

BEXAR COUNTY

Behavioral Health and Wellness Conference

FRIDAY // MAY 23, 2025

Norris Conference Center
618 NW Loop 410
San Antonio, TX 78216

Moving Towards a Brighter Future



For conference
details and
FREE registration:
www.chcsbc.org

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THE CENTER
FOR HEALTH CARE SERVICES
FOUNDATION

SCHEDULE AT A GLANCE

TIME	TRACK A	TRACK B	TRACK C	TRACK D	TRACK E
8:30 - 9:20	How to Talk with Children about Death	Recovery within Reach: Empowering Communities Through Office-Based Opioid Treatment (OBOT)	13 Things Mentally Strong People Don't Do!	Finding Hope: Guidance for Supporting Those at Risk	Understanding and Planning for Financial Health
9:20 - 9:30	BREAK				
9:30 - 10:20	LGBTQ+ Sensitivity Training	It's Okay Not to Be Okay: Destigmatizing Suicide Through Connection and Empathy	Beyond the Diagnosis: Breaking Barriers, Building Careers	Talk Saves Lives: Latinx and Hispanic Communities	The Art of Belonging: Creative Solutions to Combat Loneliness and Cultivate Purpose
10:20 - 10:30	BREAK				
10:30 - 11:20	CHAAT: Teen Dating Violence	Protecting Children & Teens from Online Threats	Bridging Mental and Spiritual Health	Introducing Mindfulness to Hispanic Mental Health Patients: A Guide to Cultural Sensitivity and Effectiveness	ADHD Superpowers & Kryptonite: Harnessing Strengths, Managing Struggles
11:20 - 12:30	RESOURCE FAIR				
12:30 - 2:00	KEYNOTE LUNCHEON				
2:00 - 2:10	BREAK				
2:10 - 3:00	CHAAT Panel Discussion: Social Media, Grooming, Mental Health, and Violence in Children	Understanding the Mental Health Court (MHC)	From Burnout to Balance: Strategies for Sustained Well-Being	Exploring CHCS Justice and Complex Care Programs	Understanding the Silent Crisis of Men's Mental Health
3:00 - 3:10	BREAK				
3:10 - 4:00	Spotting the Signs & Preventing Child Sexual Exploitation	Anchored for Success: Supporting ADHD with Skills, Not Just Pills	You Matter Too: Finding Balance in Helping Others	Sweat, Sleep, and Savor: Non-Pharmacologic Interventions for Mental Wellness	A Daily Dose of Gratitude
4:00 - 4:10	BREAK				
4:10 - 5:00	The Connection: Trauma and Substance Use	The Trauma/Brain Connection	Beyond IQ: The Power of Social-Emotional Learning in Professional Settings	Building Resilience in Children and Families	Crisis Without Cuffs: Redefining Emergency Response for Mental Health
5:00	ADJOURN				

TRACK A (CYPRESS ROOM)

8:30 - 9:20 a.m. How to Talk with Children about Death

Presenter: Tami Logsdon, LPC-S (Children's Bereavement Center of South Texas)

No one wants to speak to a child about death. Our first instinct is to always protect children from physical and emotional harm. But when a death occurs and a special person is suddenly gone from their life, children naturally turn to the adults they trust. Attendees will gain a better understanding of the characteristics of grief in children and learn age-appropriate ways to speak with children about death and dying.

9:30 - 10:20 a.m. LGBTQ+ Sensitivity Training

Presenter: Gideon Del Rio (Fiesta Youth)

This insightful session, led by a certified instructor, has expertly crafted a course that tackles implicit bias, stereotypes, and preconceived notions surrounding the LGBTQ+ community. This engaging dialogue fosters a brave space, encouraging all participants to share their knowledge and address any questions or concerns regarding specific scenarios they may encounter.

