

Promoting Individual, Family and Community Mental Wellness and Resilience

October 23-26, 2016

Sunday, October 23, 2016

<p><b>9:30 – 3:30 PM</b></p>	<p><b>Pre-Conferences</b></p> <p>Objective: To explore the science and literature of personal, family, and community resilience and look at the practical applications of specific techniques to strengthen both individuals and communities.</p> <p><b>Participants will be able to:</b></p> <ol style="list-style-type: none"><li>1. Discuss the neurophysiological basis for the effects of Voluntarily Regulated Breathing Practices (VRBPs) on the autonomic nervous system sympathetic-vagal balance and stress response.</li><li>2. Acquire knowledge about how to use Coherent Breathing with Breath Moving to reduce or prevent symptoms of stress, including anxiety, depression, PTSD and burnout.</li><li>3. Access practice tools and further educational resources to support regular practice of VRBPs for personal stress management and skill development, as well as to maintain improvements attained through breathing, movement, and meditation practices learned in the workshop.</li><li>4. Explain how VRBPs can mitigate the effects of stress on mood, energy, relationships, and stress resilience.</li><li>5. Describe the use of VRBPs for relief of anxiety, depression and PTSD in survivors of disasters.</li></ol> <p>Some research and techniques for self-care that will be explored include:</p> <ul style="list-style-type: none"><li>• Mindfulness, Meditation, Spirituality</li><li>• Exercise</li><li>• Physical Health</li><li>• Placebo Effect</li><li>• Alternative Medicine</li></ul>	<p><b>SPEAKER</b></p> <p>Ingrid Donato, SAMHSA, Pre-conference Kick-off Comments</p> <p>Richard Brown, MD</p>
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Monday, October 24, 2016

<b>8:00 – 8:30 AM</b>	Registration	
<b>8:30 – 9:00</b>	Welcome and Overview:	
<b>9:00 – 9:40</b>	<p>Defining Resilience, understanding bio-markers and how to use them, and promoting resilience.</p> <p><b>Objective: To present an understanding of resilience and to learn about the emerging science of neurobiological, genetic adaptations for research-based therapeutic interventions for trauma and stress to promote mental wellness and resilience for individuals, families and communities.</b></p> <p><b>Participants will be able to:</b></p> <ol style="list-style-type: none"> <li><b>1) Characterize risk and protective factors human beings have relative to stressors in their lives</b></li> <li><b>2) Summarize how people repair the biopsychosocial damage left by trauma and other life events</b></li> <li><b>3) Explain how systems, services, families, consumers, and communities can help reclaim lives</b></li> </ol> <ul style="list-style-type: none"> <li>• How do you observe resilience? What does it look like?</li> <li>• What is the science behind resilience?</li> <li>• Can an understanding of neuroplasticity/epigenetics, hormonal control, etc., lead to new therapeutic interventions?</li> <li>• Promoting individual, family &amp; community resilience</li> <li>• Psychosocial aspects of resilience</li> </ul>	<b>Courtenay Harding, PhD</b>
<b>9:40 – 10:20</b>	<p>What is resilience? continued</p> <p><b>Participants will be able to:</b></p> <ol style="list-style-type: none"> <li><b>1. To review science regarding early life stress and resilience from a clinician’s perspective.</b></li> <li><b>2. Overview the identified biological mechanisms underlying these processes</b></li> <li><b>3. Discuss what we know (and do not know) about integrating biomarkers into treatment research to improve how we intervene.</b></li> </ol>	<b>Sarah Gray, PhD</b>
<b>10:20 – 10:35</b>	<b>BREAK</b>	
<b>10:35 – 11:15</b>	What is resilience? Continued	<b>Ingrid Donato, SAMHSA</b>
<b>11:15 – 11:45</b>	<p>Dialogues-</p> <ol style="list-style-type: none"> <li><b>1. Participants will discuss above objectives for the topic “What is Resilience?”</b></li> </ol>	<b>Harding, Gray, &amp; Donato</b>

