbor Behavioral Health.

### **MARK EVEREST**

President and CEO of Occupational Athletics, Inc. (OAI), a Pennsylvania-based company specializing in injury, accident and illness prevention. Mark is the creator of the Human Maintenance System<sup>®</sup> (HMS), a sports medicine approach to employee health and safety using Certified Athletic Trainers to proactively deliver health and safety initiatives onsite. The HMS team also includes physicians with expertise in sports medicine, orthopedics, occupational and internal medicine. Mark is the author of *The Gameplan for Aging* as well as



co-author of the *Occupational, Road, Bus, and EMS Athlete Interactive Health and Safety Systems*. He can be heard weekly as a regular on the Dave Nemo Show, Sirius XM 146 – The Road Dog Channel.

#### **COURTNEY FAUNCE**

MA, Clinical Mental Health Counseling, Florida Gulf Coast University; BS, Psychology & Sociology, Florida State University. Courtney is a Registered Mental Health Counselor Intern. Her academic focus has included studies in Medical Epidemiology, Social Psychology, and Social Justice. Courtney works full time as a Senior Vocational Rehabilitation Counselor for the state of Florida while practicing as a part time mental health clinician at Lifescape Counseling Services, LLC.

#### **GUS FREROTTE**

NFL Quarterback, retired. After retirement Gus worked for GAIMPlan Consultants which helped high school students choose a college. In 2011 Frerotte was head coach of John Burroughs School in the St. Louis area, where his teams were runners-up in the state championships in 2011 and 2012. In 2017 he joined Coraopolis PA-based startup, RC21X, serving as the Vice President of Brain Health Initiatives. The company developed a cloud-based tool to monitor brain performance, the MyBrain365 powered by Roberto app.

#### **CHARITY GODFREY**

Candidate for PhD, Counselor Education & Supervision, Walden University; MS, Clinical Mental Health and BS, Health Studies, Hodges University. Charity is the owner and founder of Lifescape Counseling Services, LLC, a comprehensive counseling private practice in Fort Myers, Florida. She is certified in Moral Reconciliation Therapy (MRT) and is Gottman Level 1 trained. Her clinical experiences include counseling adolescents, adults, couples, and families in various therapeutic settings for Couples in Crisis, Addiction, Mental Health Diagnoses, Trauma and Grief.

#### **MICHAEL HAUSER**

MEd, School Administration, Duquesne University; MEd, Adult Education, Penn State University; BS, Secondary Education, Edinboro University. Mr. Hauser serves as Vice President for School and Youth Programs for RC21X. He was a classroom teacher for ten years in grades 3-12. He instructed adult education classes in the corporate setting for three years and was a public-school administrator for 19 years. Mike currently serves as Vice President of the Moon Area School District Board of Directors and as the Secretary of the Joint Operating Committee for the Parkway West Career and Technology Center. He created a youth training program called Project AWARE and has used materials he created called, *AWARENESS HANDBOOK FOR YOUNG ADULTS – A Conscious Approach to Abundant Living* and *AWARENESS WORKBOOK FOR YOUNG ADULTS – A Working Approach to Abundant Living*. He volunteers for the sports balance initiative, a summer youth development program in Pittsburgh through Adaptive Behavioral Services, an Agency that provides psychological and drug and alcohol services to under-served populations.

