

21ST ANNUAL BEXAR COUNTY BEHAVIORAL HEALTH AND WELLNESS CONFERENCE

Schedule at a Glance

8:00 – 2:00	Conference Registration (Lobby) DAY 1				
9:00 – 9:20	Opening Session and Conference Brief				
	<i>(Cypress Room)</i> Workshop Track A <i>Caregiver</i>	<i>(Live Oak Room)</i> Workshop Track B <i>Consumer/Peer</i>	<i>(Elm Room)</i> Workshop Track C <i>Mental Health</i>	<i>(Pecan Room)</i> Workshop Track D <i>Substance Use/Recovery</i>	<i>(Magnolia Room)</i> Workshop Track E <i>Wellness</i>
9:20 – 9:30	<i>Break</i>				
9:30 – 10:00	"How Pain Affects the Brain"	"Peer Support Groups- What Can They Do For You and Your Family"	"Secondary Survivorship and the Impact of Trauma"	"Understanding Specialty Courts"	"Right to Meds"
10:00 – 10:10	<i>Break</i>				
10:10 – 10:40	"The Empty Water Well...Recognizing Compassion Fatigue"	"The Importance of Helping People that Help People"	"Texas Health Steps and STAR Programs Outreach and Informing"	"Understanding Specialty Courts"	"The Balancing Act of Nutrition and Physical Activity: A Health Coach and Dietitians Perspective"
10:40 – 11:00	<i>Break</i>				
11:00 – 12:15	Keynote Luncheon and Awards Ceremony				
12:30-2:00	Health and Wellness Resource Fair				
1:00 – 1:50	<i>(Live Oak Room)</i> Workshop Track G <i>MHFA Training</i>	<i>(Cypress Room)</i> Workshop Track F <i>CEUs</i>			
		"Free Your Mind: Mind Management Basics"			
1:50 – 2:00	<i>MHFA Training</i>	<i>Break</i>			
2:00 – 2:50	<i>MHFA Training</i>	"A Time for Rest: 7 Types of Rest"			
2:50 – 3:00	<i>MHFA Training</i>				
3:00 – 3:50	<i>MHFA Training</i>				
3:50 – 4:00	<i>MHFA Training</i>				
4:00 – 4:45	<i>MHFA Training</i>				
4:45 – 4:50	<i>MHFA Training</i>				
5:00	Adjourn				

8:30 – 9:20	Conference Registration (Lobby) DAY 2				
	<i>(Cypress Room)</i> Workshop Track A <i>Caregiver</i>	<i>(Live Oak Room)</i> Workshop Track B <i>Consumer/Peer</i>	<i>(Elm Room)</i> Workshop Track C <i>Mental Health</i>	<i>(Pecan Room)</i> Workshop Track D <i>Substance Use/Recovery</i>	<i>(Magnolia Room)</i> Workshop Track E <i>Wellness</i>
9:30 – 10:00	"Using SACRD.org to Find Mental Health Resources"	"The Essence of Wellness"	"Help My Unbelief: A Conversation on Mental Health and Faith"	"History and Evolution of Peer Services – What Does the Future Hold?"	"Pearls of Wisdom in a World of Mental Health Disparities"
10:00 – 10:10	<i>Break</i>				
10:10 – 10:40	"Family Support and Illness Management"	"My Place is in the Community"	"Hospice: What Is It and How Can It Support You?"	"Peer Services in Action – Interactive Group Session"	" "ONE PILL KILLS!" Awareness & Initiatives to END Fentanyl Poisoning and Opioid Overdose"
10:40 – 11:00	<i>Break</i>				
11:00 – 1:00	Health and Wellness Resource Fair				
1:00 – 5:00	<i>(Live Oak Room)</i> Workshop Track G <i>MHFA Training</i>				
5:00	Adjourn				

Recorded Sessions: A portion of today's sessions will be recorded and available for viewing after the conference. Visit www.chcsbc.org for more details.