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# 21ST ANNUAL BEXAR COUNTY BEHAVIORAL HEALTH AND WELLNESS CONFERENCE

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## Welcome Remarks: Red Oak Ballroom B

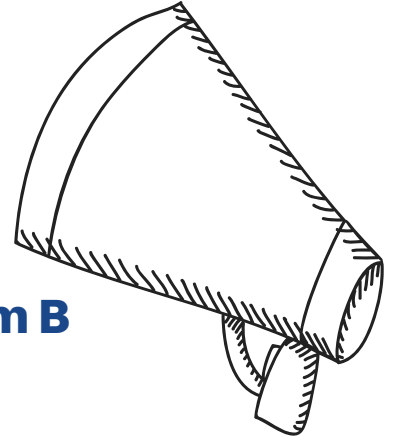
**Thursday, May 18th**

*Opening Session 9:00-9:20 a.m.*

Presentation of the Colors: Roosevelt High School Color Guard

Welcome Remarks: Jelynne LeBlanc Jamison, President/CEO

The Center for Health Care Services



## Keynote & Awards Luncheon: Red Oak Ballroom B

*Keynote and Awards Luncheon 11:00-12:15 p.m.*

Keynote Presenter: Dr. Carmen Tafolla

Art & STAR Awards Ceremony

The Wood Group Educational Scholarship Presentation

Master of Ceremonies: Ursula Pari, KSAT 12 News Anchor



The keynote luncheon will feature Dr. Carmen Tafolla, an award-winning poet and children's author, storyteller, performance artist, motivational speaker, scholar and university professor. The author of more than 30 books and a Professor of Transformative Children's Literature at UT San Antonio, she holds a Ph.D. in Bilingual Education from the University of Texas and a B.A., M.A., and a Doctorate Honoris Causa in Humane Letters from Austin College. Dr. Tafolla has performed her one-woman show throughout the Americas, Europe, and New Zealand, and her work appears internationally in textbooks, newspapers, journals, magazines, elementary school Big Books & posters on city buses, and engraved on sidewalks and museum walls. Dr. Tafolla credits the community around her with her inspiration and her training.

### STAR Awards

The STAR Award is given in recognition of an individual or family who, through personal example, has overcome or broken down barriers in mental health, substance use, and/or intellectual and developmental disabilities and has become productive and successful in living their lives. It also recognizes the promoters and supporters of personal or community endeavors, community integration, or inclusion, who have become champions and advocates for persons and families with mental disabilities.

### Art Awards

"From Surviving to Thriving: Paving Your Way to Wellness" Art Contest is an activity to raise awareness about mental health in Bexar County. We encourage adults to participate in this art contest as we recognize the importance of behavioral health and wellness to every person in our community.

### The Wood Group Educational Scholarship

The Wood Group provided (1) educational scholarship (\$500 value) to an individual pursuing higher education. The scholarship award can be used for academic books, materials, school fees, or tuition for post-secondary education. Eligible scholarship candidates are residents of Bexar County age 17 years or older who have received or are currently receiving services for mental health, intellectual and developmental disabilities or substance use recovery, and are currently enrolled or plan to be enrolled at a trade school/certification program/university or college for Academic Year 2022. Individual selected must have at least a 2.0 accumulative GPA and can be a full or part-time student.

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### **Continuing Education Units (CEUs)**

The Behavioral Health and Wellness Conference is offering attendees an opportunity to acquire CEUs. No partial continuing educational credits will be given at the sessions. Successful completion of the ENTIRE 1.0-hour session is required to receive continuing education credit. Participants seeking continuing education credits should stop by the CEU table in the lobby to pick up document information to inquire for further information.

### **Credits for Social Work/LPC/LMFT/LCDC**

1. Attend a full 1.0-hour session.
2. Legibly sign the sign-in sheet.
3. Complete evaluation form and return to room monitor.
4. Receive certificate from room monitor or CEU table at the end of the conference.

Social Work, Licensed Professional Counselor (LPC), Licensed Marriage and Family Therapist (LMFT), and Licensed Chemical Dependency Counselor (LCDC) CEUs will be offered for all professional development sessions.