10:30 - 11:20 a.m. Community Health Awareness for Adolescents & Teens (CHAAT): Teen Dating Violence

Presenter: Nickolas Raczek, MS (The Center for Health Care Services)

The goal of this session is to raise awareness about teen dating violence (TDV) and empower parents and community members with the knowledge to prevent it. By recognizing the signs, understanding the risk factors, and acknowledging the profound impact of TDV, we can cultivate a nurturing environment where teens are encouraged to build healthy relationships, set firm boundaries, and confidently seek help when necessary. Together, we can make a difference in the lives of young individuals and foster a culture of respect and safety.

2:10 - 3:00 p.m. Community Health Awareness for Adolescents & Teens (CHAAT): A Panel Discussion on Social Media, Grooming, Mental Health, & Violence in Children

Presenters: Nickolas Raczek, MS (The Center for Health Care Services), Brooke Bobo, BS, CHES (Ransomed Life of Texas), Larry Rodriguez, M.Ed. (San Antonio Office of Emergency Management), Randy Reyes (FBI Liason), David Garcia, MS, LPC (Clarity Child Guidance Center), Desiree Mora (Childsafe)

Join us for an insightful panel discussion that delves into the compelling intersection of social media, grooming, mental health, and violence in children and adolescents. This session brings together a diverse group of expert panelists who will share professional insights and resources on these critical topics. Discover the hidden impacts of digital interactions on young minds, explore strategies for fostering a safe online environment, and empower yourself with knowledge to support the well-being of the next generation.

3:10 - 4:00 p.m. Spotting the Signs & Preventing Child Sexual Exploitation

Presenter: Brooke Bobo, BSc (Ransomed Life)

This training is essential for anyone working with or around youth who are at greater risk of trafficking or exploitation due to past trauma, abuse, or neglect. You will learn about the realities of child sex trafficking and sextortion, as well as how traffickers target vulnerable young people. Ransomed Life will also share valuable community therapeutic resources. Equip yourself with this knowledge to help protect and empower our youth. Join us in the fight against exploitation!

4:10 - 5:00 p.m. The Connection: Trauma and Substance Use

Presenters: Ricky Hill (Rise Recovery), Dalton DeWinne (Rise Recovery)

Making the connection between substance use and trauma in adolescents is key to early drug prevention. Several alternative peer groups provide primarily substance use support, with limited resources in trauma-informed care. This session will outline the correlating data between trauma and substance use amongst young people and outline the underlying risk factors for each topic. It will also provide key points on developing action plans for alternative peer groups that meet the unique needs of their clients. Together, we can make a meaningful impact on young people struggling with these challenges.

TRACK B (LIVE OAK ROOM)

8:30 - 9:20 a.m. Recovery Within Reach: Empowering Communities Through Office-Based Opioid Treatment (OBOT)

Presenter: Brian Clark (The Center for Health Care Services)

Established in the Spring of 2023, the OBOT clinic provides a safe alternative to Methadone for the treatment of opioid use disorders with the use of Suboxone. Suboxone is safe and effective and one of the most commonly prescribed medications for the treatment of chronic opioid use. Active participation by the consumer allows for weekly and potentially monthly clinic visits, lending itself to a more manageable lifestyle and positive consumer experience.

9:30 - 10:20 a.m. It's Okay Not to Be Okay: Destigmatizing Suicide Through Connection and Empathy *CEU OPPORTUNITY

Presenter: Octavia Pitts, Kristina Meyer, MSW, LCSW (The Center for Health Care Services)

Suicide is a challenging and impactful topic that affects many people. In this session, we will explore suicidal ideation through the lived experience of a peer professional. We aim to create a safe space for open dialogue, reduce stigma, and foster understanding. By sharing personal experiences and insights, we hope to build empathy and awareness and, ultimately, to support healing and connection for those affected.

10:30 - 11:20 a.m. Protecting Children & Teens from Online Threats

Presenter: Larry Rodriguez, M.Ed. (San Antonio Office of Emergency Management)

The presenter will shed light on the critical issues of domestic terrorism and domestic violent extremism, emphasizing the alarming ways in which online threats specifically target our children and teenagers. This session will dive deep into the factors that fuel radicalization, demonstrating how young people facing mental health challenges are especially vulnerable to exploitation. Attendees will gain insight into the cunning tactics employed by predators to trap their victims. To empower parents, the presentation will conclude with vital resources and practical strategies designed to protect the safety and well-being of their children in the digital world.

