



2019 Conference Schedule and Workshop Descriptions

Friday, October 18, 2019

8:00 – 3:00	<i>Conference Registration (Lobby)</i>				
9:00 – 9:20	<i>Opening Session and Conference Brief</i>				
	<i>Workshop Track A Caregiver</i>	<i>Workshop Track B Consumer/Peer</i>	<i>Workshop Track C Mental Health</i>	<i>Workshop Track D Substance Use</i>	<i>Workshop Track E Wellness</i>
9:20 – 9:30	<i>Break</i>				
9:30 – 10:20	Senior Adults and Mental Wellness	IDD Services in Bexar County	Transitioning Veterans: Overcoming Mental Health Obstacles	Stand Up to Your Doctor: Opiate/Benzo Alternatives	How Social Media can Improve Your Mental Health
10:20 – 10:30	<i>Break</i>				
10:30 – 11:20	Self-Care: Signs & Symptoms of Caregiver Burnout	A New Start: A Resource Guide from the Judge’s Perspective	Spirituality and Mental Health	Break the Substance Stigma: Recovery High School	Healthy Relationships
11:20 – 11:30	<i>Break</i>				
11:30 – 12:45	<i>Keynote Luncheon and Awards Ceremony</i>				
12:45 – 1:25	<i>Health and Wellness Resource Fair</i>				
1:30 – 2:00	Trauma “Mind and Body”	Patient Bill of Rights	First Episode of Psychosis	Places to Go, People to See: Day to Day Support Options	Service Animal, Support Animal, Therapy Animal: What’s the Difference?
2:00 – 2:15	<i>Break</i>				
2:15 – 2:45	Tired of Being Tired: The Power of Self-Compassion to Heal Burnout	Psychiatric Advance Directives (How to Fill Out Your PAD)	Supported Employment Options and Mental Health	Alternative Peer Groups: Benefits of Peer Support	Funding Options for Higher Education
2:45 – 3:00	<i>Break</i>				
3:00 – 3:50	Self-Care: How to Care for Aging Parents and Yourself	Housing 101: The Ins and Outs	Our Voice in Action: A Discussion of What’s Worked for Us	Opioid Prevention & Intervention	Brain Development and Mental Health
3:50	<i>Adjourn</i>				



Friday, October 18, 2019

TRACK A: CAREGIVER

9:30-10:20: Senior Adults and Mental Wellness

Presenter: Dr. Snehalkumar Patel (Baptist Health System)

This session will address some of the early signs of mental illness in senior adults, treatment modality and resources available for patients and families.

10:30-11:20: Self-Care: Signs and Symptoms of Caregiver Burnout

Presenter: Henry Lopez (Baptist Health System)

This presentation will review the signs and symptoms of caregiver burnout and provide ways to minimize its' impact overall. It will provide both caregivers and peers with helpful information on provider burnout, and how to prevent its' affects so they can remain positive, compassionate providers.

1:30-2:00: Trauma "Mind and Body"

Presenter: Crystal Ann Sepulveda (Upbring)

This mini session will provide insight into compassion fatigue; the pervasive syndrome affecting so many professionals like professional caregivers. At the end of this session attendees should have a better understanding of how to combat, recognize and treat themselves for compassion fatigue, bettering their mind, body and soul.

2:15-2:45: Tired of Being Tired: The Power of Self-Compassion to Heal Burnout

Presenter: Dr. Cynthia Phelps, PhD (InnerAlly)

Whether caring for a sick child, an elderly parent, or providing care for consumers as a health care professional, caregivers run the risk of becoming overwhelmed and experiencing burnout. Self-Compassion is a set of skills and way of being that help caregivers learn how to be their best supporter, instead of their worst enemy. In this mini session, attendees learn the meaning of Self-Compassion, how to get more of it in their life so they can reap the research-backed benefits including reducing depression, stress and anxiety, improving relationships, and increased happiness.

3:00-3:50: Self-Care: How to Care for Aging Parents and Yourself

Presenter: Dr. Lenoy Galvez (Baptist Health System)

This workshop will address symptoms of concern in aging parents when it comes to mental health, as well as the importance of early detection and care as a whole. Additionally, Dr. Galvez will address how the caregiver can help care for the patient while avoiding burnout.