<b>11:45 – 1:00 PM</b>	<b>LUNCH</b>	
<b>1:00 – 1:45</b>	<p>Building resilience: mental health promotion and prevention</p> <p><b>Objective:</b> The premise of this session is that resilience involves more than just “bouncing back” and includes the ability to cope with unanticipated shocks and disasters. Some strategies include: risk analysis, integrated and holistic approaches, partnerships, knowledge management, and a social capital focus. Based on this framework, the objectives of this session are to understand and develop:</p> <ul style="list-style-type: none"> <li>• How resilience is being incorporated into behavioral health approaches</li> <li>• How vulnerable populations and potential risks are being identified</li> <li>• What specific programmatic interventions are being implemented and funded</li> <li>• What challenges are faced by programs promoting resilience</li> <li>• How to best move forward with resilience programming</li> </ul> <p>What have people done</p> <ul style="list-style-type: none"> <li>• What are the outcomes</li> <li>• Early intervention</li> <li>• Building Resilience Collaboratives</li> <li>• Implications for what we do next in this country. Mental Health Promotion - what are other countries doing?</li> </ul>	Keris Myrick, SAMHSA
<b>1:45 – 2:30</b>	<p>Building resilience: mental health promotion and prevention – continued</p> <p><b>Participants will be able to:</b></p> <ol style="list-style-type: none"> <li>1. Provide an overview of the current state of science of mindfulness as it relates to behavioral health care;</li> <li>2. Discuss the relevance and use of mindfulness for organizational leaders like themselves;</li> <li>3. Provide an experience of mindfulness meditation through a short, guided meditation.</li> </ol>	Norman Anderson, PhD
<b>2:30 – 2:45</b>	<b>BREAK</b>	
<b>2:45 – 3:30</b>	<p>Building resilience: mental health promotion and prevention – continued</p> <p><b>Participants will be able to:</b></p> <ol style="list-style-type: none"> <li>1. Provide an understanding of the rationale for mental health promotion and resilience.</li> </ol>	Vijay Ganju, PhD

	<p><b>2. Provide an overview of approaches to mental health promotion and resilience adopted by various countries.</b></p> <p><b>3. Provide lessons learned from these experiences and implications for U.S. initiatives.</b></p>	
<b>3:30 – 4:00</b>	Dialogues- <b>1. Participants will discuss above objectives for the topic “Building Resilience”</b>	Myrick, Anderson, & Ganju
<b>5:00 – 7:00</b>	<b>RECEPTION</b>	
<b>Tuesday, October 25, 2016</b>		
<b>8:30 – 9:52 AM</b>	<p>Challenges and building resiliency over the lifespan. (Individual and Family)</p> <p><b>Objective: The broad goal of this session is to understand and develop how resilience can be promoted at different stages of life, from early childhood through old age. More specifically, the objectives of this session are to understand and develop:</b></p> <ul style="list-style-type: none"> <li>• Interventions that promote resilience in early childhood</li> <li>• Interventions that promote resilience in teenagers and young adults</li> <li>• Interventions that promote and maintain resilience in adults (for all genders and a variety of cultural groups, etc.)</li> <li>• Interventions for older adults</li> </ul> <p><b>Participants will:</b></p> <ol style="list-style-type: none"> <li><b>1. Learn about factors that contribute to individual and family risk and resilience following natural and technological disasters.</b></li> <li><b>2. It is important to recognize that most people will be resilient, that is, show the ability to bounce back after diversity.</b></li> <li><b>3. Learn about trajectories of posttraumatic stress and resilience over time.</b></li> </ol>	Joy Osofsky, PhD
<b>9:52 – 10:30</b>	Challenges and building resiliency over the lifespan. (Individual and Family) continued	Ingrid Donato
<b>10:30 – 10:45</b>	<b>BREAK</b>	
<b>10:45 – 11:30</b>	Challenges and building resiliency over the lifespan. (Individual and Family) continued	Ingrid Donato
<b>11:30 – 12:00</b>	Dialogues- <b>1. Participants will discuss above objectives for the topic “Challenges and building resiliency over the lifespan”</b>	Osofsky & Donato

