



57th Annual Conference

Partnering with

The National Association of County
Behavioral Health and
Developmental Disability Directors
(NACBHDD)

&

The Western Interstate Commission
for
Higher Education
(WICHE)
Mental Health Program

Presents

Promoting Individual, Family and Community Mental Wellness and Resilience

October 23-26, 2016

Mental health experts are frequently called upon "after the onset" to diagnose, treat a problem or respond to an emergency. Rarely are experts preemptively asked to use their knowledge to "inoculate" individuals, families and communities and to protect and preserve community safety and mental wellness. During this conference, national experts will explore solutions and initiate dialogue on mental health and resiliency in the context of the individual, family and community.

Renaissance Arts Hotel
700 Tchoupitoulas Street
New Orleans, LA 70130



("Let the good times roll!")

Conference Rates:

\$150.00 Sunday Pre-Conference or Single Day

Fee

\$295.00 Conference Fee Only

For more information and to register, see next

page or go to: www.nationaldialoguesbh.org

Renaissance Arts Hotel Conference Rate:

\$160.00 + tax, before 10/3/16, 5:00 p.m. Phone:

877-622-3056. Refer to NDBH Room Block or

register online:

<https://resweb.passkey.com/go/WELCOMENDBHMEETING>

Suggested audience: Psychiatrists, Social Workers, Nurses, Psychologists, Counselors, Addiction Counselors, Case Managers, Administrators, Policy Makers, Behavioral Healthcare Providers, State/County Behavioral Healthcare Administrators, Members of the Judiciary Justice System Administrators, Law Enforcement/Justice System Stakeholders including Police Officers, Sheriff Departments, Emergency/Disaster Response Professionals, Homeland Security, Educators, School Based Counselors

This program has been approved for 19.0 General continuing education contact hours by the National Association of Social Workers, Louisiana Chapter as authorized by the Louisiana State Board of Social Work Examiners, and may be applied toward the continuing education requirements for licenser renewal. National Dialogues on Behavioral Health has been approved by NBCC for NBCC Credit. National Dialogues on Behavioral Health is solely responsible for all aspects of the program. NBCC Approval No. SP-2750.

(CREDIT ONLY GIVEN FOR TIME ATTENDED SESSIONS)

Conference Site meets ADA requirements. Please contact the Renaissance Arts Hotel for more information.

Sunday, October 23, 2016

9:30 AM – 3:30 PM Pre-Conference

Research and Techniques for Building Resilience and Promoting Mental Health

This session will 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.

Introduction by Ingrid Donato, SAMHSA, Richard Brown, MD, Breath, Body & Mind

Monday, October 24, 2016

8:00 – 8:30 AM Registration

8:30 – 9:00 Welcome and Overview:
Jan Kasofsky, PhD, President, NDBH

9:00 – 10:20 **What is Resilience**

This session will present an understanding of resilience the emerging science of neurobiological and genetic adaptations for research-based therapeutic interventions for trauma and stress to promote mental wellness and resilience for individuals, families and communities.

Ingrid Donato, SAMHSA, Sarah Gray, PhD, Tulane University, Courtenay Harding, PhD, Integrated Health Outcomes

10:20 -10:35 BREAK

10:35 -11:45 **What is Resilience (con't)**

11:40 – 1:00 PM LUNCH

1:00 PM- 1:45 PM **Building Resilience: MH Promotion and Prevention**

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.

Norman Anderson, Ph.D., Private Consultant, Vijay Ganju, PhD, Behavioral Health Knowledge Management, Keris Myrick, MBA, MS, SAMHSA

1:45 – 2:30 **Building Resilience (con't)**

2:30 – 2:45 BREAK

2:45 – 4:00 **Building Resilience (con't)**

5:00 PM **RECEPTION**

Tuesday, October 25, 2016

8:30 -10:30 AM **Challenges and Building Resilience over the Lifespan**

The 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.

Joy Osofsky, PhD, LSUHSC School of Medicine, Ingrid Donato, SAMHSA

10:30 – 10:45 BREAK

10:45 – 12:00 PM **Challenges and Building Resilience over the Lifespan (con't)**

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12:00 -1:30 PM LUNCH

1:30 – 2:45 PM **Specific Interventions**

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.

Thad Dickson, BA, Xpio Health, Grant Drawwe, PhD, Rutgers University, Sheila Savannah, MA, Prevention Institute, Glenda Wrenn, MD, Morehouse School of Medicine

2:45 – 3:00 BREAK

3:00 – 4:45 **Specific Interventions (con't)**

Wednesday, October 26, 2016

8:30 – 10:00 AM **The Role of Media**

This session will involve a discussion of social and mass media campaigns addressing critical factors targeting individual and community resilience.

April Foreman, PhD Dept. of VA, LA, Mimi McFaul, PsyD, WICHE, Robert Thomas, PhD, Loyola University

10:00 – 10:15 BREAK

10:15 – 11:30 **The Role of Media (con't)**

11:30 – 11:45 **Wrap-up and Evaluation**

Registration Form:

- \$150.00 Pre-Conference Fee
 - \$295.00 Conference Fee
 - \$150.00 Single day Conference Fee
- Please indicate which day you will be attending:

___ Sun ___ Mon ___ Tue ___ Wed

\$_____ TOTAL AMOUNT DUE

Name: _____

Agency: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Registration by mail: Send completed form and a check made payable to “NDBH” for the total amount to:

**Deborah Westvold, NDBH Treasurer
3708 Bel Aire Road
Des Moines, IA 50310
e-mail: dwestvold@msn.com
515-783-8759**

Cancellations will be honored if requested at least 3 working days before the start of the conference.