



2017 Bexar County Behavioral Health and Wellness Conference Workshop Sessions Descriptions

Wellness Track

Friday, October 20th

9:00-9:50 a.m. The Food-Mood Connection

Presenter: Isabel Ramos-Lebron (SAFB)

How do we choose the foods that we eat? Learn about how our food environment can influence the way we eat and feel through marketing, social media, and culture. Identify foods that will boost or reduce your moods with helpful tips in choosing the right food for you.

10:00-10:50 a.m. One Basket, Five Recipes: Healthy Cooking on a Budget

Presenter: Maria Palma (Culinary Health Education for Families program: CHEF)

This workshop will illustrate how to prepare a variety of healthful and delicious recipes using a basket of ingredients. Ingredients will include accessible and low-cost items. There is a misconception that eating healthily is expensive. However, when you weigh the long-term effects of consuming a balanced diet, the health benefits far exceed the healthcare costs that may result from poor dietary habits. In addition, while there are many food trends that may make certain health foods expensive, there are plenty of budget-friendly ingredients to choose from. The workshop will include both nutrition education and cooking technique overview. *Session will be limited to 50 attendees.*

11:00-11:50 a.m. Benefits of Pet Therapy

Presenter: Delta Pet Partners of San Antonio

With the growing interest in therapy animals, the Delta PPSA presentation will be of particular interest to disabled or disadvantaged individuals or their caretakers as well as anyone interested in the positive effects of the human-animal bond. The key traits of an animal suitable for therapy work and the pathway to getting an animal registered will be discussed. The difference between service animals and therapy animals will also be explained. Come meet Vicky Gurinsky (Trainer) and her pet partner, Noodle the Pug and their teammates Nena Villarreal and Hazel the Border Collie mix along with Jean Johnson and Fiona the Golden-doodle.

2:00-2:50 p.m. Art Therapy

Presenter: South Texas Art Therapy Association

What is art therapy? Who is it for? How can I benefit from art therapy? Consumers, family members and professionals will explore the answers to these questions in this hands-on workshop. Participants will learn how art therapy can be effective in the treatment of a variety of mental health issues including childhood trauma, eating disorders, depression, and bereavement. Learn how individuals can channel and give conceptual form to feelings and behaviors through working with art materials. *Session will be limited to 30 attendees.*

3:00-3:50 p.m. Yoga for Mental Health

Presenters: Maggie Grueskin and Dr. Hetal DevRaj Nayak (Mayor's Fitness Council and San Antonio International Day of Yoga)

Join us for an expanded overview of how yoga can help change the brain, and provide much-needed mental health benefits. This workshop is for mental health professionals, educators and the general public, who may be interested in learning about the science of yoga and how it may serve as a natural and complementary practice for mental health and overall wellbeing. Key topics will include: beyond the body - an expanded review of yoga (eight-limbs); review of health conditions which can benefit from yoga; brief review of science studies on yoga's psychological benefits; discuss how yoga can help the body and mind heal; and chair yoga practice. Participants will learn about current studies on yoga, and will gain an understanding of the relationship of breath work, physical postures and self-awareness. No experience is necessary. *Class size is dependent on final room assignment, and is estimated to be around 70.*

4:00-4:50 p.m. Using Exercise to Improve Mental Health

Presenters: Jermaine and Sophia Malcolm (RecChanges)

Who has time to do the same boring routines? Jermaine and Sophia will show you how to use both traditional and non-traditional movements to improve your health. The sessions will be conducted in 10-minute increments with exercises for all ages.