# TRACK A (CYPRESS ROOM)

*May be best suited for caregivers or professionals.*

## Thursday, May 18, 2023

### **9:30-10:00 a.m. How Pain Affects the Brain**

*Presenter: Tyler West (Liberty Rehabilitation Specialists), Mary Lou Lugo (Liberty Rehabilitation Specialists)*

When experiencing an orthopedic injury or recovering from a surgical procedure, patient's often experience a wide-range of symptoms of pain or disability that can be individually affected by a number of emotional stressors. These may include prior expectations of healing, catastrophizing of injury, home life, interpersonal relationships, financial concerns, work stressors, or co-existing health conditions. Working with a physical therapist that understands this intricate relationship can be key to managing chronic pain and resolving injury.

### **10:10 -10:40 a.m. The Empty Water Well... Recognizing Compassion Fatigue**

*Presenters: Margarita Ochoa-Smith (Endeavors)*

The Empty Water Well - El Pozzo Vacio... Recognizing Compassion Fatigue. This workshop will acknowledge the courage it takes to work with victims of traumatic events and or perpetrators and the emotional toll it can have on a provider. We will explore how to recognize Compassion Fatigue and collectively identify methods for overall well-being.

# TRACK B (LIVE OAK ROOM)

*May be best suited for consumers, people in recovery, people who have a loved one in recovery or professionals.*

## Thursday, May 18, 2023

### **9:30-10:00 a.m. Peer Support Groups- What Can They Do For You and Your Family?**

*Presenter: Kathy Franklin (Depression and Bipolar Support Alliance San Antonio)*

Hear an explanation of what peer support groups are from the Depression and Bipolar Support Alliance (DBSA) viewpoint. These groups are geared toward providing a safe, confidential setting in which to exchange individual experiences in a nonjudgmental format. The role of the support group facilitator is a model for the individual group's behavior. All members are on the same level, working together to demonstrate kindness and respect. Membership is open to all, including family and friends.

### **10:10 -10:40 a.m. The Importance of Helping People that Help People**

*Presenters: Sarah Hogan (Plum Creek Recovery Ranch)*

Recognize the signs and symptoms of a first responder/front-line worker who may be experiencing addiction- underlying causes such as multiple complex trauma. Learn the impact that front-line workers and first responder careers have on overall mental health and substance use.

# TRACK C (ELM ROOM)

*May be best suited for people with an interest in behavioral health or professionals.*

## Thursday, May 18, 2023

### **9:30-10:00 a.m. Secondary Survivorship and the Impact of Trauma**

*Presenter: Rachael Finch (Rape Crisis Center)*

This presentation defines secondary survivors and looks at secondary traumatic stress, as well as the impact trauma can have mentally and physically on both primary and secondary survivors. This workshop includes discussions of self-care and healing for all those impacted by sexual violence.

### **10:10 -10:40 a.m. Texas Health Steps and STAR Programs Outreach and Informing**

*Presenters: Sandra Godoy (Texas Health Steps and STAR Program)*

Learn about the Health Care Orientation (HCO) requirement for Simplified Medicaid. Those that are new to Texas Health Steps will understand the services and benefits along with Medicaid benefits. This workshop will also go into detail about the functions and responsibilities of Texas Health Steps Outreach and Informing staff.

# TRACK D (PECAN ROOM)

*May be best suited for people in recovery from substance use, friends or family of people with a substance use disorder or professionals.*

## Thursday, May 18, 2023

### **9:30-10:30 a.m. Understanding Specialty Courts**

*Presenter: Judge Yolanda Huff (Bexar County Court of Law No. 12), Judge Helen Petry Stowe (Bexar County Court of Law No. 1), Judge Rosie Speedlin-Gonzalez (Bexar County Court of Law No. 13), Judge Erica Dominguez (Bexar County Court of Law No. 6), Judge Erica Pena (Bexar County Court of Law No. 11)*

This informative session will feature judges from all five misdemeanor Specialty Courts. Attendees will learn more about the Mental Health Court, the Domestic Violence/ Reflejo Court, the DWI Court, Adult Drug Court, and the veterans Treatment Court. In this session, attendees will learn what a specialty court is, how they benefit the judicial system and how they operate.