2:10 - 3:00 p.m. Understanding the Mental Health Court (MHC)

Presenter: Judge Yolanda Huff (Bexar County Court of Law No.12)

The Judge will present on a panel about how the Mental Health Court operates, how to get evaluated for the program. In this session, attendees will also learn about the benefits, disqualifiers, and how to get a case expunged after successful completion of the program. Following the session, the judge will have a Q&A session for attendees.

3:10 - 4:00 p.m. Anchored for Success: Supporting ADHD with Skills, Not Just Pills

Presenter: Grizelda Anguiano, MD (Anchored Pediatric Mental Health & Family Coaching)

ADHD is often viewed through the lens of challenges, but what if we shifted the focus to strengths and skill-building? In this interactive workshop, parents, educators, and individuals with ADHD will gain a deeper understanding of executive function skills—such as time management, planning, prioritizing, and sustaining attention—and how to develop them in practical ways. Rather than centering on medication alone, we will explore strategies that foster confidence, independence, and long-term success. Attendees will leave with actionable tools to support growth in daily life, whether at home, school, or work.

4:10 - 5:00 p.m. The Trauma/Brain Connection

Presenter: Muriel Lanford MSN, RN, TCRN (Ransomed Life of Texas)

Understanding the impact of trauma on the brain can assist individuals who work with trauma victims & survivors, or those who simply want to know more about the topic. This engaging session will not only illuminate the basics of brain development but also reveal how trauma can dramatically reshape its function. You will discover the typical signs, symptoms, and behaviors associated with trauma, empowering you to make a meaningful difference in the lives of those affected.

TRACK C (ELM ROOM)

8:30 - 9:20 a.m. 13 Things Mentally Strong People Don't Do!

Presenter: Dr. Keely Petty, Ph.D (WestCare Texas Foundation)

Based on "13 Things Mentally Strong People Don't Do," this session offers practical strategies for building resilience and emotional fortitude. Participants will explore common mental pitfalls, such as dwelling on the past, fearing calculated risks, avoiding change, and learn how to replace them with constructive habits. Through interactive discussions, exercises, and real-life examples, attendees will gain insights into managing emotions, fostering adaptability, and promoting self-awareness. This session is for anyone seeking to enhance their personal and professional lives by developing a more resilient and empowered mindset.

9:30 - 10:20 a.m. Beyond the Diagnosis: Breaking Barriers, Building Careers

Presenter: KaTasha Thomas, MBA (Archer Agency)

Navigating employment with a mental illness comes with challenges, but it doesn't have to stop your success. This session will equip attendees with the knowledge and strategies to secure meaningful employment, maintain workplace success, and grow professionally while prioritizing mental wellness. Attendees will learn how to overcome common employment barriers, including stigma, disclosure concerns, and gaps in work history. We'll explore practical job search strategies, including finding the right opportunities, acing interviews, and advocating for workplace accommodations.

10:30 - 11:20 a.m. Bridging Mental and Spiritual Health

Presenter: Dr. Uejin Kim, MD (Restore Psychiatry MD PLLC)

Dr. Uejin Kim will lead a discussion on the intersection of mental and spiritual health. The session delves into topics such as guilt/shame/stigma with mental health struggles, the importance of spiritual health in mental health issues, and realistic and wholesome goal setting in the journey. By combining evidence-based truth and relatable stories, Dr. Kim offers insights into how individuals can foster emotional resilience and spiritual growth in their daily lives.

2:10 - 3:00 p.m. From Burnout to Balance: Strategies for Sustained Well-being

Presenter: Jeri-Ashley Bremer, MS (The Mindfulness Co.)

This session is for caregivers, helping professionals, & individuals navigating the demands of supporting others while trying to maintain their own well-being. Participants will explore the root causes of stress, learn how it shows up in the body, & walk away with practical, evidence-based techniques to release tension and set healthy boundaries. Through interactive exercises & reflective tools, attendees will gain greater clarity, resilience, & confidence in prioritizing their mental health. In a world that often glorifies self-sacrifice, this session offers a powerful reminder: your wellness matters—and it's essential to sustainable impact.