Saturday, October 21

9:00-9:50 a.m. **TamboRhythms Drum Circle**

Presenter: Jorge Ochoa, Occupational Therapist (TamboRhythms)

The drum circle is a rhythmic gathering using drums and other hand percussion. Individuals with or without previous musical experience are encouraged to attend. The drum circle is not a drum lesson or performance-based class. Participants are invited to come and share their creative "inner rhythm". It is a time for the community, friends, and family to connect, relieve stress, and have FUN! *Space is limited to the first 30 people for this workshop session.*

10:00-10:50 a.m. **Mindfulness for Stress Reduction**

Presenter: Sue Yeo, Mindfulness Trainer

If you want to reduce the level of stress in your life, or simply want to live well, then this workshop is for you. Mindfulness has been clinically proven to enhance physical and mental well-being. Come and practice some simple mindfulness techniques and practices that can benefit your life. Mindfulness involves cultivating our ability to pay attention in the present moment. As a starting point we focus on the breath. *Space is limited to the first 20 participants for this workshop.*

11:00-11:50 a.m. **Dance Therapy as Personal Medicine: Two-Step Your Way to Wellness**

Presenter: Michelle Mata, Mental Health Wellness Advocate

Personal Medicine is not something you take; it is something you do, something that puts a smile on your face and fun in your life. Personal Medicine is different for everyone. You do not need to know how to dance to participate in this session. This session is for the beginner to the advance dancer in you. I will show you basic dance steps to some popular line-dancing songs. Come to find out if dancing is your Personal Medicine. (Note: I am not a Professional Dance Instructor, just someone who loves to dance. I have modified some steps due to my ability. There are no mistakes in my session only your variation.)

Caregiver/Family Workshop Track

Friday, October 20th Only

9:00-9:50 a.m. **Self-Compassion for the Caregiver**

Presenter: Ellen Wunder (Laurel Ridge Treatment Center)

This workshop will focus on addressing the needs of caregivers to people with mental illnesses through an interactive presentation and process oriented discussion. Topics to cover will be defining self-care and self-compassion, identifying ways to engage in self-care, and developing a support network for caregivers as a way of developing self-compassion. This workshop will not only provide information to caregivers, but will introduce a model for them to process experiences through the lens of a caregiver and create connection with others for having a similar experience to their own. Hopefully, this workshop will alleviate the sense of isolation often experienced by caregiver that comes with caring for a child with mental illness. All too often caregivers put at risk their own mental and physical health in order to address the needs of those they are caring for, thus diminishing their effectiveness as caregivers. The information provided in this workshop is intended for caregivers of people experiencing mental health illness or crisis.

10:00-10:50 a.m. **Conversations with Parents/Caregivers: How to Be an Advocate When Your Family Member Needs Help Panel Discussion**

Panelists: Pete Earley (Keynote Speaker), Doug and Barbie Beach (NAMI), Lisa Flores (CHCS), and Moderator: Ellen Wunder (Laurel Ridge Treatment Center)

This panel session will have presenters briefly discuss their personal story; personal perspectives of the good, bad, and the ugly when being an advocate for a family member with inpatient hospitalization and/or jail incarceration; one valuable lesson they wish they knew early on in their journey; and where their family is on the path to hope and healing, followed by a brief Q and A. This presentation is for caregivers/parents who are beginning the journey of advocacy for their loved one or in the midst of the journey and looking for insights.

11:00-11:50 a.m. NAMI Family to Family Discussion

Presenter: Verna Lister (NAMI)

Ever felt alone and overwhelmed in helping your loved one deal with their mental illness? Interested in meeting others who are going through the same things and want to know more about local resources available? This workshop session will provide an overview of the free, 12-session educational program called NAMI Family-to-Family. NAMI Family-to-Family is directed to family, caregivers, significant others and friends of people living with mental health. In this workshop session, the presenter will discuss how the program emphasizes the importance of mutual support and shared positive impact while also learning about: how to manage crises, solve problems, and communicate effectively; self-care and stress management; developing confidence and stamina to provide support with compassion; finding and accessing local resources; learning up-to-date information on mental health conditions and how they affect the brain; information on current treatments, medications, side-effects, and therapies; and how the impact of mental illness affects the entire family.