#### **ERIC HIPPLE**

BS, Business Administration, Utah State University. Eric Hipple is a former NFL quarterback whose 10-year career was spent with the Detroit Lions. Hipple's accomplishments include two playoff bids, a divisional championship and the Detroit Lions MVP award for the 1981 season. From 1995-2000, he was color analyst for the Fox NFL pre-game show in Detroit. Since his 15-year old son Jeff's suicide, Hipple has devoted his life to building awareness and breaking down the stigma surrounding depressive illnesses. He recently received the prestigious University of Michigan 2015 Nuebacher Award for work with stigma associated with disabilities, and the Detroit Lions 2010 Courage House Award. He also received the prestigious 2008 Lifesaver Achievement Award given by the American Foundation for Suicide Prevention. He co-authored a study examining depression among retired football players. The study appeared in the April 2007 issue of *Medicine and Science in Sports and Exercise*. He was awarded a presidential citation at the American Psychological Association 2006 annual convention for his six years of national community-based work combating adolescent depression and suicide prevention. His message of resilience has provided mental fitness awareness to professional groups, military, law enforcement, schools, communities, and through the Under the Helmet program, and high school and youth coaches around the country. In conjunction with NAVY'S U.S. Fleet Forces he has provided workshops on suicide and destructive behavior prevention by focusing on mental fitness. His book, *Real Men Do Cry* received a publisher presidential award. Since retiring from the University of Michigan Comprehensive Depression Center, Hipple serves as outreach specialist for Eisenhower Center's "After the Impact" program, a neuro-behavioral residential treatment facility serving military veterans and former NFL players.

#### **LEAH HOLMES**

MBA Candidate, West Chester University, MA, Forensic Psychology, CUNY John Jay College of Criminal Justice; BA, Psychology w/ minors in Spanish/Criminology, University of Miami. Leah is the Admissions Manager at Pennsylvania Psychiatric Institute where she frequently conducts community training and workshops, in addition to overseeing incoming referrals for various psychiatric services.

#### **JANENE HOLTER**

PhD, Philosophy & Leadership, Alvernia University; MPA, Criminal Justice; BA, Criminal Justice. Dr. Holter has worked with the PA Office of Attorney General since 1999. Prior to working in the office of public engagement, she worked with the Bureau of Narcotics, Investigation and Drug Control as a Narcotics Agent. She has extensive background in drug and alcohol issues as well as mental health and elderly issues. Dr. Holter previously served as an Intensive Drug and Alcohol Probation and Parole Officer with Carbon County Adult Probation/Parole office and as a Case Worker with KidsPeace-a national hospital for kids in crisis, and as a Drug and Alcohol Case Manager for Carbon-Monroe-Pike Drug and Alcohol Commission.

**DAVID JORDAN**

BA, Communication/Electronic Media w/ Psychology concentration, University of Dayton. David is the Business Development Manager and Clinical Accounts Manager at BrainWare, where he works with clinicians, educators, therapists (SLP, OT, VT), behavioral optometrists, developmental optometrists, neuropsychologists, educational diagnosticians, athletic trainers, and vestibular therapists.

**DAVID M JOYNER**

MD, Senior Vice President of Baptist Health Care and Executive Director of Baptist's Andrews Institute for Orthopaedics and Sports Medicine. Dr. Joyner is responsible for the daily operations at the Andrews Institute, including physician alignment, strategic business partnerships and affiliations, and recruitment. He is a board-certified orthopaedic surgeon with a sports medicine emphasis, and a former chairman and senior member of the United States Olympic Committee's sports medicine team. He also was the Athletic Director for Penn State University and is a former member of the Penn State Board of Trustees. While a student at Penn State, he was team captain of the football and wrestling teams, an All-American in both sports, as well as an Academic All-American.

**DIERICH KAISER**

MD, Psychiatry. Dr. Kaiser began his career as a staff psychiatrist with Virginia Baptist Hospital (VBH) in Lynchburg, Virginia, where he performed outpatient and inpatient medication management and psychotherapy for adolescent, adult and geriatric patients. During that time, he also worked as a psychiatric consultant to Lynchburg's Westminster Canterbury adult nursing facility. As Assistant Professor of Psychiatry at Penn State, he provided inpatient care at the Pennsylvania Psychiatric Institute, acted as an editorial reviewer for the Journal of Clinical Psychiatry, and received the Penn State College of Medicine Affiliate Site Teacher of the Year Award. As a psychiatrist with the Department of Defense, Dr. Kaiser treated scores of service members including members of the Presidential Support Team. While teaching for the George Washington University School of Medicine, Dr. Kaiser received the Elaine W. Cotlove MD award for excellence. He is board certified and re-certified by the American Board of Psychiatry and Neurology, and is a member of the American Psychiatric Association and the Psychiatric Society of Virginia. He is currently a psychiatrist and forensic clinician for the State of Virginia Department of Behavioral Health and Developmental Services. His years of clinical, academic, and administrative experience provide him with an intense awareness of the successes and failures of America's mental health delivery systems. Additionally his experience as an African-American clinician has given him a unique perspective on the devastating effects of mental illness on ethnic populations.