3:10 - 4:00 p.m. You Matter Too: Finding Balance in Helping Others

Presenter: Kristina Meyer, MSW, LCSW (The Center for Health Care Services)

This session explores the mental health challenges many people face when navigating stressful or emotionally demanding situations, such as burnout, compassion fatigue, and feeling overwhelmed by others' struggles. Participants will learn practical strategies for maintaining their well-being, setting healthy boundaries, and building resilience. Using simple, evidence-based practices, this session will empower attendees to prioritize their mental health, support others without losing themselves, and stay strong through life's emotional ups and downs. ***CEU OPPORTUNITY**

4:10 - 5:00 p.m. Beyond IQ: The Power of Social-Emotional Learning in Professional Settings

Presenter: Louie Olivan, MPA (Serendipity Place, LLC)

Social Emotional Learning (SEL) is a growing area of interest in educational research, with evidence suggesting that SEL programs enhance social, emotional, and cognitive development. This session will review how SEL focuses on developing skills related to understanding and managing emotions, building healthy relationships, and cultivating social awareness, essentially teaching employees how to navigate their emotions and interact effectively with others in various situations.

TRACK D (PECAN ROOM)

8:30 - 9:20 a.m. Finding Hope: Guidance for Supporting Those At-Risk

Presenter: Julia Hewitt (South Texas Chapter of the American Foundation for Suicide Prevention)

Finding Hope is a session that provides practical guidance to those supporting someone with lived experience. The session includes information and resources about the process of recovery after a suicide attempt, recognizing warning signs, crisis response, how to help support someone's treatment, planning for safety, and self-care.

9:30 - 10:20 a.m. Talk Saves Lives: Latinx and Hispanic Communities

Presenters: Frances Arias (South Texas Chapter of the American Foundation for Suicide Prevention)

Talk Saves Lives is AFSP's flagship suicide prevention program that covers the scope of this leading cause of death, what the research has found to be the warning signs and risk factors of suicide, and the strategies that prevent it. This session focuses on Latinx and Hispanic populations. It was not only translated to Spanish but developed from a cultural standpoint to reach and relate to Latinx populations.

10:30 - 11:20 a.m. Introducing Mindfulness to Hispanic Mental Health Patients: A Guide to Cultural Sensitivity and Effectiveness

Presenter: Valeria S. Lerma, LCSW-S (San Antonio Behavioral Healthcare Hospital)

This session guides providers and caregivers through culturally sensitive mindfulness practices for the Hispanic community. It highlights the significance of cultural competence in mental health care, the benefits of mindfulness, and strategies for integration. Additionally, it addresses challenges like language barriers and cultural differences, offering practical solutions. Attendees will leave with the knowledge and skills to effectively introduce mindfulness to Hispanic mental health patients.

2:10 - 3:00 p.m. Exploring CHCS Justice and Complex Care Programs

Presenter: Nicole Bermejillo, MS, LPC-S Annie Cortez, MS, NCC, LPC Monica Torres, MS, LPC-S, Dr. Marina Vladimir, Ph.D., MHA, LPC (The Center for Health Care Services)

In this session, conference attendees will gain an understanding of the Justice and Complex Care programs within The Center for Health Care Services (CHCS) Adult Behavioral Health division, including their distinct missions and the roles that make up each interdisciplinary team. Attendees will also be introduced to key community partners and explore how collaboration with these agencies improves outcomes for the individuals we serve.

3:10 - 4:00 p.m. Sweat, Sleep, and Savor: Non-Pharmacologic Interventions for Mental Wellness

Presenter: Dr. Amritpaul Chatrath, DO, MBA (wiseMIND)

This session will highlight the utility of non-pharmacologic, evidence-based treatments for mental health. The focus will highlight behavioral interventions, including the impact of physical activity, nutrition, and sleep, and how health care professionals can support and promote these changes. Attendees will learn how non-medication approaches can complement our current standard of care with an emphasis on evidence-based personalized treatment plans for individuals who desire a multifaceted approach.

