

7:30-8:00	<i>Conference Registration (Lobby)</i>				
8:00-8:45	Welcome and Opening General Session/Breakfast (Red Oak Ballroom B) Presentations Powered by Pecha Kucha				
	<i>Workshop Track: A Location: Cypress</i>	<i>Workshop Track: B Location: Live Oak</i>	<i>Workshop Track: C Location: Elm</i>	<i>Workshop Track: D Location: Pecan</i>	<i>Workshop Track: E Location: Magnolia</i>
9:00-9:50	Conversations with Peers: Substance Use Challenges/Dual Diagnosis	Why Our Self-Care Should Matter	Introduction to Suicide Awareness and Prevention	Crisis Guidance for Caregivers: How Do You Help When You Don't Know How to Help	Voices, Visions or Other Unusual Experiences: An Introduction to the Hearing Voices Network
9:50-10:00	<i>Coffee Break provided by NuStar Energy</i>				
10:00-10:50	Intellectual and Developmental Disabilities (IDD) Services and Supports Available in Bexar County	#RelationshipGoals: An Exploration of Health Relationships	Mental Health in Texas: Fireside Chat with Local Officials.	Compassion Fatigue for the Caregiver	Mental Health Services After Incarceration
10:50-11:00	<i>Break</i>				
11:00-11:50	The Food-Mood Connection: Discovering Mind-Friendly and Budget-Friendly Foods	Conversations with Peers: Mental Health	Housing Updates for 2018	SAPD /BCSO Mental Health Unit Teams: Ask-an-Officer Panel	Alternative and Specialty Treatment Options for Mental Health
11:50-12:00	<i>Break</i>				
12:00-1:00	Keynote Luncheon and Awards Ceremony (Red Oak Ballroom B)				
1:30-2:00	<i>30-minute Break (Opportunity to Visit the Health and Wellness Resource Fair in Red Oak Ballroom A)</i>				
2:00-2:50	Overcoming Trauma with Community Resources	What You, Your Loved Ones and Advocate Need to Know About Mental Health Advance Directives!	San Antonio Clubhouse Overview of Services	Treatment Options for Addiction Challenges	Motivational Interviewing (1.0 CEU available)
2:50-3:00	<i>Coffee Break Provided by University Health Systems</i>				
3:00-3:50	Anger Management Workshop (El Manejo del Enojo)	What the National Alliance on Mental Illness in San Antonio Brings to Our Community	Financial Assistance with Prescriptions	Substance Use After Care Resources	Compassion Fatigue for the Professional (1.0 CEU available)
3:50-4:00	<i>Break</i>				
4:00-4:50	Overcoming Trauma for Veterans/Families	Life Story Proactive Board (Personal Vision Board)	Married to Your Life: 10 Steps for Greater Personal Wellbeing	Wellness Matters: Understanding the 8 Dimension of Wellness	What to Look For and When to Ask: Signs and Symptoms of Suicide
4:50-5:00	<i>TraAdjourn</i>				

Track A

9:00-9:50: Conversations with Peers: Substance Use Challenges/Dual Diagnosis

Panelists: Lemanda Del Toro (Haven for Hope), Ruth Rios (Haven for Hope), Zachary Bullard (The Center for Health Care Services), and Moderator: Richard Hamner (The Center for Health Care Services)

In this informal session, panelists will briefly share their stories with substance use challenges and/or dual diagnosis (mental health diagnosis as well). They will answer questions selected by the moderator, discuss their continued path to hope/healing, and hold a brief question and answer session. This session is for those who want to learn how others have faced dual diagnosis life situations, including which resources they have used.

10:00-10:50: Intellectual and Developmental Disabilities (IDD) Services and Supports Available for Bexar County

Presenter: Enrique Guerrero (Alamo Area Council of Governments: Intellectual and Developmental Disabilities)

This presentation will provide an overview of ACCOG-IDD programs and services, IDD qualifiers, I&E application process, collateral documentation and authorization to release process. This workshop will be helpful to individuals and parents of individuals who have IDD diagnosis or individuals wanting to learn who qualifies as IDD, programs available and the authorization process.