**KAREN KAISER**

PhD, Counselor Education, University of Virginia, NCC, LPC, LSATP, R-LMFT. MA, Counselor Education, Radford University. Dr. Kaiser is an Associate Professor at the George Mason University Counseling and Development Program in Maryland. She has worked in human services in both the public and private sector for over 30 years. Dr. Kaiser holds additional Master's degrees in Public Administration and Educational Psychology. She specializes in working with individuals diagnosed with serious mental illnesses and co-occurring substance use disorders, is licensed in the Commonwealth of Virginia, and has worked in her Virginia-based private practice since 1998.

**TIMOTHY KNOSTER**

PhD, Special Education, Lehigh University; MEd, Special Education, and BS, Special Education, Bloomsburg University. Dr. Knoster is the Executive Director of the McDowell Institute at Bloomsburg University and has extensive background in school-based mental health and multi-tiered systems of support.

**deJOLY LABRIER**

BA, English Education w/ minor in Psychology, Ball State University. deJoly LaBrier is a survivor of ritual abuse, mind control and human trafficking, who has advocated for herself and found innovative ways in which to heal. She is the author of three books, *Diary of a Survivor in Art and Poetry*, *All Together Now*, *a Multiple's Story of Hope and Healing*, and *What Happened to You? A Guidebook for People Who are Seeking Hope, Healing and Lasting Transformation*. She is also a successful life coach and consultant to therapists who are treating clients with PTSD and DID. Her joy-filled life is her ultimate credential for being able to present on these topics.

**KAREN LANKFORD**

PhD Neurobiology and Physiology. Dr. Lankford is an Associate Research Scientist in the Department of Neurology at Yale University who has authored or coauthored over 40 peer reviewed publications related to basic neuroscience research. She is also the cofounder SimplyGrayMatters.org, a nonprofit organization which seeks to explain basic information about neurological and neuropsychiatric disorders to patients and family members grappling with a serious diagnosis.

**HILLARY MAROTTA**

MEd, Curriculum & Instruction in Adult Education, George Mason University; BS, Business Administration, Bucknell University. Hillary is a wife, mother, mental health advocate, and musician. She writes grants for Someone To Tell It To in Harrisburg, PA, and serves as a Mental Health First Aid Trainer. She guest lectures, trains and speaks about her experience in nonprofits and with depression and anxiety. Hillary produced and participated in *This Is My Brave - The Show* in Harrisburg in 2015 and co-produced Brave's first Women's Mental Health Summit at The National Press Club in Washington, DC., while she served as Program Manager. She continues to work on behalf of This Is My Brave as a volunteer speaker and consultant.

**DAVID MCBAIN**

BS, Sports Management, Robert Morris University. Doug is the Director of Athletics for the West Allegheny School District, where he began his tenure in 2000. A veteran of the athletic arena, he received his Certified Athletic Administrator designation in 2003, and has spent his entire career working in educational settings. He recently retired as a Certified & Licensed Athletic Trainer after 28 years. His medical background has also aided families over the years through his volunteer commitment as an Emergency Medical Technician. David chairs the WPIAL Sports Medicine Advisory Committee and the WPIAL Softball Committee, is president of the WPIAL Athletic Directors Association and a member of the Board of Directors. He has also served as a member of the PIAA Sports Medicine Advisory Committee for more than 15 years.

