



Conference Agenda

Saturday, October 08, 2016

Track 1	Behavior Health & Wellness
Track 2	Youth & Family
Track 3	Spiritual Health
Track 4	Community Inclusion

***Please note the conference agenda is subject to changes and revisions to meet the needs of the conference*

Conference Theme: Unveiling Masks: Real Conversations to Shatter Stigma and Myths

8:30 AM-11:00 AM		Registration						
8:30 AM-9:00 AM*		Conference Prelude						
9:00 AM – 9:45 AM	Exhibit Area – 8:30 AM-2:30 PM	Opening Ceremonies & Keynote Address: Dr. Shirley Price						
9:45 AM-10:00 AM*		Part I Workshop Sessions -10:00 AM-11:15 AM						
10:00 AM-11:15 AM Part I		Understanding Mental Health	Black Male Grief Matters! Unmasking Grief Reactions Among Black Men	Managing Chronic Disease through Healthy Eating	Peer Support Among Transition Age Youth – Part I	Faith-Based Approach to Addressing Mental Health and Suicide in Adolescents	Behind Bars: The Mass Incarceration of Youth with Intellectual and Developmental Disabilities	
		Part II- Workshop Sessions - 11:30 AM- 12:45 PM						
11:15 AM-11:30 AM*		Resiliency Coming through a Storm: The Before, During and After	Is Therapy Right for Me?	From Exile to EMBRACE: Helping African Americans Families Heal & Reconcile	Peer Support Among Transition Age Youth – Part II	Integrating Spirituality and Psychology in Counseling in the Church	Navigating Systems for Vulnerable Populations	
11:30 AM-12:45 PM Part II								
12:45 PM-2:00 PM		Awards Luncheon Keynote Address: Zina Garrison						
2:00 PM-2:15 PM		Closing Remarks						

* = Break time & Visit the Information Exhibitors

Peer Support Among Transition-Age Youth (for ages 15-24 only) - **Part I & Part II Sessions – By Cameron Mitchell, Kiani Redd, Destiny Richardson and Robert Yanez** - Peer Support Among Transition-Age Youth (TAY) is receiving growing attention in the field of recovery. Peer support is an important part of recovery and provides a pathway into the workforce. Houston Health Department is leading efforts to train young people to provide peer supports. Attend this session to become knowledgeable about Peer Wellness Specialist (PWS) and TAY skill development, coaching, mentoring and advocacy with fellow peers. Participants will be able to learn about lived mental health experiences to represent a youth's voice in various settings.

Understanding Mental Health *By Dr. Carlin Barnes, MD*– Attend this session to understand, “what is mental health,” from a medical doctor certified with a specialty in psychiatry. Session attendees will gain knowledge about the types of mental health symptoms, stigma, risk factors and the use of psychiatric medications.

CEU

Faith-Based Approach to Addressing Mental Health and Suicide in Adolescents - *By Jamie Freeny & Cheryl Duncan* - This presentation describes the components of a promising faith-based approach for increasing awareness and reducing stigma about mental illness and suicide with adolescents. Attend this session to hear a personal story from a mother of a 17 year old whom completed suicide.

CEU

Resiliency Coming through a Storm: The Before, During and After - *By Rhonda Douglass & Cheryl Releford* - Resiliency promotes positive well-being before, during and after an emotional crisis. This lecture and discussion will provide realistic and useful tools in responding to problematic obstacles. Participants will receive tools to deal with forgiveness, grief and loss to manage emotions that can crush the pathway to wellness.

Black Male Grief Matters! Unmasking Grief Reactions Among Black Men - *By Allen Lipscomb, LMSW-PhD* - This presentation is designed to provide an overview to consumers, professionals and other community providers in learning how to view grief reactions among black men. This presentation will provide practice interventions and techniques.

CEU

From Exile to EMBRACE – Helping African American Families Heal and Reconcile - *By Alicia Buchanan, LMSW* - Unpack your baggage, kick shame and fear to the curb and walk into your destiny with a lighter load. This interactive workshop will guide you through an evidenced-based process to reconcile and heal relationships to build capacity in your life. Participants will be able to re-position themselves for success and live in harmony with others.

CEU

Integrating Spirituality and Psychology in Counseling in the Church - *By Barbara Williams & Lana Reese* - In the Christian church, we recognize the mental health need and are beginning to address it for African Americans. This session is designed to show participants how resources used within the Christian church can support and enhance counseling.

CEU

Behind Bars: The Mass Incarceration of Youth with Intellectual and Developmental Disabilities - By Latashia Crenshaw. This workshop will provide an overview about the issues that youth with intellectual and developmental disabilities experience when encountering the juvenile justice system. Attend this workshop to understand how education, training and alliances can reduce the involvement in the juvenile justice system for students with intellectual and developmental disabilities.

CEU

Navigating Systems for Vulnerable Populations: Service Access for Older Adults, Veterans, and Persons with Disabilities - By Suzanne Terry Individuals in our communities can become vulnerable by way of nature, severity of an illnesses or disabilities. As these factors create special challenges, education is needed to assist with navigating and obtaining various services. Attend this session to become familiar with how to navigate service systems for vulnerable populations.

Is Therapy Right For Me? - By Vanessa Bridges, LPC - Individuals may enter into therapy for various reasons such as to assist with a life changing event, problem or mental health concern like depression, anxiety, bipolar disorder, trauma, alcohol and substance addiction. Attend this interactive session to learn about treatment modalities and how to get the most out of participating in therapy.

CEU

Managing Chronic Disease through Healthy Eating- By LaQuisha Hervey, MPH, BSN, RN, CDE and Brian Smith, Attend this session to learn about research and trends related to eating healthy to manage chronic health conditions like hypertension, diabetes, heart and kidney disease. Participate in discussions about the current problems associated with community food deserts and the practical solutions that can influence healthy living and overall wellness.