2:00-2:50 p.m. SAPD/BCSO Mental Health Unit Teams: Ask-A-Cop Panel Discussion

Presenters: Ernest Stevens (SAPD), Joseph Smarro (SAPD), and Alicia Lopez (BCSO)

This session will discuss what the Mental Health units of both San Antonio Police and Bexar County Sheriff's Office do to help the community; how to ask for the Mental Health units when calling SAPD or BCSO; how they help and assist in different response situations; and followed by a brief questions/answers from the audience. This presentation is for caregivers/parents who feel they may need assistance from the SAPD or BCSO Mental Health units in the future or have used the SAPD and BCSO Mental Health units in the past.

3:00-3:50 p.m. What I want to Tell My Parents/Family Caregivers about My Mental Health and/or Substance Use Challenges Panel

Panelists: Guadalupe Perez (CHCS), Alejandra Gamboa (CHCS), and Kevin Langehennig (Haven for Hope)

Certified Peer Specialists will briefly talk about their personal story; the top 5 things they wish their family knew about their challenges; and what actions helped them on the road to hope and healing. This session is for caregivers/parents who want to understand the perspective of the individual who is dealing with mental health and/or substance use challenges.

4:00-4:50 p.m. A New Generation: Why Sibling Support Matters in Youth and Family Recovery

Presenters: Evita Morin and Michelli Ramon (Rise Recovery)

Research consistently shows that family involvement plays a critical role in the lives of people recovering from substance use disorders. This workshop will explore the role of family relationships in intervention, treatment and recovery, with special attention to sibling involvement. Rise Recovery Executive Director, Evita Morin, and Program Director, Michelli Ramon, will talk about building support groups for youth that incorporate siblings. This workshop is intended for professionals and community members who have an interest in supporting people in recovery from addiction.

Consumer/Peer Workshop Track I

Friday, October 20th

9:00-9:50 a.m. Introduction to Mental Health First Aid Training for Adults

Presenters: Delores Haines and Selina Catala (CHCS)

This workshop will briefly introduce Mental Health First Aid, a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. This workshop will also highlight how Mental Health First Aid can be an important way of aiding our community at many different levels. This workshop is targeted at any adult who is interested in finding out how they can help their community by becoming a Mental Health First Aider and taking an eight-hour course to further train on the recognition of the signs and symptoms of mental health. Mental Health First Aid can be of use in the workplace, in one's neighborhood, place of worship or in any situation where someone dealing with mental health symptoms may need help.

10:00-10:50 a.m. Introduction to Wellness Recovery Action Plan (WRAP)

Presenters: Guadalupe Perez (CHCS)

The Wellness Recovery Action Plan (WRAP) is a simple process for achieving wellness that anybody can use for a variety of physical, mental health, and life issues—to help you achieve your wellness, your way. As an evidence-based practice, the WRAP peer group intervention has been shown—to increase hopefulness, improve quality of life, increase the ability to advocate for yourself, increase

feelings of empowerment, reduce the need to use health care services, and improve one's recovery. In this session, an overview of the WRAP action plan will be provided. Topics include: wellness toolbox, daily maintenance plan, triggers, early warning signs, when things are breaking down, crisis planning, and post crisis planning.

11:00-11:50 a.m. Social Media Apps for Mental Health and Wellness

Presenter: Nisi Bennett (CHCS Foundation)

Workshop description: *Description forthcoming*

2:00-2:50 p.m. Creating Your Personal Vision Board to Help Lead the Life You Imagine

Presenter: Michelle Mata, Mental Health Wellness Advocate

Vision boards are collections of images, pictures, drawings and words that visually help you achieve your dreams, and help you set personal goals. They effectively take what you imagine in your mind and heart, and create pictures that you can see, giving clarity and focus to your goals. The Law of Attraction says that you draw into your life the things you think about most. In this workshop, you will be creating your own personal vision board to help you imagine the life you want to lead. We will provide all the materials to help you get started on your own personal vision board.

