

## 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**  
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TIME	EVENT	LOCATION
1:30 - 2:00pm	<b>Plenary 3B</b>  <b>The Game Plan for Living and the Importance of Mental Safety in the Workplace</b>  <b>Mark Everest</b> , President & CEO, Occupational Athletics, Inc., Creator of the Human Maintenance System (HMS)  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.	Nigerian/Trinidad
2:00 - 2:15pm	<b>Break</b>	
2:15 - 3:45pm	<b>Workshop 13: In the Home</b>  <b>Food for Thought: Nutritional Psychology and the Role of Nutrition in Mental Wellness</b>  <b>Shawn Talbott, PhD</b> , Chief Science Officer, Amare Global  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.	Nigerian/Trinidad
2:15 - 3:45pm	<b>Workshop 14: In the Community</b>  <b>Telepsychiatry 101</b>  <b>Jonathan Evans, MS</b> , President & CEO, innovaTel Telepsychiatry  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.	Cocoa Suites 2-3
2:15 - 3:45pm	<b>Workshop: 15: In the Workplace</b>  <b>Ways to Wellness: Managing Workplace Stress and Guilt-free Mental Health Personal Days</b>  <b>Leah Holmes, MA</b> , Admissions Manager, Pennsylvania Psychiatric Institute  <b>Naya Brown, MS</b> , Intake Coordinator, Pennsylvania Department of Aging	Cocoa Suites 4-5

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## 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!	