

Mental Health Forum 2015

“Family Emotional Wellness and Recovery”

Discussing Critical Mental Health Issues

The Hult Center for Healthy Living is pleased to organize the Mental Health Forum. Whether you are experiencing psychological distress, are a friend, partner or relative of someone who is experiencing mental health issues, or if you work in the mental health field - this forum is a place for you to discuss, share and get resources and support.

Saturday, March 28, 2015

8:30a-4:30p

Hayden-Clark Alumni Center
Bradley University 1501 W. Bradley Ave.
Peoria, IL 61625

Fees:

\$120 Sessions, Lunch & CEUs*/CNEs/CPDUs*****

\$30 Student Fee

\$30 Lunch & Awards Only

\$150 for Late Registration and Walk-Ins

*CEUs for LPC/LCPC and LSW/LCSW

**CNEs for RN, LPN, APN

***CPDUs for IL Public School Teachers

Earn Additional CEUs

Monday, March 23rd, 2015

6:00p-8:00p

Hult Center for Healthy Living
5215 N. Knoxville Ave.
Peoria, IL, 61614

Fees:

\$25- CEUs*

\$5 Student Fee

*CEUs for LPC/LCPC and LSW/LCSW

Supported & Sponsored By:

Hult Center for Healthy Living
Bradley University

UnityPoint Health - Methodist | Proctor
Children's Home Association of Illinois
Illinois Institute for Addiction Recovery
National Association of Social Workers

Proceeds will support the mission and work of the



MENTAL HEALTH FORUM AT A GLANCE

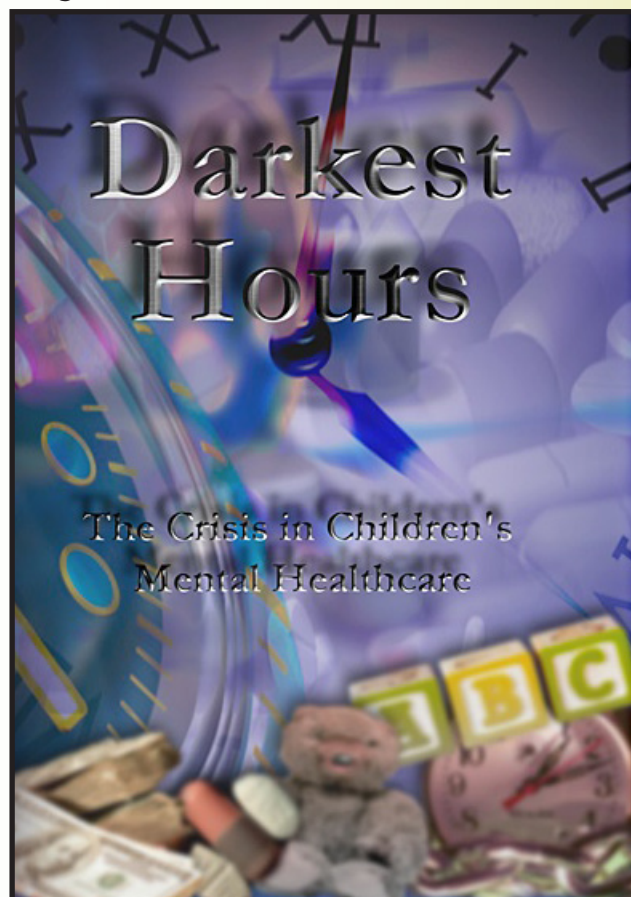
3/23/15 6-8p	Earn Additional CEUs -Viewing of <i>Darkest Hours</i> and Discussion at Hult Center facilitated by Marianne Dungan, RN, BSN, BC
3/28/15 8:30a	Registration Opens (Hayden-Clark Alumni Center at Bradley University)
9-10:15a	Keynote, Dr. Steve Perry, "Revolutionizing Education in America" sponsored by UnityPoint Health - Methodist Proctor
10:15-10:30a	Break
10:30-12p	Break Out Session #1 A. Dr. Steve Perry with Facilitated Discussion - Dr. Steve Perry, Audrey LeMasters, PhD, LCSW & Dr. Mikell McCray, PsyD B. The Effects of Disaster-Related Trauma on the Mind and Body - Tegan Hewitt, MA, LCPC C. Mindfulness, Meditation and Guided Relaxation in Trauma Treatment - Michelle Gaede, MA, QMHP and Sylvia Porter, MA, LCPC D. Non Suicidal Self Injury (NSSI) - Angela Tanney, LCPC
12-12:15p	Break
12:15-1:30p	Help Yourself Lunch Buffet & Awards
1:30-1:45p	Break
1:45-2:30p	<i>The Shaken Tree</i> documentary screening (and suicide prevention discussion) - Dr. Mikell McCray, PsyD
2:30-2:40p	Break
2:40-4:10p	Break Out Session #2 E. Parenting Strategies for School Age Children - Audrey LeMasters, PhD, LCSW F. Emotional Reactive Experience of Grief and Trauma - Diane Schroer, PhD, LCPC G. Using Mind-Body Bridging to Prevent Caregiver Burnout - Debra Disney, MSED, LCPC H. Motivational Interviewing - Robert Beach III, LCPC I. Medication Side Effects: The Unintended Outcome - Kirk Moberg, MD, PhD
4:10-4:30p	Thank You & Evaluations