3:00-3:50 p.m. Housing 101

Presenters: Cecil King (CHCS), Joseph Luedecke (CHCS), and Pat Ortega (SAHA)

"Having a place of my own" is important for most people in recovery, but it can be difficult to get there. What housing options are available? Is there assistance with rent or utilities? What are your rights and responsibilities, and what can you expect? Professionals from the San Antonio Housing Authority (SAHA) and CHCS Housing Team will tackle these questions in "Housing 101," an overview of important housing topics and considerations. Housing brings stability and safety, and knowing more about it can bring hope.

4:00-4:50 p.m. Mental Health FAQs

Panelists: Clarence West and Joseph Luedecke (CHCS)

What questions do you have about recovery? What has the Conference not answered so far? Mental Health FAQs will provide a space to discuss your questions with interested consumers, peers, and professionals, after a brief look at important community resources, medications, insurance, and Social Security benefits. Please allow 3 minutes for each question and response.

Saturday, October 21st

9:00-9:50 a.m. How to Become Your Own Self-Advocate (Practical Steps to Self-Advocacy)

Presenters: Clarence West and Michelle Mata, Mental Health Wellness Advocate

Workshop description: *Description forthcoming*

10:00-10:50 a.m. Being a Self-Advocate Panel, Part I (Member Based Organizations)

Panelists: LaToya Busby (SA Clubhouse), Janet Paleo (Prosumers), Kathy Franklin (DBSA)

When learning to be a self-advocate, the first step is to believe your voice is worth hearing. During this panel discussion, each panelist will discuss their agency's services; how their agency encourages people to become one's own self-advocate through their personal challenges; understanding that you have worth and how to make your voice heard. This will be a powerful and inspiring presentation which will motivate you to begin looking at yourself differently.

11:00-11:50 a.m. Being a Self-Advocate Panel, Part II (Community Organizations)

Panelists: Ashley Barr (Disability Rights Texas), Cynthia Dandridge (CHCS) Kimaura Oztolaza (NAMI)

The second part of learning to become a self-advocate, in this session each panelist will discuss their agency's services and how their agency promotes self-advocacy by learning the best ways to use the community organizations available to serve you.

Consumer/Peer Workshop Track II

Friday, October 20th

9:00-9:50 a.m. Conversations with Peers: Mental Health

Panelists: Michelle Mata, Clarence West, Nancy DelaZerda and Moderator: Mark Stoeltje (SA Clubhouse)

This informal session will have the panelist briefly discuss their story w/mental health challenges; answering selected questions by a moderator; discuss their continued path to hope/healing and followed by question and answer session. This session is for consumers/peers currently wanting to learn more about what others have done in similar life experiences and resources used.

10:00-10:50 a.m. Mental Health Treatment and the Law

Panelists: Michelle Starr-Salazar (Mental Health Court/Initiative); Alexandria Chirico (TRLA); Elena Terrill (Dispute Resolution); Kevin McManus (Bexar County Public Defender's Office) and Moderator: Quentin Thomas (CHCS)

This panel session will have presenters briefly discuss their agency's services as well as how to report on and advocate for one's self or a loved one when dealing with mental abuse; when to use mediation services; when to use dispute resolution; how mental health needs/concerns are addressed if you are incarcerated; and how mental health court/initiative works and their collaboration with social support services through judicial monitoring, case management and supervision based on individualized treatment and supervision. This presentation is for individuals who are interested in learning morning about the legal aspects of mental health treatment and the resources available.

11:00-11:50 a.m. Your Legal Rights in the Hospital

Presenter: Disability Rights Texas

Workshop description: Description forthcoming

2:00-2:50 p.m. Conversations with Peers: Substance Use Challenges/Dual Diagnosis

Panelists: Carole Lewis (Haven for Hope), Kylie Clark (San Antonio Clubhouse), Edward Aguero (Haven for Hope) and Moderator: Mark Stoeltje (San Antonio Clubhouse)

This informal session will have the panelist briefly discuss their story w/substance use challenge and/or dual diagnosis; answering selected questions by a moderator; discuss their continued path to hope/healing and followed by a brief question and answer session. This session is for consumers/peers currently wanting to learn more about what others have done in similar life experiences and resources used.