**MALINDA MIKESELL**

MEd, Educational Leadership, Temple University. BS, Elementary Education, Susquehanna University. and she is currently a Doctoral candidate-Educational Organization. Malinda is a Reading Supervisor for Carlisle School District and holds PA certification in elementary education K-6, middle school language arts 7-9 grade, reading specialist K-12 and principal certification K-12.

**ALEXA MOODY**

AA, Human Services, Harrisburg Area Community College. Alexa is the Executive Director and founder of PleaseLive, and is a certified QPR Instructor, and a certified Youth Mental Health First Aid Instructor. As a child, Alexa began experiencing symptoms of depression in elementary school. Having grown up without any formal education about mental health problems, she was unaware of her worsening symptoms which eventually led to suicidal thoughts in high school. After receiving help in recovering, Alexa realized that education about mental health and suicide prevention would have offered her the chance to receive help sooner. She decided to dedicate her life to mental health and suicide prevention education and she began PleaseLive at age 19 to provide free education to schools. PleaseLive's STOMP program offers a three-step process of training adults and youth in mental health.

**TIMOTHY MURPHY**

PhD, Psychology, University of Pittsburgh; MA, Clinical Psychology, Cleveland State University; BA, Wheeling Jesuit University. Dr. Murphy was a psychologist for the U.S. Navy from 2009-2017, and is an associate professor at the University of Pittsburgh School of Medicine and School of Public Health. Dr. Murphy has practiced psychology for over 40 years including eight years in the U.S. Navy Medical Service Corp, working at the Walter Reed National Military Medical Center at Bethesda in a TBI/PTSD inpatient unit, and with Navy special warfare. He has authored two books, *The Angry Child*; and *Overcoming Passive Aggression*, and authored numerous research and lay publications. He has served on the staff of several Pittsburgh hospitals and in his own private practice. During his time as a member of Congress, he authored the landmark Helping Families in Mental Health Crisis Act signed into law December 2016.

**PAUL NUSSBAUM**

PhD Clinical Psychology/Clinical Neuropsychologist. Dr. Nussbaum is board certified and licensed in clinical and geropsychology, maintains an adjunct professorship in neurological surgery at the University of Pittsburgh and is the President of the Brain Health Center. He is well published and has taken his message on BH and BHLifestyle<sup>®</sup> around the world to all audiences and to over 100,000 people. He has spoken at the UN, the National Press Club, Mensa, 15,000 children at an international conference, and to audiences within businesses, professional organizations, religion, media, education and health care. He is considered a leader in brain health and has served as the "face and personality" of brain health for many small and large organizations.

**EDWARD T. SCHLESSER**

MSW, Marywood University, LCSW. Mr. Schlessler is a social worker and training specialist for the Lebanon VA Medical Center. While at the VA he has provided training in medical social work, psychiatry and substance abuse treatment. He has also served as a business manager and rehabilitation services coordinator, and as a behavioral health officer for the PA Army National Guard providing case management, counseling and instruction for soldiers and families. He is a member of the Adjunct Faculty at Harrisburg Area Community College, teaching classes in sociology and human development

**ELLEN SMITH**

MD, Penn State University; Pre-Med, Chemistry, Hollins College. FAAFT Family physician, retired, with expertise in adverse childhood experiences, resilience-building and trauma-informed approaches. Dr. Smith has recently worked with the West Shore School District, the Capital Area Intermediate Unit, Communities Practicing Resiliency of Greater Harrisburg and the Pennsylvania Academy of Family Physicians, as well as others, to educate and move our community forward on these topics. She spent 20 years in family medicine education at the Harrisburg Family Practice Residency Program. This involved the academic and nuances of training doctors to become board certified and competent family physicians. Subsequently she opened Heritage Family Medicine, growing it to four providers with a focus on patient centered whole family care.