11:00-11:50: The Food – Mood Connection: Discovering Mind-Friendly and Budget-Friendly Foods **(Spanish Presenters Available for this session)*

Presenters: Isabel Ramos-Lebron (San Antonio Food Bank) and Maria Palma (Culinary Health Education for Families)

This workshop will review the links between our food choices and mood. The presenters will discuss how food impacts our mood and how our mood can also influence our food choices. There will be a discussion around how to include more mood-friendly foods on a budget. This workshop will include an interactive cooking demo by including nutrient-dense ingredients in two different recipes.

2:00-2:50: Overcoming Trauma with Community Resources

Panelists: Clarence West, Jeffrey Ryan, Cathy Peters (The Center for Health Care Services) and Moderator: Hamilton Barton (Pay It Forward)

Traumatic events can immobilize a person, and knowing where to go to seek help can be overwhelming as well. In this presentation, non-professional peers will discuss their trauma (mental health and/or substance use challenges); share how they overcame it, and say which community resources helped them along the way.

3:00-3:50: Anger Management Workshop En Espanol (El Manejo Del Enojo)

Presenter: Sandra Martinez, MFT, LPC, LCDC-CI

Anger management refers to a process. It can help people identify stressors. People learn steps to help them stay calm in anger management. They may then handle tense situations in a constructive, positive way. The purpose of this anger management workshop is to decrease anger. It will help reduce the emotional and physical arousal that anger can cause. It is generally impossible to avoid all people and settings that incite anger. But a person may learn to control reactions and respond in a socially appropriate manner. In this workshop, attendees will explore the history of anger management and the roots of anger, how anger management works, and understanding court-ordered anger management. This session is for people with bullying behavior, people affected by behavioral changes associated with traumatic brain injury or post-traumatic stress, people experiencing substance dependency or undergoing recovery or people with cognitive or mental health issues. A certificate of completion will be provided at the end of the workshop.

4:00-4:50: Overcoming Trauma for Veterans/Families

Presenter: Jill E. Palmer (Steven A. Cohen Military Family Clinic at Endeavors-San Antonio)

This workshop will cover the impact of trauma and its effects on the veteran and their family. We will discuss PTSD and Trauma-related disorders, their triggers, and provide tools and tips for veteran families in caring for a loved one and themselves as caregivers.

Track B

9:00-9:50: Why Our Self-Care Should Matter

Presenters: Michelle Mata (Peer and Wellness Advocate) and Verna Lister (NAMI-San Antonio)

Self-care is an important role and activity that is crucial in our Mental Health. We will explore healthy and fun ways to incorporate into our daily lives to manage our wellness. Together we can start to personalize our own self-care plan. Peers, caregivers, veterans, teens and mental health professionals are welcome to join. This presentation is offered by a caregiver and a peer to help provide two different perspectives on the importance of self-care.

10:00-10:50: #RelationshipGoals: An Exploration of Healthy Relationships *(Presentation will be in English, but Spanish version of materials will be available.)

Presenter: Ethel Magana-Lopez (Rape Crisis Center)

This workshop will serve as an overview of relationships. The presenter will help attendees reflect on internal values, skills and beliefs that influence our perception of interpersonal violence and help identify our role in promoting healthy relationships. This workshop will serve as a resource of open discussion topics to improve our efforts in having comprehensive conversations around unhealthy relationships. Through the themes of boundaries, media and communication, attendees will clarify their understanding of violence and strengthen their own skills to influence the relationships around them. Topics covered include bullying, sexual violence, consent and boundaries.

11:00-11:50: Conversations with Peers: Mental Health

Panelists: Barbara Hood (Haven for Hope), Kevin Langehennig (Haven for Hope, Noe Gonzalez (The Center for Health Care Services) and Moderator: Jennifer Williamson (The Center for Health Care Services)

In this informal session, panelists will briefly share their stories of mental health recovery. They will answer questions selected by the moderator; will discuss their continued path to hope/healing (including which resources they find helpful); and will have a brief question and answer session. If you are interested in mental health recovery discussed in community, this session is for you.

2:00-2:50: What you, your Loved Ones and Advocate need to know about Mental Health Advance Directives!

Presenter: Michelle Mata (Peer and Wellness Advocate)

What would happen if your voice, your wants, and needs are still heard while you are inpatient at a Psychiatric Unit? A Mental Health Advance Directive (AD) allows you to specify instructions about the mental health care treatment you want and don't want. An advocate that you appoint may make decisions about treatment in the event of a mental health hospitalization. This presentation will discuss what could be included in the AD, the duties of the advocate, and what to do after your Mental Health Advance Directive is created to make your Mental Health Matter.

