

Sunday, August 25th

Vonda Powell

Laughing Through the Diagnosis2:30-3:30pm (Paradise A & B)

Come learn how healing can be accomplished through laughter! This power-packed comedy routine will include some information on how you can apply humor to your story in a way that promotes healing for yourself and family, as well as, raise awareness regarding your individual diagnosis. Humor is a great stress reliever and also helps connect people from all walks of life. This presentation will include personal testimony and life experience from the speaker and also give you information on other famous comedians living with a developmental disability, mental illness, and/or substance use disorder. This comedy routine will not disappoint and will have you roaring with laughter.

Casie Stephens

What's In It for Me? Empowering Your Finances, Preserving Your Benefits.....3:50-4:50pm (Paradise A)

Developmental Disabilities Presentation

We will conduct an interactive presentation discussing financial options for preservation of public benefits for persons with disabilities and their families.

Ebony Roberson

Conquering Anxiety 3:50-4:50pm (Paradise B)

Mental Illness Presentation

This presentation will include some of the key aspects of anxiety and highlight different triggers that may lead to anxiety. The presenter will discuss how to identify personal anxiety triggers and ways to respond. There will be an opportunity to role play steps to minimize feelings of anxiety. The speaker will help attendees to create a personal action plan for ways to cope when feeling anxious.

Beckie Gierer

Disaster Recovery 3:50-4:50pm (Paradise C)

General Presentation

2019 has been a huge year for disasters across the state of Missouri. Come learn about the common reactions individuals have after a disaster, what recovery looks like for individuals and communities, and what is happening in Missouri right now for recovery from the recent floods and tornadoes.

Anna Long

Celebrate Recovery, We Are In This Together!.....3:50-4:50pm (Windgate 62 & 63)

Substance Use Disorder Presentation

The speakers will discuss what it means to celebrate recovery, what to expect at a recovery meeting, and give personal testimony regarding lived experience on topics such as addiction and co-dependency. Attendees will learn that recovery is not just about overcoming addiction, what a Step Study is, and how to find a celebrate recovery meeting. The information presented is appropriate for all groups and ages.

Brook Fuller

Bullying Prevention..... 3:50-4:50pm (Parasol II)

Family and Youth Presentation

This training contains an overview of the dynamics of bullying, including what bullying is, an overview of different types of bullying, who is bullied, and why children are bullied. Other topics include steps to

intervene in bullying behavior, how to encourage students who witness bullying to take action, the role of the school, and laws and policies related to bullying.

Monday, August 26th

DMH Staff

Department of Mental Health Update.....9:00-9:45am (Paradise A & B)

Plenary Presentation

This presentation will be an update on initiatives that the Department is working on. During this presentation, individuals will be able to ask questions and learn new information.

Jessica Malavolti

The Power of Choice 10:00-11:00am (Paradise A)

Developmental Disabilities Presentation

The presentation will show attendees how Self-Directed Supports will give you the power of choice by being your own voice this presentation will highlight how to hire and fire the right caregivers for you!

Lori Norval

Peer Services in Assertive Community Treatment10:00-11:00am (Paradise B)

Mental Illness Presentation

Sharing how Peers help individuals in Assertive Community Treatment services. This presentation will cover topics such as: what is assertive community treatment (ACT), how does ACT help, what is the peer role on an ACT team, how do peer services enhance ACT, what are some tools of recovery in peer supports, and successes of peer supports in ACT.

Patricia Johnson

It's a Dream Board Party: Streams of Dreams.....10:00-11:00am (Paradise C)

General Presentation

A dream board or vision board is a collage of images, pictures and affirmations of one's dreams and desires, designed to serve as a source of inspiration and motivation and uses the law of attraction by way of pictures to attain goals and use as a guide to fulfill personal inner dreams and goals!

Steve Miller

Music! Does It Move Our Choices?.....10:00-11:00am (Windgate 62 & 63)

Substance Use Disorder Presentation

Music is all around us, and we hear it all the time, but do we really listen? Words and melodies are an instrumental part of our lives, but do they influence choices. For most people the discovery of music and how it fits into our personality begins during adolescence, but what if how we decipher song meaning has an impact on the rest of our lives? Whether you like country, rock or rap, this presentation will have you movin' and groovin'. No matter what generational-gap you fall into, you'll have a new understanding about the impact of lyrics and the meaning of music to the soundtrack in our lives.

Rachel Jones

A Trauma-Informed Approach to Working with Trauma.....10:00-11:00am (Parasol II)

Family and Youth Presentation

Come learn all about trauma-informed care and how trauma affects people. This presentation covers a large amount of information regarding what trauma is, what triggers trauma, what is trauma-informed

treatment and how is it used to assist individuals living with the adverse effects of a prior traumatic experience, and much more.

Ryan Hampton - Speakers for Change, LLC

We Are the Answer to Ending America’s Addiction Crisis.....11:15am-12:15pm (Paradise A & B)

Keynote Presentation

Mr. Hampton will discuss how America got itself into the worst health crisis of a generation and how we can come together to pull ourselves out of it.

Documentary Screening

Not My Child.....12:45-1:45pm (Paradise A & B)

This documentary is part of an effort to provide education related to substance use disorder and recovery specifically the impact of substance use on children and youth. The information presented will delve into the different roads to recovery and explores the world of addiction in an effort to make parents and families more prepared to help their children who are living with substance use disorder.

Scott Hettinger

Project STIR: An Overview..... 1:45-2:45pm (Paradise A)

Developmental Disabilities Presentation

Project STIR offers courses designed to increase self-advocacy skills for individuals living with a developmental disability. Stop by to educate yourself about the services and courses available through Project STIR and how you can get involved.