**RENEA SNYDER**

MS, Curriculum and Instructional Design, Cappel University. Renea is the founder and CEO of Migliore Treatment Services and is an expert in the treatment of addiction through evidence-based programs and practices. She is a National Trainer for SMART Recovery, Director of Clinical Operations for Associates in Medical Toxicology, and a consultant for the PA Commission on Crime and Delinquency. Renea was the prior Drug and Alcohol Program Manager for the PA Department of Corrections and has over 13 years of experience in the treatment field.

In 2015 Renea received international recognition for the development of the First Recovery Model for Correctional Settings. She has been involved in multiple state and local committees as an expert and advocate for quality addictions treatment for criminal justice populations and systematic policy changes. She also holds International Certification and PA Certification for Advanced Alcohol and Drug Counselor.

#### **ELAINE STROKOFF**

BS, Secondary Education w/ minor in Sociology, Penn State University. Elaine is the Family Services Coordinator for Jewish Family Services of Greater Harrisburg. She is the past Executive Director of a Harrisburg non-profit which dealt with hunger, poverty and mental illness. She was in a leadership position for 21 years, a recipient of numerous awards for creativity, collaboration and leadership, and was responsible for building a comprehensive plan to serve those in need. Her unique understanding of the underserved population of the city has provided her with many accolades and speaking engagements.

#### **SHAWN TALBOTT**

PhD, Nutritional Biochemistry, Rutgers University; MS, Exercise Science, University of Massachusetts; BS, Sports Medicine, and BA, Fitness Management, Marietta College. Dr. Talbott is a psycho-nutritionist who studies natural approaches to help people feel their best. His research is focused on integrative physiology/biochemistry/psychology to improve human performance and optimize vigor, (physical energy, mental acuity and emotional well-being). Dr. Talbott's recent projects include two academic textbooks, an awarded-winning documentary film and several best-selling books, translated into multiple languages. His work has been featured on the Dr. Oz Show, the TED Stage, and the White House.

#### **ABIGAIL TURNER**

MA, Marriage and Family Therapy. Lancaster Bible College. Before joining the Someone to Tell It To staff as the chief listening officer, Abby counseled couples facing marital challenges and women facing anxiety, depression and grief. In addition to authoring the *At The Table Listening Training Manual*, Abby has written a memoir entitled *Hidden Miracles*. Someone To Tell It To was co-founded by Michael Gingerich, Master's of Divinity, Lancaster Theological Seminary and Tom Kaden, Master's of Divinity Asbury, Theological Seminary. As pastors, they saw the need for everyone to have someone to truly listen to them without someone trying to fix them. For more than six years, they have provided that in over 7,000 interactions for those in need, regardless of their ability to pay.

#### **CELESTE VICIERE**

MA, Counseling Mental Health w/ concentration in Forensics, University of Massachusetts; MA, Psychology, Quincy College; BA, Psychology, University of Massachusetts. Celeste is a cognitive behavioral therapist with a private practice based in the Boston area, The Uniting Center. She has been in the mental health field for more than 15 years and believes in the power of living a conscious life. She works with adults and couples and specializes in depression, anxiety, substance abuse, bi-polar and psychotic disorder. Celeste's recently published *Guided Journal, 365 Days of Intentional Living* is focused on helping people learn how emotions guide their actions in everyday situations.

#### **SHANNON WILLIAMS**

BA, Social Work, University of Pittsburgh. Shannon has experience as a behavioral health counselor, has taught life skills at juvenile detention and placement facilities, and has trained in PTSD group facilitation. She has continued to write and facilitate programming dealing with trauma and trauma specific to gun violence. She has developed Self Care Housekeeping, a household support program, designed specifically to the needs of those experiencing struggles with mental health.