Don't forget about our first session
Monday, March 23, 2015
6:00-8:00p at Hult Center for Healthy Living
Earn an Additional CEUs

"Darkest Hours" Viewing & Discussion

In *Darkest Hours: The Crisis in Children's Mental Health Care*, parents, teens, advocates and providers all share their horror stories about the lack of a system for children's mental health care. While the documentary focuses on Connecticut, this is a national crisis: kids spending night after night in the emergency room because of the lack of psychiatric beds in the state; waits of up to six months to get an appointment with a psychologist because of escalating demand; families dealing with managed care companies that continually deny coverage for necessary treatment. All of this - combined with the raw emotion of accepting the fact that their child is mentally ill and will likely face a lifetime of medication and therapy.

Marianne L. Dungan, RN, BSN, BC is the Manager of Outpatient Behavioral Health Services at UnityPoint Health - Methodist | Proctor. She has 25+ years of experience in both inpatient and outpatient behavioral health service at UnityPoint Health - Methodist | Proctor. Her experience includes staff education as well as holistic group and individual therapeutic interventions across the age continuum.



Keynote Speaker

Dr. Steve Perry

“Revolutionizing Education in America”



Attendees will experience the opportunity to reconnect to why they entered the profession. Uncovering what inspires attendees will allow them to be clearer in their own strategies for supporting families. All families struggle with something, however there are some homes where the struggle requires professional support. Dr. Steve Perry will uncover how to effectively communicate the need for support in communities that typically shun the idea. Finally, Dr. Perry will discuss strategies that will allow families to address trauma both in their current life and those that may come. The attendees will leave with a clearer understanding of their own personal mission and how their effectiveness as a person will allow them to be more effective as a mental health provider.

Dr. Steve Perry's heart pumps passion and produces positive change. Featured in CNN's Black in America series, Dr. Perry is the most talked about innovative educator on the scene today. Perry is the founder and principal of what U.S. News and World Report has cited as one of the top schools in the country, Capital Preparatory Magnet School in Hartford, Connecticut. Capital Prep has sent 100% of its predominantly low-income, minority, first generation high school graduates to four-year colleges every year since its first class graduated in 2006.

Perry is in a hurry to transform the community. Born into his family's third generation of poverty on his mother's 16th birthday, Perry believes that the success of a life is determined by where you end, not where you start. It is this philosophy that inspired him to transform the lives of poor and minority children by providing them with access to a college education.

Dr. Steve Perry is a strong advocate of personal and civic responsibility in all aspects of life. He emphasizes the social issues that aim at building up both the individual and the community so that the next generation can be better contributing members of society. When Perry speaks, he reaches the heart of his audience to motivate change in themselves and their community.

In addition to being the principal of Capital Preparatory Magnet School, Dr. Perry, MSW is an Education Contributor for CNN and MSNBC, an Essence Magazine columnist, best-selling author, and host of the #1 docudrama for TVONE "Save My Son."