12:00 – 1:30 PM	LUNCH	
1:30 – 2:07	<p>Specific interventions in the context of culture.</p> <p><b>Objective:</b> The common phrase ‘it takes a community’ could not be more salient when building community resilience. Individuals, families, businesses, education, healthcare, law enforcement, transportation, public health, churches, social organizations, foundations, media and more are all critical partners and collaborators. This session will share approaches that can be used to build community resilience including social cognitive theory approaches such as self-efficacy and self/human agency as they pertain to resilience.</p> <ul style="list-style-type: none"> <li>• Community <ul style="list-style-type: none"> <li>○ Definition of multiple communities, etc.</li> <li>○ Community collaboratives</li> <li>○ Social cohesion: role of churches, clubs, etc.</li> <li>○ Self- efficacy and self- agency</li> <li>○ Peers</li> </ul> </li> <li>• Cross cutting technology to build toward community resiliency. How is it being used to develop interventions to build resilience? <ul style="list-style-type: none"> <li>○ Mapping to track and trend to develop interventions. , e.g. Suicide, crime This session will illustrate tools available to identify hot spots for focusing efforts to build community resilience. Hot spot mapping is often used in the criminal justice arena to inform public safety activities, however also offers a pathway to anticipating suicide trends based on historical patterns. Discuss how this framework can focus resilience building efforts.</li> </ul> </li> <li>• Teaming public safety and behavioral health</li> <li>• Technology: There’s an App for That. (Thad) Explore existing and emerging technologies that are supporting initiatives related to personal and community resiliency including GIS systems, analytics, and smart phone apps.</li> </ul> <p><b>Participants will:</b></p> <ol style="list-style-type: none"> <li>1. Learn about intentional alignment of new and existing efforts.</li> <li>2. Explore strategies to leverage multi-sector coalitions in advancing models that connect institutions and organizations in community-driven solutions.</li> </ol>	Sheila Savannah, MA
2:07 – 2:45	Specific interventions (in the context of culture) – continued	Glenda Wrenn, MD

	<p>Participants will be able to:</p> <ol style="list-style-type: none"> <li>1. Identify factors that perpetuate mental health disparities among African American populations.</li> <li>2. Understand the importance of culturally centered resilience building interventions that promote mental health help seeking and treatment engagement.</li> <li>3. Explore the impact of a community based parenting leadership development program on parental mental health and discuss implications for promoting community resilience.</li> </ol>	
<b>2:45 – 3:00</b>	<b>BREAK</b>	
<b>3:00 – 3:37</b>	<p>Specific interventions (in the context of culture) - continued</p> <p>Participants will be able to:</p> <ol style="list-style-type: none"> <li>1. Describe how people interact with the environment, both person and place matter.</li> <li>2. Discuss new analytical techniques to understand dynamic outcomes (i.e. crime or health).</li> <li>3. Discuss the importance of interagency and interdisciplinary collaboration in responding to problems.</li> </ol>	Grant Drawve, PhD
<b>3:37 – 4:15</b>	<p>Specific interventions (in the context of culture) - continued</p> <p>Participants will be able to:</p> <ol style="list-style-type: none"> <li>1. Demonstrate the value of technology based patient engagement systems as it relates to improving the benefit of services and patient wellness.</li> <li>2. Discuss privacy and security considerations related to digital patient engagement strategies.</li> </ol>	Thad Dickson, HCISPP
<b>4:15 – 4:45</b>	<p>Dialogues-</p> <ol style="list-style-type: none"> <li>1. Participants will discuss above objectives for the topic “Specific Interventions”</li> </ol>	Savannah, Wrenn, Drawve & Dickson
<i>Wednesday, October 26, 2016</i>		
<b>8:30 – 9:15 AM</b>	<p>The role of media.</p> <p>Objective: This session will include a discussion of social and mass media campaigns addressing critical factors targeting individual and community resilience. Specific examples will be shared along with available outcome data that are available from these efforts.</p>	Mimi McFaul, PsyD

	<ul style="list-style-type: none"> <li>○ Role of social media vis a vis public health, suicide, etc.</li> <li>○ Role of Mass Media</li> </ul>	
<b>9:15 – 10:00</b>	<p>The role of media – continued</p> <p><b>Participants will:</b></p> <ol style="list-style-type: none"> <li><b>1. Gain insight into the motivations for and potential applications of social media in mental health resilience and recovery.</b></li> <li><b>2. Learn one model for using social media to grow stakeholder expertise and build community support.</b></li> <li><b>3. Learn one example of how grassroots social media movements can significantly drive innovation and research in mental health.</b></li> </ol>	<b>April Foreman, PhD</b>
<b>10:00 – 10:15</b>	<b>BREAK</b>	
<b>10:15 – 11:00</b>	<p>The role of media – continued</p> <p><b>Participants will:</b></p> <ol style="list-style-type: none"> <li><b>1. Discuss how the media performed in several public disasters and the effect it had on citizens’ recovery.</b></li> <li><b>2. Discuss how does one a) correct the record, b) encourage better coverage &amp; c) focus their complaints?</b></li> </ol>	<b>Robert Thomas, PhD</b>
<b>11:00 – 11:30</b>	<p>Dialogues</p> <ol style="list-style-type: none"> <li><b>1. Participants will discuss above objectives for the topic “The Role of Media”</b></li> </ol>	<b>McFaul, Foreman &amp; Thomas</b>
<b>11:30 – 11:45</b>	<b>Wrap-up and Evaluation</b>	