#YourVoiceMattersSA



Friday, October 18, 2019

TRACK B: CONSUMER/PEER

9:30-10:20: IDD Services in Bexar County

*Presenters: Terri Wynn (The Center for Health Care Services), Selina Catala (The Center for Health Care Services), Corina Arauza (Alamo Area Council of Governments - AACOG), Virginia Charles (Alamo Area Council of Governments – AACOG) *Spanish Presenter available for this session*

This session consists of an overview of services and supports available in the community for individuals who have an Intellectual and Developmental Disability (IDD) or Autism Spectrum Disorder (ASD) diagnosis, as well as the resources available for their families. Participants will have the opportunity to ask questions about specific intake, eligibility and referral processes, the variety of services available, eligibility criteria, and opportunities to be involved as a provider for this population.

10:30-11:20: A New Start: A Resource Guide from the Judge’s Perspective

Panelists: Judge Yolanda Huff (Bexar County Court of Law No. 12), Judge Oscar Kazen (Bexar County Probate Court No. 1)

This session will shift focus on the intersection of Mental Health and the court’s processes. The Mental Health Court is a problem-solving court, and focuses on providing early identification of offenders to offer access to mental health treatment and community resources, as an alternative to incarceration.

1:30-2:00: Patient Bill of Rights

Presenter: Michelle Mata (NAMI San Antonio)

This mini session will help to provide a better understanding of someone’s rights as an individual with a mental health diagnosis receiving mental health services in the community. Attendees will be armed with the verbiage and knowledge to Live Out Loud as an individual with a mental health diagnosis.

2:15-2:45: Psychiatric Advance Directives (How to Fill Out Your PAD)

Presenter: Michelle Mata (NAMI San Antonio)

When experiencing a mental health crisis, how is one’s voice heard? Completing a Psychiatric Advance Directive (PAD) ahead of time ensures a plan is in place if a crisis occurs preventing the person from making decisions. Mata will help attendees fill out a PAD and answer questions they may have in the process. A copy of a PAD will be provided.

3:00-3:50: Housing 101: The Ins and Outs

Presenters: Cecil King (The Center for Health Care Services), Amy Higdon (The Center for Health Care Services), Pat Ortega (San Antonio Housing Authority - 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 a person’s rights and responsibilities, and what can they expect? Professionals from the San Antonio Housing Authority (SAHA) and the 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.



Friday, October 18, 2019

TRACK C: MENTAL HEALTH

9:30-10:20: Transitioning Veterans: Overcoming Mental Health Obstacles

*Panelists: Ruby Crockrell (Warrior Watchman Peace Center), Brandon Hertzog (St. Anthony's Catholic High School), Gabriel Lopez (Texas Workforce Commission) *Spanish Presenter available for this session*

Moderator: Alanah Lavinier

In this session, veteran panelists will provide insight into mental health obstacles veterans face when transitioning to civilian life after being discharged or reaching retirement. Attendees will also learn about helpful resources regarding benefits and wellness, reentering the workforce and firsthand accounts of the move to civilian life.

10:30-11:20: Spirituality and Mental Health

Panelists: Doug Beach (NAMI San Antonio), Rev. Ann Helmke (City of San Antonio), Chaplain Bobby McFarland (The Salvation Army)

Moderator: Joseph Luedecke (UT Health – Dept. of Psychiatry)

How do you connect with spirituality, and what part does it play in your recovery? Do you want to know how others connect? Join the Spirituality and Mental Health Panel for a guided group discussion on all things spiritual. Please bring respect, an open mind, and a desire to share!

1:30-2:00: First Episode of Psychosis

Presenter: Christina Marshall, LCSW (The Center for Health Care Services)

This is an informative mini session about an early intervention program for first episode of psychosis in Bexar County. Participants from all spheres of interest will receive an overview of the impact of psychosis on an individual and how their loved ones can help. Information about our community's early intervention program—the POWER Program of The Center for Health Care Services will also be provided.

2:15-2:45: Supported Employment Options and Mental Health

Presenter: KaTasha Green (The Center for Health Care Services)

Finding a job is difficult, and the challenges of having a mental health condition can make it even harder to perform a job search, interview, and adjust to the routine of a daily job. Ms. Green will provide insight into managing mental illness in the workplace, and provide a look at the barriers individuals with mental illness face around employment.