Brought to you by



UnityPoint Health
Methodist | Proctor

Break Out Sessions #1

A. Dr. Steve Perry with Facilitated Discussion Following

Dr. Steve Perry, Audrey LeMasters, PhD, LCSW & Dr. Mikell McCray, PsyD

Dr. Perry will elaborate on a talking point from his keynote on uncovering how to effectively communicate the need for support in communities that typically shun the idea. Followed by discussion with Audrey LeMasters & Mikell McCray.

Audrey LeMasters received her PhD in General Psychology from Walden University in 2009 and her Masters of Social Work from the University of Illinois in 1997. She worked for 10 years in child welfare settings where she worked with families at risk teaching parenting skills and working with children that had suffered from abuse and neglect. She has been in private practice at Associates in Mental Health since 2002. Ms. LeMasters continues to work individually with children and parents as well as in a family dynamic to achieve a solid family foundation of love and respect.

Dr. Mikell McCray, PsyD graduated with a bachelor of arts in psychology from Eureka College in 2003. She graduated with a doctorate in clinical psychology from the Illinois School of Professional Psychology in 2008. She has been practicing clinical psychology at John R. Day, Christian Psychological in Peoria since 2009.

B. The Effects of Disaster-Related Trauma on the Mind and Body

Tegan Hewitt, MA, LCPC

This training will educate participants about how trauma symptoms evolve after a natural disaster occurs. The physiological and psychological symptoms associated with trauma will be explored. Participants will then be educated about treatments, warning signs and community-based approach to treating trauma.

Upon graduating from Bradley University with a Bachelor's Degree in Psychology, Tegan earned a Master's Degree from The Chicago School of Professional Psychology in Clinical Psychology, with a focus on Community Counseling. Ms. Hewitt has worked in community mental health for eight years and has been teaching Psychology at ICC since 2013. She also was one of the authors of "Rebuilding Hope After a Natural Disaster: Pathways to Emotional Healing and Recovery."

C. Mindfulness, Meditation and Guided Relaxation in Trauma Treatment

Michelle Gaede, MA, QMHP and Sylvia Porter, MA, LCPC

Benefits of mindfulness, meditation and guided relaxation, how it impacts the brain (including what happens to the brain when someone is exposed to trauma) neurological components of trauma and why the impact of mindfulness, meditation and guided relaxation impacts these components. Presentation will include a description and discussion of each, as well as, an activity for each that can be molded to fit the situation or circumstances.

Michelle Gaede obtained her Bachelor of Science degree in art and psychology from Illinois State University and her Master of Art degree in Human Services—Child and Family Studies at University of Illinois at Springfield. Ms. Gaede provides psychotherapy in an agency setting and specializes in working with treatment of trauma, depression, anxiety, stress management, anger management, and grief and loss in individuals. She also works with children who have experienced trauma, and children with social and emotional regulation issues.

Sylvia Porter graduated from Bradley University with her Bachelor of Science degree in Speech Education in 1976, and she achieved her Master of Arts degree in Human Development Community Agency Counseling in 2004. She has specialized in treating trauma victims through psychotherapy and art therapy, however she works with clients who deal with anxiety, depression, grief and loss, anger issues, as well as working with couples and families who have relational problems.

D. Non Suicidal Self Injury (NSSI)

Angela Tanney, LCPC

Psychosocial assessment and specific interventions for the treatment of NSSI. The current prevalence among adolescents will be explored. Resources for treatment will be provided.

Angela Tanney completed her Master's degree in Clinical Psychology at Ball State University. She has experience in cognitive-behavioral, feminist, and interpersonal approaches to the treatment of anorexia nervosa, bulimia nervosa, and other eating disorders. Ms. Tanney has been extensively trained in treating personality disorders and is certified in DBT. She has also been trained in self-harm behavior treatment and is able to provide out-patient therapy for individuals, couples, families, and children from age 3 and up.

Break Out Sessions #2

E. Parenting Strategies for School Age Children

Audrey LeMasters, PhD, LCSW

Five strategies to improve communication and enhance compliance with school age children. Strategies that emphasize self-efficacy in youth and reduce parental stress.