3:00-3:50: What the National Alliance on Mental Illness in San Antonio brings to our Community *(Spanish Presenters Available for this session)

Presenters: Verna Lister (NAMI-San Antonio) and Melisa Riley (NAMI-San Antonio)

The NAMI Workshop will introduce the programming and support NAMI San Antonio has to offer our community. The session will also highlight why you would want to be a part of the NAMI Family. So many people suffer in silence because of the stigma surrounding mental illness in our society. We find ourselves uncomfortable about disclosing our mental health conditions and yet if our condition was a heart disease, diabetes or a cancer diagnosis, we talk openly about our struggles. NAMI provides a safe environment to voice your concerns in your journey to wellness or in your journey supporting a loved one who struggles. This session will help you understand how being transparent can help you move towards wellness. NAMI knows that education is the key to breaking the myths of mental illness and that creating a focus on recovery and wellness is the priority.

4:00-4:50: Life Story Proactive Board (Personal Vision Board) *(Spanish Presenters Available for this session)

Presenters: Michelle Mata (Peer and Wellness Advocate) and Melisa Riley (NAMI-San Antonio)

This session is a strength-based proactive approach to our life stories. We will use images and words to create our visual biography. We hope you will walk away with a better understanding of your own mental health wellness journey. Open for peers, caregivers, veterans, teens and mental health professionals. All supplies provided.

Track C

9:00-9:50: Introduction to Suicide Awareness and Prevention

Presenter: Coral Martínez-Cardona (National Alliance on Mental Illness-San Antonio and American Foundation for Suicide Prevention: South Texas Chapter)

In the U.S., suicide is the 10th leading cause of death. 9 out of 10 people who die by suicide have a mental health condition contributing to their death. Mental health treatment can prevent suicide. In this workshop session, attendees will learn what suicide is, who it affects and why, research on suicide prevention, and what people can do to prevent suicide and/or help a loved one find local resources.

10:00-10:50: Mental Health in Texas: Fireside Chat with Local Officials

Panelists: State Senator Jose Menéndez, State Representative Ina Minjarez and Moderator: Allison Greer (The Center for Health Care Services)

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; what's in the pipeline regarding mental health resources, future legislation, funding, and resources for Texans and also answer selected questions from the audience.

11:00-11:50: Housing Updates for 2018

Presenters: Cecil King (The Center for Health Care Services), Maggie Leal (The Center for Health Care Services), Rachel Fernandez (The Center for Health Care Services), and Pat Ortega (San Antonio Housing Authority)

"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 along with an overview of important housing topics and considerations. Housing brings stability and safety, and knowing more about it can bring hope.

2:00-2:50: San Antonio Clubhouse Overview of Services

Presenters: Mark Stoeltje and Kiley Clark (San Antonio Clubhouse)

Discover what role community connection and socialization play in overall mental health recovery. Learn how friendships, meaningful work, and a sense of purpose contribute to mental health wellness in ways that medication, therapy, and treatment cannot. San Antonio Clubhouse is a volunteer program for adults who have a history of mental illness. At the Clubhouse, you are not a patient. You are a unique and important member of our community. You have gifts and talents to share with the world. The Clubhouse will help you use those talents and learn new ones, so we can all reach our full potential together. This presentation will teach you about the Clubhouse recovery model. It is based on the idea that everyone deserves to be a part of a community that cares, and that everyone has skills and talents to share with the world. The Clubhouse provides a place to reach your goals and assist others in reaching their goals.