3:00-3:50: Our Voice in Action: A Discussion of What's Worked for Us

Panelists: Zachary Bullard (The Center for Health Care Services), David Castro (The Center for Health Care Services), Wendy Stephens (The Center for Health Care Services), Clarence West

It's not every day we can connect with others and hear honest conversation about mental health recovery, until now. Join a panel of presenters with personal experience of mental health recovery, and listen in on how they are using their voice to make better lives for themselves today.

#YourVoiceMattersSA



Friday, October 18, 2019

TRACK D: SUBSTANCE USE

9:30-10:20: Stand Up to Your Doctor: Opiate/Benzo Alternatives

Presenters: Jackson Longan (Oxford House, Inc.), Casey Longan (Oxford House, Inc.)

This husband and wife duo will provide insights to help educate attendees on non-narcotic alternatives, the right questions to ask their doctor, and how to advocate for people new to recovery all while respecting the law and doctor-patient confidentiality. Attendees will also hear of personal accounts experienced from “pushy” professionals while instilling the confidence to speak their mind.

10:30-11:20: Break the Substance Stigma: Recovery High School

Presenters: Tanya Jopling (Bexar County Juvenile Probation Department), Bea Blackmon (Rise Recovery)

Recovery High Schools share common goals of educating students in recovery from substance use disorder or co-occurring disorders while supporting students in working a strong program of recovery. In this informative session, the presenters will dive into what makes a recovery high school successful and the roles these schools play in the recovery of teens today.

1:30-2:00: Places to Go, People to See: Day to Day Support Options

Presenter: Kiley Jon Clark (SA Clubhouse)

This informative mini session will review and discuss the role of supportive community connections in mental health recovery.

2:15-2:45: Alternative Peer Groups: Benefits of Peer Support

Presenters: Kirsten Rickard (The Center for Health Care Services), Noe Gonzalez (The Center for Health Care Services)

In this mini session, presenters talk up close and personal on the true benefits of peer support services. With countless resources available for those in recovery, finding the right resources can be daunting. Workshop presenters will offer their advice for tried and true services that make a difference.

3:00-3:50: Opioid Prevention & Intervention

Presenters: Abigail Moore (SACADA), Jackson Longan (Oxford House)

Bexar County had the fifth highest overdose rate in Texas in 2015 according to The Centers for Disease Control and Prevention (CDC). This session will provide both a clinician and lived experience perspective on the current opioid crisis and options for prevention and intervention. Attendees will also listen in on Longan’s accounts as a Trainer of opioid overdose prevention and reversal.



Friday, October 18, 2019

TRACK E: WELLNESS

9:30-10:20: How Social Media Can Improve Your Mental Health

Presenter: Nisi Bennett (The Center for Health Care Services Foundation)

In today's digital age, social media can be daunting to one's mental health. This session will provide tips and tricks to keep users happy as they scroll, including filtering newsfeeds for positive and informative viewing.

10:30-11:20: Healthy Relationships

Presenter: Janeshka Almaguer (Rape Crisis Center)

This session will involve discussions around the different types of relationships found in people's daily lives. Ms. Almaguer and attendees will examine the characteristics that make up a healthy and unhealthy relationship and the importance of knowing a partner's boundaries and embracing individuality in a relationship.

1:30-2:00: Service Animal, Support Animal, Therapy Animal: What's the Difference?

Presenter: Ted Evans (Disability Rights Texas)

In this mini session, Mr. Evans will review which laws attendees need to know as they navigate daily life with their animal, whether that animal is a Service Animal, Support Animal, or a Therapy Animal. The laws for animal access and accessibility are different in housing, places of public accommodations (i.e. restaurants, malls, retail stores), and employment. He will help attendees understand the differences, how to make requests for "reasonable accommodations," and how the law and health providers sometimes do not see eye to eye.

2:15-2:45: Funding Options for Higher Education

Presenter: Zach Magallanez (Café College)

This mini session will include an introduction to scholarships, the best search methods, and how to stand out as a scholarship candidate.

3:00-3:50: Brain Development and Mental Health

Presenter: Dr. Melissa Deuter (Sigma Mental Health Urgent Care)

Dr. Deuter will discuss how normal stages of brain development can cause changes in thoughts, moods, and behaviors that lead to mental health diagnosis and treatment. Attendees will also gain an understanding of how normal brain development can change the way we understand and treat youth with mental health symptoms.