3:00-3:50 p.m. Military Veterans Treatment Court

Presenter: Gregory Morton (CHCS)

Sometimes people need a hand in slowing the internal disquiet and conflict that combat, deployment, military sexual trauma, or other abnormal situations produce. No one is better prepared to speak with a Veteran about his/her experiences than another Veteran, a peer, and/or a professional counselor. Gregory Morton will discuss the trainings, educational and awareness opportunities that support veteran's services. These opportunities include Basic Training, Suicide Prevention, and Bring Everyone in the Zone courses. He also plays a vital role as an Operation Resilient Families facilitator.

4:00-4:50 p.m. Introduction to Trans-Cranial Magnetic Stimulation (TMS)

Presenters: San Antonio Behavioral Healthcare Hospital

Workshop description: Description forthcoming

Parents of Youth Workshop Track

Friday, October 20th

9:00-9:50 a.m. NAMI Basics/Parenting Classes

Presenter: Verna Lister (NAMI)

Want to learn how to best support your child at home, at school, and when they are getting medical care for their mental illness? This workshop session will provide an overview of the free, 6-week educational program called NAMI Basics. NAMI Basics is designed for a group setting so parents can connect with others face-to-face. In this workshop session, the presenter will discuss what a parent can gain from attending the NAMI Basics program by highlighting the topics covered within the program: crisis management, problem solving and effective communications; self-care and stress management; developing confidence and stamina to support your child with compassion; advocating for your child's rights at school and in health care setting; learning about current treatment, medications, and side effects; gaining an overview of the public mental health care, schools, and juvenile justice system and supporting resources available to navigate the system; and understanding the challenges and impact of mental health conditions on the entire family.

10:00-10:50 a.m. Criminal Justice and Adolescent Mental Health Court

Presenters: Judge Daphne Previti Austin (289th Juvenile District Court Judge); Jeannie Von Stultz (Bexar County Juvenile Probation)

This workshop will assist parents/caregivers of children referred to the juvenile justice system. Attendees will learn about the prevalence of mental health issues among juvenile justice children and the positive initiatives developed within the juvenile justice system focused on reducing stigma and providing alternatives to incarceration. Parents/Caregivers can also learn strategies to help their child through the juvenile justice process.

11:00-11:50 a.m. Parental Rights in the Special Education Process

Presenter: Amy Strauch (ESC-20)

This training is designed to assist parents in understanding their rights within the Special Education process. From Evaluation to Graduation, this training will outline key considerations for parents and answer questions about navigating the process from start to finish.

Saturday, October 21st

9:00-9:50 a.m. Aging Out: Transitioning From Youth to Adult Services

Presenter: Melissa Tijerina (CHCS)

The transition process from Child and Adolescent Mental Health Services to Adult Mental Health Services can be challenging for both youth and their families. This transition process often happens at a time when many other things are also changing in the youth's life. This workshop will help youth and family members plan for the transition to adult services by providing information about what to expect during the transition to Adult Services, how to navigate problems that might arise, how to develop an action plan regarding continued treatment and how the relationship for the youth and family members will change.

10:00-10:50 a.m. Teen Dating Violence/Healthy Relationships: How Do I Know My Teen is Safe?

Presenters: Bethany Evans (Healthy Futures of Texas) and Meredith Howe (Project WORTH)

The "How Do I know My Teen is Safe?" presentation is intended for parents, guardians, and caregivers of youth between the ages of 13 to 19. The presentation will aid participants in identifying early signs of unhealthy and abusive relationships, various types of abuse, and how to help those that may be experiencing an unhealthy or abusive relationship.

11:00-11:50 a.m. Social Media Literacy: What Parents Need to Know to Help Their Youth Make Healthier Choices/Decisions

Presenters: Lea Rosenauer and Sherry Cook (Girls Inc.)