Audrey LeMasters received her PhD in General Psychology from Walden University in 2009 and her Masters of Social Work from the University of Illinois in 1997. She worked for 10 years in child welfare settings where she worked with families at risk teaching parenting skills and working with children that had suffered from abuse and neglect. She has been in private practice at Associates in Mental Health since 2002. Ms. LeMasters continues to work individually with children and parents as well as in a family dynamic to achieve a solid family foundation of love and respect.

F. Emotional Reactive Experience of Grief and Trauma

Diana Schroer, PhD, LCPC

Types of grief and trauma explored, how grief and trauma symptoms interact with each other leading to my theory of Emotional Reactive Experience. Techniques to assist in coping, self-regulation and processing grief and trauma.

M. Diana Schroer, PhD, LCPC has over 20 years experience working with children and families, specializing in areas related to emotional and behavioral development, trauma, attachment, grief and loss. She has presented on various topics such as: Developmental Stages and Contextual Approaches for Department of Children and Family Services, Building Relationships, Social/Emotional Development, Trauma Effects and Intervention Techniques.

G. Using Mind-Body Bridging to Prevent Caregiver Burnout

Debra Disney, MSED, LCPC

Mind-Body Bridging is a brain-based, evidence-based technique that was developed by Stanley Block, MD. This counseling technique helps clients to reconnect to a wellspring of healing, wisdom, power and goodness and the results are simply amazing. Mind-Body Bridging is a clinically-proven technique to promote health and healing in a variety of conditions. Family caregivers and health providers can be taught tools that help them manage the stress of caregiving. When stress has resulted in headaches, nausea, muscle tension or shortness of breath, Mind-Body Bridging is a method to alleviate stress and make the mind-body connection functional again.

Debra Disney is a Licensed Clinical Professional Counselor with a Master's degree from Southern Illinois University Carbondale. Upon switching to the counseling field in 1998, her passion has been to offer tools for peacefully navigating the ups and downs of life.

H. Motivational Interviewing

Robert Beach III, LCPC

Motivational Interviewing helps stuck (ambivalent) clients move towards positive behavioral change. Presentation will discuss motivational interviewing basic principles and associated skills to help clients move along in the "Stages of Change."

Robert Beach III is a Bradley Counseling program alum (2010). He provides direction and clinical oversight to direct service staff and supervisors, while also acting as agency trainer for Motivational Interviewing, CBT, and suicide risk assessments. Mr. Beach also practices privately, seeing a variety of patients, including youth and adolescents, substance use dependence, and other mood and behavioral issues.

I. Medication Side Effects: The Unintended Outcome

Kirk Moberg, MD, PhD

Besides the therapeutic benefit, the administration of medications can result in a host of outcomes from the adverse to the paradoxical and completely unexpected. This is especially true for medications that affect the brain. This presentation will address some of the common adverse effects, but also some of the serious and possible fatal ones. Finally, it will address the fascinating phenomenon of dopamine agonist induced impulsive control disorders.

Kirk Moberg, MD, PhD has practiced in the field of addiction medicine for over 20 years. He also has ten years of experience practicing in intensive care units taking care of patients with severe poisonings and drug overdoses. Dr. Moberg received his PhD in Biology and an MS in Health Policy and Administration from the University of Illinois. He was awarded his medical degree by the University of Illinois College of Medicine. He is certified by the American Board of Internal Medicine and the American Board of Addiction Medicine.



MENTAL HEALTH & SUICIDE PREVENTION PROGRAMS

5215 North Knoxville Avenue, Peoria, IL 61614

phone 309.692.6650 fax 309.692.6575

website www.hulthealthy.org

"I was looking for a reason not to (commit suicide) and this was it. You gave me some hope. Thank you."

- feedback from student survey following Hult's suicide prevention program

OUR MISSION & PURPOSE

The Hult Center for Healthy Living (HCHL) Mental Health Programs help youth and adults better understand mental illnesses, including depression, and give them instruction on how to seek help. Our education programs help reduce the stigma of mental illnesses like depression and give people tools to recognize and confront a suicidal crisis.