2019 Conference Schedule and Workshop Descriptions

Saturday, October 19, 2019

8:00 – 11:00	<i>Conference Registration (Lobby)</i>		
	<i>Workshop Track E Wellness</i>	<i>Workshop Track F Youth</i>	<i>Workshop Track G Professional Development</i>
9:00 – 9:50	Giving Back: The Value of Volunteering	Parents with Substance Use Disorders: How to Deal	Making the Most of Supervision
9:50 – 10:00	<i>Break</i>		
10:00 – 10:50	Healing with Writing: Journaling Workshop	Youth Leaders in Recovery	College Students and Stress*
10:50 – 11:00	<i>Break</i>		
11:00 – 11:50	Practical Everyday Yoga	It's All About You! Guided Group Discussion	Ethical/Supervision Management
11:50	<i>Adjourn</i>		

*This track is considered a Youth track session and Continuing Education Credits are not available for this session



Saturday, October 19, 2019

TRACK E: WELLNESS

9:00-9:50: Giving Back: The Value of Volunteering

Presenter: NAMI San Antonio

Ever consider the ROI (return on investment) of volunteering? In this session, Terri will discuss the positive health benefits (psychological and emotional) someone can experience from giving back. Attendees will also receive local available resources for those interested in volunteering and reaping the positive health benefits of donating their time.

10:00-10:50: Healing with Writing: Journaling Workshop

Presenter: Corrina Herrera (Elysium Behavioral Health)

Sharing your voice, whether vocally or on paper, is important to managing your mental health. Journaling helps control symptoms of mental health conditions and improve mood by helping prioritize problems, fears and concerns. Attendees may use this session to find out how their mind and body can heal by writing down thoughts, emotions and everyday stressors.

11:00-11:50: Practical Everyday Yoga

*Presenter: Alejandra Trejo (MelMarieStudio and NEISD) *Spanish Presenter available for this session*

Mind and body practices, like yoga, help to improve mood, behavior and stress-related nervous system imbalances. In this session, attendees will learn about Yoga Basics and the practical application of Yoga and Mindfulness in everyday life to enhance physical and mental health.



Saturday, October 19, 2019

TRACK F: YOUTH

9:00-9:50: Parents with Substance Use Disorders: How to Deal

Presenter: Josh Green (New Choices Treatment Center)

Parental substance abuse is a serious problem affecting the wellbeing of children and families. The co-occurrence of parental substance abuse and problematic parenting is recognized as a major public health concern. In this presentation, Green will discuss strategies that youth, and mental health professionals working with youth, can utilize to cope and overcome a parent's substance use.

10:00-10:50: Youth Leaders in Recovery*

Panelists: Members of the Peer Leadership Advisory Council

Moderator: Zach Saunders (Rise Recovery)

Members of the Peer Leadership Advisory Council discuss their successful lived experiences in recovery and provide resources and tools that have assisted in their rehabilitation.

*This track runs concurrently with College Students and Stress

10:00-10:50: College Students and Stress*

Panelists: Members of Active Minds UTSA, Noe Gonzalez (The Center for Health Care Services)

Moderator: Leonor Bermea (The Center for Health Care Services)

College students experience stress related to changes in lifestyle, increased workload, new responsibilities and relationships. Members of Active Minds UTSA speak on lived experiences and how they overcame mental health obstacles while in school.

*This track runs concurrently with Youth Leaders in Recovery

11:00-11:50: It's All About You! Guided Group Discussion

Presenters: Michelle Vaughn (San Antonio Behavioral Healthcare Hospital), Zach Saunders (Rise Recovery)

This guided group discussion will focus on adolescent substance use, person-centered recovery, the importance of getting to know ourselves, and implementing our own version of self-care, because no two people have the exact same experience! This workshop will vary based on audience participation.



Saturday, October 19, 2019

TRACK G: PROFESSIONAL DEVELOPMENT

9:00-9:50: Making the Most of Supervision

Presenter: Dr. Lela Brown (Caring Counseling and Consulting Services)

Participants will identify positive ways to develop and mentor throughout the process of supervision while establishing and maintaining healthy boundaries with interns.

11:00-11:50: Ethical Supervision/Management

Presenter: Dr. Christie Melonson (University of the Incarnate Word)

This interactive workshop will focus on ethical considerations in the management and supervision of behavioral health employees who provide direct clinical services to clients and patients. The workshop will provide information on the functions of management, overview of how the organization impacts managers, best practices in management and supervision, and will discuss the ethical implications of being in a management role including information from the ACA Code of Ethics.