# TRACK E (MAGNOLIA ROOM)

*May be best suited for people looking to improve their life, well-being and self-care skills, or professionals.*

## Thursday, May 18, 2023

### **9:30-10:00 a.m. Rights to Meds**

*Presenter: Ritu Ajmani (15RX Pharmacy)*

This is a seminar on Medication Self Care. Attendees will learn how to work with their doctor to assure their medication needs are met. They will also be educated on self-medicating: how to handle emergency situations, handling narcotic medications, and handling PRN medications.

### **10:10 -10:40 a.m. The Balancing Act of Nutrition and Physical Activity: A Health Coach and Dietitians Perspective**

*Presenters: Kathryn Veracruz (Health Coach), Natalie Holzauer (Registered Dietitian Nutritionist)*

This workshop is for individuals to become more self aware and make healthier choices to a more successful well-being. They will gain knowledge and be able to live a well balanced life of health and activity while still being able to enjoy their favorite foods.

# TRACK F (CYPRESS ROOM)

*May be best suited for professionals pursuing CEUs.*

## Thursday, May 18, 2023

### **1:00-1:50 p.m. Free Your Mind: Mind Management Basics**

*Presenter: Jessica Smarro (Jessica Smarro Coaching)*

Many of us were taught \*what\* to think, but most of us were not taught \*how\* to think. As humans, we have the ability to take any experience in our lives and create meaning. That meaning can be disempowering, or one that frees us to create a life and experiences we actually want. The prison of an unmanaged mind is filled with limiting beliefs, and chasing external things to feel better: overworking, overachievement, overdrinking, overeating, etc. An unmanaged mind makes it easy to lose sight of what's going well and only notice the problems. Managing your mind opens you up to the full potential of your human experience. This session will introduce you to the skills to get started.

### **2:00-2:50 p.m. A Time for Rest: 7 Types of Rest**

*Presenter: Donna Costa (NAMI Bridges to Care), Dr. Emma Alexander (NAMI Bridges to Care)*

If you've ever had the experience of waking up after a full eight hours feeling just as exhausted as you were when your head hit the pillow, you know that sleep doesn't always make you feel fully rested. While sleep is a great way to get physical rest, it isn't the only type of rest you need. And if you're in need of a different type, you can get all the sleep in the world—and you still won't feel refreshed and recharged. By participating in this workshop, attendees will learn about how important rest is to one's overall health.

# TRACK G (LIVE OAK ROOM)

*May be best suited for people looking how to identify, understand and respond to signs of mental illness and substance use disorders.*

## Thursday, May 18, 2023

### **1:00-5:00 p.m. Mental Health First Aid Training**

*Presenter: Karen Coleman (The Center for Health Care Services Foundation)*

This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. Attendees will gain knowledge on how to apply the ALGEE action plan:

- Assess for risk of suicide or harm.
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

# TRACK A (CYPRESS ROOM)

*May be best suited for caregivers or professionals.*

## Friday, May 19, 2023

### **9:30-10:00 a.m. Using SACRD.org to Find Mental Health Resources**

*Presenter: Bill Neely (San Antonio Community Resource Directory)*

Hear the experiences of social workers helping their clients find mental health resources and how SACRD.org was beneficial. Learn and understand the attributes of comprehensive resource guides and see the SACRD.org Mental Health Portal firsthand.

### **10:10 -10:40 a.m. Family Support and Illness Management**

*Presenters: Yolanda Ortega*

This session will share a personal experience about several diagnoses such as Schizoaffective Disorder (with hallucinations), Panic and Anxiety, PTSD from Sexual Abuse Trauma, ADHD, Borderline Personality Disorder and Obsessive Compulsive Disorder.

# TRACK B (LIVE OAK ROOM)

*May be best suited for consumers, people in recovery, people who have a loved one in recovery or professionals.*

## Friday, May 18, 2023

### **9:30-10:00 a.m. The Essence of Wellness**

*Presenter: Leonor Bermea (The Center for Health Care Services), Valessa Agosto (Our Lady of the Lake University)*

Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes. This assures that you're not just surviving, but that you're thriving! It is essential for everyone to understand the importance of overall wellness. This workshop will further explain what the dimensions of wellness are and important tools to utilize when feeling emotionally, physically, and socially drained.