4:10 - 5:00 p.m. Building Resilience in Children and Families

Presenters: Melissa Galvan, Dulce Arellano (KLRN)

Join KLRN to learn about bilingual Sesame Street resources available for use in your program or classroom. These resources aim to provide children and families with tools and coping skills to overcome both small and big challenges. Resilience helps us bounce back when we fall down and keeps us going when times get tough.

TRACK E (MAGNOLIA ROOM)

8:30 - 9:20 a.m. Understanding and Planning for Financial Health

Presenter: Crystal Huron (Credit Human)

This session will provide insight on the effects of financial stress and the components of financial health and take you on a journey to improve your financial well-being. We talk about how financial stress affects other aspects of our lives and starts to take a toll on not just us but those who around us. Attendees will leave with strategies to improve their financial health which will improve their overall wellbeing.

9:30 - 10:20 a.m. The Art of Belonging: Creative Solutions to Combat Loneliness and Cultivate Purpose

Presenter: Constanza Roeder (Constanza Roeder Consulting, LLC)

This session is designed for mental health professionals, caregivers, and community members seeking innovative ways to address loneliness and promote well-being. Participants will explore the powerful role of creative expression in fostering social connection, emotional regulation, and a sense of purpose—regardless of artistic experience. Attendees will leave with practical strategies to combat isolation and cultivate meaningful relationships, making arts engagement an essential tool for modern wellness.

10:30 - 11:20 a.m. ADHD Superpowers & Kryptonite: Harnessing Strengths, Managing Struggles

Presenters: Nisi Bennett (All Heart Initiative), Grizelda Anguiano, MD (Anchored Pediatric Mental Health & Family Coaching)

ADHD is often misunderstood as a list of deficits—but what if it's also a collection of superpowers waiting to be harnessed? In this engaging and insightful session, Nisi shares personal stories of how her ADHD traits have been both gifts and challenges, while Grizelda breaks down the neuroscience behind these traits. Together, they'll explore how context shapes whether a trait is a superpower or a kryptonite—and how individuals, families, and providers can reframe and support ADHD through a strengths-based lens.

2:10 - 3:00 p.m. Understanding the Silent Crisis of Men's Mental Health

Presenter: Sinclair Caesar III, MS (Sinclairity Consulting LLC), Dr. Amritpaul Chatrath, DO, MBA (wiseMIND), Jesse Hernandez, LPC (Elevate Mental Health), Dexter Brown, LPC (Small Acres Ranch Therapy), Armando Sanchez, MSW (The Center for Health Care Services)

This panel will address misconceptions about men's mental health, societal pressures that lead to silence, and the importance of storytelling in reducing stigma. We'll explore how to create safe spaces for men to open up and how practitioners can better support their male clients. Featuring insights from mental health professionals and individuals with lived experience, the session will offer strategies for building peer-support networks and improving access to mental health care for men.

3:10 - 4:00 p.m. A Daily Dose of Gratitude

Presenter: Dr. Manizeh Mirza-Gruber, MD (Mindful in Practice)

Our mind, body, heart, and spirit are interconnected, yet we often forget to practice gratitude for our blessings in our fast-paced lives. Regularly practicing gratitude has numerous benefits, including improved physical and emotional health, reduced anxiety, enhanced resilience, and better relationships. Through guided meditations, exercises, and group sharing, attendees will learn to incorporate gratitude into their daily lives, fostering greater well-being and connection to others.

4:10 - 5:00 p.m. Crisis Response Reimagined: Officer, Medic, and Clinician Working as One

Presenter: The Center for Health Care Services

This session provides an overview of co-responder mental health teams, which pair behavioral health professionals with law enforcement and medical professionals to respond to mental health-related calls. It explores this collaborative approach's structure, goals, and benefits, including de-escalation, increased access to care, and reduced strain on emergency services. Real-world examples and outcomes will highlight the impact and effectiveness of these programs.