3:00-3:50: Financial Assistance with Prescriptions **(Spanish Presenters Available for this session)*

Panelists: Diana Trujillo (Christian Assistance Ministries), Bianca Munoz (Any Baby Can), Christina Madero (The Center for Health Care Services) and Moderator: Joseph Luedecke (The Center for Health Care Services)

Needing financial assistance with paying for your medical prescriptions? There are local resources available! Representatives from Christian Assistance Ministries (CAM), Any Baby Can, and The Center for Health Care Services (CHCS) will provide helpful insights on how to access financial assistance to cover your prescription medications and other resources to help stretch your dollar

4:00-4:50: Married to Your Life: 10 Steps for Greater Personal Wellbeing

Presenter: Margarita Grueskin, E-RYT200, YACEP (Ekam Life)

Do you feel like the honeymoon is over with your own life? At different stages in life, it's easy to get too busy with our job, family and relationship duties that we forget about the responsibility for our own needs and desires. In this session, we will explore 10 steps that will guide you to gain greater clarity on who you are, where you are in life and what it means to be fully-committed to your own path in life. Join us for an exploratory session, as a way to 'date' yourself and fall back in love with yourself. Then, take a pledge to be fully-committed to living your truths and rediscover the path towards greater health, vitality and wellbeing.

Track D

9:00-9:50: Crisis Guidance for Caregivers: How Do You Help When You Don't Know How to Help

Panelists: Dr. Melissa Deuter (Sigma Mental Health Urgent Care), Dr. Melissa Graham (San Antonio Police Department), Amanda Miller (The Center for Health Care Services) and Moderator: David Pan (The Center for Health Care Services)

When a loved one is in crisis mode, it can feel like a hurricane swirling throughout the family. How can you take care of them when you don't know what resources are available to help? Panelists will discuss what resources are available at the agencies they represent and in the community; each representative will provide helpful tips on how to guide a loved one through a crisis until professional help is available; and will also provide tips on how to care for yourself through a loved one's crisis.

10:00-10:50: Compassion Fatigue for the Caregiver

Presenter: Kristin Arnold (San Antonio Behavioral Healthcare Hospital)

Compassion fatigue, also known as secondary traumatic stress (STS), is a condition characterized by a gradual lessening of compassion over time. It has been recognized as a condition that affects many caregivers/providers of family members dealing with medical and behavioral health conditions. People who experience compassion fatigue can exhibit several symptoms including hopelessness, a decrease in experiences of pleasure, constant stress and anxiety, sleeplessness or nightmares, and a pervasive negative attitude. This can have detrimental effects on individuals, both professionally and personally, including a decrease in productivity, the inability to focus, and the development of new feelings of incompetency and self-doubt. This session will give you (the provider/caregiver) tools to help you identify symptoms of compassion fatigue, how to treat it and where to seek help.

11:00-11:50: SAPD/BCSO Mental Health Unit Teams: Ask-An-Officer Panel Discussion

Presenters: Sergeant Bart Vasquez (San Antonio Police Department) and Sergeant Alicia Lopez (Bexar County Sheriff's Office)

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 question/answer session from the audience. This presentation is for people 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.

2:00-2:50: Treatment Options for Addiction Challenges

Panelists: Sherri Layton (La Hacienda Treatment Center), Briseida Courtois (The Center for Health Care Services), Amelia Reed (Lifetime Recovery) and Moderator: Clyde Keebaugh (The Center for Health Care Services)

Know someone who may be dealing with addiction challenges but not certain what is available or affordable for them? Not certain who to reach out to as the first point of contact in seeking resources? What the difference between the programs that are offered in Bexar County? Representatives from La Hacienda Treatment Center, Lifetime Recovery, and The Center for Health Care Services will discuss their and additional community resources available in Bexar County.

3:00-3:50: Substance Use After Care Resources

Panelists: Linda Aguero (Laurel Ridge Treatment Center), Clayton Sponhaltz (Rise Recovery), Tammy Jones (The Center for Health Care Services) and Moderator: Alicia Shanks (Laurel Ridge Treatment Center)

Recovery from substance use is a lifelong process that doesn't end after a person leaves treatment. How do you know which resources is best for you or your loved one? Learn from local experts about the community resources available to help people continue on their path to recovery from substance use challenges.

4:00-4:50: Wellness Matters: Understanding the 8 Dimensions of Wellness

Presenter: Stephanie Peterson (Clarity Child Guidance Center)

In today's world, we are inundated with stressors, both large and small, which can exacerbate problems and ultimately affect our quality of life. As a society, we are becoming more aware of illness. But what if we could also focus on enhancing our wellness? What if we were more proactive in learning about how we feel when we are 'well,' so we are able to do more of the things that help us feel our best? In this presentation, you will learn about the 8 Dimensions of Wellness, including questions to ask yourself to determine what areas could benefit from improvement, as well as tips on how to improve wellness in all 8 areas. You will also increase your understanding of compassion fatigue, the connection between your mental health and overall well-being, and the difference between good stress and bad stress. This presentation is open to peers, caregivers, veterans, and mental health professionals.