Mental illnesses CAN be treated. In fact, 70-90% of those suffering from depression and other mental illnesses who receive the help they need go on to live happy, healthy lives.

THE STATS

Suicide is the 10th leading cause of death in the U.S. & the 3rd leading cause of death among those ages 15-24.

Death by suicide in Illinois averages 2.9 every day. Suicide attempts in Illinois average 16.7 every day.

More than 1,000 Illinoisans die each year by suicide.

Untreated depression is the leading cause of suicide.

WE PROVIDE

SOS (Signs of Suicide) is an award-winning, nationally recognized program designed for middle and high school-age students. The program teaches students how to identify the symptoms of depression and suicidality in themselves or their friends, and encourages help-seeking through the use of the ACT technique (Acknowledge, Care, and Tell). Through the use of modeling, youth are taught to recognize the signs of distress, in either themselves or a friend and to respond effectively.

QPR (Question, Persuade, Refer) are 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling or neighbor.

The Hope Project uses one person/one act monologues which tell real life stories relating to mental illness. The stories portray people who have experienced mental illness in themselves or a loved one and have overcome their personal tragedies. It's a non-threatening, engaging venue to reduce stigma and raise awareness.

Mental Health Screenings are offered free of charge online through the Hult Center for Healthy Living. The online screening can be accessed at www.hulthealthy.org under the Mental Health Programs tab.

***All programs are available for schools, after-school programs, businesses, churches, social clubs and other organizations.**

Mental Health Forum 2015 Registration Form
Saturday, March 28, 2015

Bradley University-Hayden-Clark Alumni Center-1501 W. Bradley Ave - Peoria, IL 61625

Instructions

- The walk-in price will be required for registrations received after **February 27, 2015**.
- Written requests to cancel registrations will be assessed a \$25.00 administrative fee.
- Registrations cancelled after March 1, 2015 will not be refunded.

PRINT LEGIBLY

First Name: _____ MI: _____ Last Name: _____

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Work Phone: () _____ ext. _____ Home Phone: () _____

Email Address: _____

Professional Licence Type: _____ License Number: _____

10:30-12p Breakout Session #1 (select one from below) A. Dr. Steve Perry with Facilitated Discussion Following B. The Effects of Disaster-Related Trauma on the Mind and Body C. Mindfulness, Meditation and Guided Relaxation in Trauma Treatment D. Non Suicidal Self Injury (NSSI)	2:40-4:10p Breakout Session #2 (select one from below) E. Parenting Strategies for School Age Children F. Emotional Reactive Experience of Grief and Trauma G. Using Mind-Body Bridging to Prevent Caregiver Burnout H. Motivational Interviewing I. Medication Side Effects: The Unintended Outcome
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Registration Fees (check all that apply):

- _____ \$120 by **February 27, 2015** (Includes forum, lunch & CEUs/CNEs/CPDUs)
- _____ \$150 after February 27, 2015 or walk-in (Includes keynote, breakouts, lunch & CEUs/CNEs/CPDUs)
- _____ \$30 Student Fee (includes forum and lunch) (Student ID required at check in)
- _____ \$30 Lunch & Awards only
- _____ \$25 Earn Additional CEUs Monday, March 23rd for *Darkest Hours* Viewing & Discussion
- _____ \$5 Student Fee *Darkest Hours* Viewing & Discussion Monday, March 23rd (student ID required)
- _____ **TOTAL REGISTRATION**

Enclosed is check # _____ payable to Hult Center for Healthy Living I wish to pay by: (circle one) Visa MC Amex Discover Card Number: _____ - _____ - _____ - _____ Expiration Date: _____ Security Code: _____ Name on Card: _____ Card Billing Address: _____ City: _____ State: _____ Zip: _____ Signature: _____	Mail Registration to: Hult Center for Healthy Living Attn: Mental Health Forum 5215 N. Knoxville Ave Peoria, IL 61614 Fax Registration to: 309.692.6575 Online Registration at: www.hulthealthy.org
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Registration is also available online at www.hulthealthy.org

Questions about the Mental Health Forum? Contact Anne Bowman at 309-692-6650 or abowman@hulthealthy.org