### **10:10 -10:40 a.m. My Place is in the Community**

*Presenters: Judith Laufer (San Antonio League of Self Advocates)*

In this workshop, attendees will meet four men and women with an intellectual or developmental disability who exemplify different lifestyles in the community that they have chosen for themselves.

# TRACK C (ELM ROOM)

*May be best suited for people with an interest in behavioral health or professionals.*

## Friday, May 19, 2023

### **9:30-10:00 a.m. Help My Unbelief: A Conversation on Mental Health and Faith**

*Presenter: KanDace Brock (Jesse C. Fletcher Seminary)*

Mental Health and faith can be two polarizing topics when forced to pick one. As community leaders, people, and organizations, it is important to understand how mental health and faith complement one another. In this workshop, participants will discuss mental health, faith/ spirituality, and how one's understanding, or the lack thereof, can impact themselves and the community they serve.

### **10:10 -10:40 a.m. Hospice: What Is It and How Can It Support You?**

*Presenters: Kristina Meyer (The Center for Health Care Services)*

This workshop session will go over what is available at end of life through hospice care and what to do to prepare for the end of life. Many of us don't think about what we want for our end of life until it is time. Planning ahead and considering your options is very important.

# TRACK D (PECAN ROOM)

*May be best suited for people in recovery from substance use, friends or family of people with a substance use disorder or professionals.*

## Friday, May 19, 2023

### **9:30-10:30 a.m. History and Evolution of Peer Services- What Does the Future Hold?**

*Presenter: Tu'Sheila Stewart (The Center for Health Care Services), Jacob Benavides (The Center for Health Care Services)*

This presentation will explore the history and development of peer-to-peer services and discuss how peer influence has been instrumental in the change of mental health and recovery services as seen today. Learn how the role of peer professionals can present as a first step in career reentry and provide an opportunity for further development towards careers as LCDCs, mental health clinicians, leadership, and a multitude of other career paths.

### **10:10 -10:40 a.m. Peer Services in Action- Interactive Group Session**

*Presenters: Armando Sanchez (The Center for Health Care Services), Erinn Graber (The Center for Health Care Services)*

What do peer-to-peer services look like and how do they differ from clinical services? This interactive experience will give participants the opportunity to experience how peer connection can differ from traditional clinical approaches through shared experience, storytelling, and motivating through example. Learn about common ethical considerations and how to best navigate these situations as a peer professional.



## TRACK E (MAGNOLIA ROOM)

*May be best suited for people looking to improve their life, well-being and self-care skills, or professionals.*

### Friday, May 19, 2023

#### **9:30-10:00 a.m. Pearls of Wisdom in a World of Mental Health Disparities**

*Presenter: Dr. Keely Petty (NAMI Bridges to Care)*

In this session attendees will be provided with pearls of wisdom from The Companionship Movement, a "practice of presence" developed by Rev. Craig Rennebohm who developed a way to engage with individuals who may experience mental illness. The Companionship Movement is a principled practical relational response to the suffering and struggle of those in isolation and distress. It is rooted in the support of healing and recovery through community. Attendees will be provided with 5 strategies that offer pearls of wisdom to address and successfully promote a sense of compassion and empathy. Attendees will be given tools to utilize the "practice of presence" to effectively and confidently assist for those living with mental health infirmities.

#### **10:10 -10:40 a.m. "ONE PILL KILLS!" Awareness & Initiatives to End Fentanyl Poisoning and Opioid Overdose**

*Presenters: Ginger Treanor*

Attendees will learn ways to empower others to find their way out of darkness, how to discuss the dangers with their children, and how to open the doors of communication by building trust. Understand how to administer Naloxone/Narcan in case you ever need it. Discover the 6 bills being proposed in Congress, those that have passed like test strips and Narcan, and the availability to get people the help they need. Listen to the stories of real lives lost to fentanyl as told passionately by the moms who walk in grief in a positive way to spread awareness to others.

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