Track E

9:00-9:50: Voices, Visions or Other Unusual Experiences: An Introduction to the Hearing Voices Network

Presenters: Caroline Mazel-Carlton (Hearing Voices Network), Paul Eisenhauer (InsideOut), Jill Jendrzey (InsideOut), and Mary Tolle (InsideOut)

If you hear voices, have visions or other unusual or extreme experiences or know or work with someone who does, this workshop is for you! This is an introduction to the Hearing Voices Network (HVN), an organization that values that there are many ways to understand these experiences. The HVN, which represents a global movement with chapters in over 30 countries, is a collaboration between people with lived experience, their families and professionals seeking an alternative empowering approach for navigating these experiences and emotional distress. We will briefly present the history, purpose, goals, and ethos and values of HVN. Caroline Mazel-Carlton, a USA HVN guest speaker, will share some of her experiences with shifting her relationship to the Voices she hears.

10:00-10:50: Mental Health Services After Incarceration

Panelists: Dr. Mary Jo Rodriguez (University Health System), Debra Jordan (Bexar County Re-Entry Program for Judicial Services) and Moderator: Quentin Thomas (The Center for Health Care Services)

Everyone deserves a second chance at overcoming obstacles that may have brought them through the criminal justice system and an opportunity to realize their potential in life through education or vocational training, employment and engagement within the community. In this workshop session, panelists will discuss services available for re-integration, services available at the Re-Entry Program within the jail, and additional resources in the community followed by questions/answer session from the audience.

11:00-11:50: Alternative and Specialty Treatment Options for Mental Health

Panelists: Trina Welz, Dr. Melissa Deuter (Sigma Mental Health Urgent Care), Viana Mora (The Grace Tree Foundation), Veronica Drake (San Antonio Behavioral Healthcare Hospital) and Moderator: Velma Muniz (Bexar County Behavioral Health Department)

Looking for alternative specialty treatment options to assist with mental health wellness? In this workshop session, learn about Eye Movement Desensitization and Reprocessing (EMDR), Trauma Awareness and Somatic Movement Therapy, Transcranial Magnetic Stimulation (TMS), and more from our expert panelists. Each panelist will provide a brief description of the alternative treatment options and how they assist with mental health wellness.

2:00-2:50: Motivational Interviewing *(Spanish Presenters Available for this session)

Presenters: Stacy Speedlin (The Center for Health Care Services), Jordan Elliott, Jacqueline Contreras (University of Texas at San Antonio)

Motivational Interviewing is a clinical approach that helps people with mental health and substance use disorders and other chronic conditions make positive behavioral changes to support a better health and lifestyle. The approach upholds four principles: expressing empathy and avoiding arguing, developing discrepancy, rolling with resistance, and supporting self-efficacy. This workshop session will briefly touch on these four principles and provide examples on how to implement motivational interviewing into your daily work. **1.0 Continuing education credit will be provided at the end of this workshop session.**

3:00-3:50: Compassion Fatigue for the Professional

Presenters: Dawn Chiasson, MA, LPC and Melissa McBee, MS, LPC (Crystal Counseling)

If you are a social service provider or caregiver, it is highly likely you will at some point experience compassion fatigue, aka burnout. Working daily with clients can be an immensely rewarding experience. After all, it's why we do what we do. However, because we are immersed in the lives and emotional struggles of our clients, it can lead to increasingly stressful work. In this workshop we will learn to identify the signs of compassion fatigue as well as things we can do to both manage it and possibly avoid it altogether. **1.0 Continuing education credit will be provided at the end of this workshop session.**

4:00-4:50: What to Look For and When to Ask: Signs and Symptoms of Suicide

Presenter: Delores Haines (The Center for Health Care Services)

This workshop will focus on the signs and symptoms of suicide. The behavior changes and other things to look for will be highlighted. The workshop will dispel some myths about suicide, and encourage attendees to become involved with their fellow citizens. The workshop will encourage attendees to be courageous and ask directly when there is suspicion that someone is having suicidal thought.