#### **KAREN ZEGEL**

MEd, Elementary Education; BS, Business Administration. Karen is President of the Patrick Risha CTE Awareness Foundation. She and her husband Doug administer the Foundation, along with the informational website, StopCTE.org, and media pages. The Foundation works to provide parents of school-age children (who have very susceptible brains) with information about the dangers of sports which involve head trauma. The Foundation also works to open the avenues of brain donation for research and awareness, and is also striving to increase awareness of the prevalence of CTE in our society in ex-athletes, veterans and victims of domestic abuse.

#### **DOUG ZEGEL**

BS, Business Administration. Doug is Board Chair of the Patrick Risha CTE Awareness Foundation. He and his wife Karen administer the Foundation, along with the informational website, StopCTE.org, and media pages. The Foundation works to provide parents of school-age children (who have very susceptible brains) with information about the dangers of sports which involve head trauma. The Foundation also works to open the avenues of brain donation for research and awareness, and is also striving to increase awareness of the prevalence of CTE in our society in ex-athletes, veterans and victims of domestic abuse.

#### **MATT ZIEMNIAK**

MS, Information Science, University of Pittsburgh; BS, Psychology and BS, Administration of Justice, University of Pittsburgh. Matt works in the field of information security. He is a parent of a child who was diagnosed with anxiety disorder and ADHD at an early age. Eventually his son was also diagnosed with high functioning autism spectrum disorder. For over six years he worked with a variety of mental health professionals such as a psychologist, psychiatrist, mobile therapist and wraparound therapeutic support staff. Matt also attempted to work with school psychologists and school administration to obtain mental health support for his son.

## EARNING CONTINUING EDUCATION CONTACT HOURS

This conference has been approved for 15 *social work* continuing education contact hours through co-sponsorship of **Temple University Harrisburg, a Pennsylvania State Board of Social Workers, Marriage and Family Therapists, and Professional Counselors pre-approved provider of continuing education. These credit hours satisfy requirements for LSW/LCSW/LMFT/LPC biennial license renewal.** Certificates of attendance documenting continuing education hours will be issued by Temple University Harrisburg.

This conference is eligible for 15 *nursing* continuing education contact hours. **Temple University Hospital Department of Nursing is an approved provider of Continuing Nursing Education by the Pennsylvania State Nurses Association, an accredited approver by the American Nurse's Credentialing Center's Commission on Accreditation.** Certificates documenting nursing continuing education hours will be issued by Temple University Hospital Department of Nursing.

Sessions eligible to receive CEs are noted in the Conference Schedule in the right-hand column:

**CEs: SW = 1.5    Nursing = 1.5**

To earn social work or nursing continuing education contact hours, you must do all of the following:

1. Sign in at the beginning of each session you attend.
2. Remain present for the entire session to receive credit. Obtain a verification sticker at the end of each session you attend and affix it to the back of the Certificate of Attendance which was provided in your conference packet.
3. ***YOU MUST TURN IN THE COMPLETED CERTIFICATE OF ATTENDANCE AT THE END OF THE CONFERENCE.*** We will use that information - as well as evaluations and sign-in sheets - to verify eligibility and create an official CE Certificate to return to you. The Certificate of Attendance can also be returned to you if you wish.
4. Complete the online evaluation each day. Be sure to include your contact information. You will receive a link to the evaluation at the conclusion of each day via the email address you used to register for the conference.
5. Pay the Continuing Education Certificate processing fee (when you originally registered online). To pay the fee after the fact, see a conference staff member at the registration desk for instructions.
6. For social work CEs only: complete the CE Request Form. The link to this brief online form will be provided via email accompanying the evaluation.
7. Please allow four to six weeks for processing of social work and nursing CE certificates.

## CERTIFICATES OF ATTENDANCE

Individuals may use the completed Certificate of Attendance to seek continuing education hours from other subject matter governing bodies, depending on their requirements. A good rule of thumb is to follow steps 1, 2 and 4 above. This paperwork will be kept on file by Temple University Harrisburg.

# CONFERENCE VENUE LAYOUT

**KEY**

- BC Business Center
- Restrooms
- Telephone
- ATM

## Main Level