Workshop description: *Description forthcoming*

Youth (ages 12-17) Workshop Track

Saturday, October 21st Only

9:00-9:50 a.m. Exploring Your Mental Health: When to Ask for Help

Presenter: Erinn Graber (CHCS)

Have you ever felt like your bad day has turned into a bad month that just won't end? Have you ever wondered if what you are feeling is normal or if maybe you should reach out for help? Have you ever felt confused or scared because you don't know what your body is trying to tell you? During this session, we will work with teens on answering these questions and developing skills to improve body and mind self-awareness.

10:00-10:50 a.m. Building Healthy Relationships: How Relationships Affect Today's Youth

Presenter: Kaytlyn Ford (CHCS)

What word is 4 letters long, 1 syllable, a strong feeling towards someone else? I bet you thought of the word "love", or did you think of the word "hate"? Either word you thought of is a strong feeling; one desirable and one a little less than. This workshop will dive into relationships and help to define the true meanings of both words listed above. Are you in a relationship, thinking about being in a relationship, or even questioning a friend's relationship? This workshop is something that will be helpful to all people in all types of relationships.

11:00-11:50 a.m. Teenagers Taking Care of Business: Managing Stress and Standing Up for Yourself

Presenters: Lindsey King and Michelle Scott (CHCS)

Being a teenager is hard. In this workshop, you will learn how to strike a balance between school, home, work, and friends. You will also learn how to stand up for yourself in a mature, assertive way in order to get your emotional needs met. We will teach coping skills, including how to use phone apps, hotlines, and good old fashioned coloring to manage your stress levels. Slow down, take a deep breath, and join us!

Legislative Track

Saturday, October 21st Only

9:00-9:50 a.m. **411 on Current Legislative Issues Affecting the Mental Health and/or Substance Abuse Communities**

Presenter: Lee Johnson (Texas Council of Community Centers)

This session will discuss the current outcomes of the legislative session and how it affects the mental health and/or substance abuse communities.

10:00-10:50 a.m. **Fireside Chat with Local Officials**

Presenters: Invited officials forthcoming with Moderator: Allison Greer (CHCS)

This session will be a roundtable discussion with local officials about current issues in mental health and substance use issues and what local/state government is doing to help reduce the challenges associated with these disorders.

11:00-11:50 a.m. **How to Make Your Voice Heard: Getting Elected Officials to Hear Your Story**

Presenter: Drew Galloway (MOVE San Antonio)

Workshop description: *Description forthcoming*

Professional Development Track

Friday, October 20th Only

2:00-2:50 p.m. **Cognitive Adaptation Training to Improve Community Outcomes**

Presenter: Dr. Dawn Velligan (UT Health)

This workshop describes the cognitive and motivational difficulties often faced by individuals with mental health challenges that interfere with social and occupational performance and reaching recovery goals. We will discuss Cognitive Adaptation Training (CAT) as a treatment that bypasses cognitive and motivational difficulties to improve community outcomes. Data from randomized, controlled trials as well as real-world effectiveness studies will be presented. We will review ways in which CAT can be integrated into existing services and provide links to online resources for training.

3:00-3:50 p.m. **Supported Decision-Making: A New Alternative to Guardianship**

Presenter: Julia Longoria (Disability Rights TX)

The Texas legislature mandated that probate courts consider alternatives to guardianships and supports and services before a guardianship is created. This workshop provides an overview of Supported Decision-making Agreements as an alternative to guardianship. The workshop will present parents and case workers with practical considerations in deciding whether a supported decision-making agreement is the right choice.

4:00-4:50 p.m. **Trauma-Informed Care Training**

Presenters: Jose Enriquez and Lynn Spomer (CHCS)

An organization that is trauma informed recognizes that trauma in some form is almost universal and every aspect of our service delivery should reflect that principle. This means as an organization and as service providers, at all times, we must recognize trauma in the lives of those we serve and its impact on them. Also, we must value and empower consumers and see beyond the trauma and enable them to thrive. This can only happen with trained and informed services professionals that recognize the potential for re-traumatization and the dangers it poses to our consumers.