Kat Walters

Service Dogs: A Crash Course..... 1:45-2:45pm (Paradise B)

Mental Illness Presentation

This presentation will focus on the explanation of what a psychiatric service dog is, how do you get one, the difference between a psychiatric service dog and an emotional support animal, how to decide if a service dog is right for you, what kind of training do psychiatric service dogs need, what legal protection does the Americans with Disabilities Act provide the handler of a service dog, and what life is like with a service dog.

Carol Johnson

Public Administrators: The Most Important Job Nobody Knows About 1:45-2:45pm (Paradise C)

General Presentation

Public Administrators: The Most Important Job Nobody Knows About (Until They Need Us!) will explain the duties and responsibilities of our elected office. We will relate how we work with multiple agencies to help our wards be as independent as possible while protecting them from harm.

Renita Kitchingham

Trauma-Informed Care.....1:45-2:45pm (Windgate 62 & 63)

Substance Use Disorder Presentation

This presentation will leave you with a better understanding of the effects trauma can have on a person's life. You will develop an awareness to the signs displayed and learn how to respond in a manner that promotes healing. You will leave the presentation with communication skills to empower yourself and others.

Timothy Conroy

Suicide, Social Media, and More..... 1:45-2:45pm (Parasol II)

Family and Youth Presentation

Using information from the American Association of Suicidology the presenter will discuss information from the "Suicide and Social Media" tip sheet. Topics of discussion will include: how social media influences suicidal behaviors and what signs and triggers to look for, tips for parents and providers, warning signs for suicide, protective factors that help against suicidal thoughts and feelings, and what to do if you are with an individual in a suicide crisis. There will be many opportunities for audience participation although the presenter asks that graphic stories not be shared, and the focus of the group is on prevention, surviving and thriving!!

Colette Canchola

Charting the LifeCourse Through Healthcare Preferences.....3:00-4:00pm (Paradise A)

Developmental Disabilities Presentation

Charting the LifeCourse framework supports individuals to envision a good life and provides a means to target health and wellness for individuals with a disability within their family and community. This presentation will highlight the need for health care professionals, families, and individuals to engage in collaborative problem solving and supported decision making to identify needs, work through challenges, and realize positive health care outcomes. Also featured, will be one self-advocate's story of the importance of having a plan ahead of time to ensure your wishes are followed in important situations.

Cathy Bruns, Julie Beardslee, and Stella Hawley

RESPECT Institute Panel 3:00-4:00pm (Paradise B)

Mental Illness Presentation

This will be a panel discussion about lived experience from three individuals who live with a mental illness. The presenters will all share their personal stories regarding their diagnoses and journeys they have taken through life to overcome obstacles and persevere. All three presenters have overcome incredible adversity and are now thriving. You will not want to miss this powerful discussion!

Timothy Conroy

A Glance at the Missouri Crisis Intervention Team (CIT)..... 3:00-4:00pm (Paradise C)

General Presentation

The Missouri Crisis Intervention Team (CIT) program is designed to help first responders of all varieties deal with individuals in crisis from behavioral health disorders or those that can arise from certain Developmental Disabilities. The presentation will inform the audience about what the CIT is, and how the program can affect peer's in Missouri. This presentation will focus on forward movement of first responders when dealing with individuals in crisis and the positives that are now happening not only in Missouri but on an international scale.

Jean Harris-Sokora

Spirit in the Sky3:00-4:00pm (Windgate 62 & 63)

Substance Use Disorder Presentation

Spirit in The Sky will look at recovery and the many paths to a higher power. This presentation will include information related to the following: spirituality and religion are not the same concept, spirituality is inside everyone, spirituality is the key to recovery, finding and fostering an individual sense of spirit, using your sense of spirit for support, and building a spiritual toolkit for use in recovery.

Dani Wilson

Youth Peer Support in Missouri 3:00-4:00pm (Parasol II)

Family and Youth Presentation

Youth peer support is a growing and promising program in several states across the nation. The Missouri SOC-CESS grant has brought a training and curriculum for Youth Peer Support to the three Certified Community Behavioral Health Centers. In this presentation, SOC-CESS's Cooperative Agreement Youth Engagement team will present evidence, outcomes, and lessons learned from Youth Peer Support at SOC-CESS sites in Missouri as well as nationwide.

Wanda Crocker

Remote Supports Changed Our Lives 4:15-5:15pm (Paradise A)

Developmental Disabilities Presentation

This panel discussion will focus on remote supports and assistive technology and how these tools can be used to help individuals living with a developmental disability or family members with a developmental disability. Panelists will give real life experience related to assistive technology.

Peggy Reed-Lohmeyer

Zero Suicide: How You Can Make A Difference 4:15-5:15pm (Paradise B)

Mental Illness Presentation

Zero suicide is a national and statewide initiative focusing on eliminating suicide deaths in health care settings. Everyone can have a role in helping to achieve zero suicides. This presentation will cover what zero suicide is and how one facility has implemented this initiative.

Niharika Murthyraju

Connecting Body, Mind, and Soul Through Holistic Indian Movements 4:15-5:15pm (Paradise C)

General Presentation

Learn how to connect body, mind and soul through holistic Indian movements as a dance form. Participants will be educated about the physical and psychological benefits of this type of dance, how mindful movements can be used as emotional therapy, what the science is behind holistic movements, and that it is possible for everyone use this form of dance for healing.

Toni Jordan

Broken, Rebuilding, and Healing In Recovery 4:15-5:15pm (Windgate 62 & 63)

Substance Use Disorder Presentation

This presentation will focus on rebuilding broken relationships in addiction and will provide information related to families affected by the disease of addiction. It will provide statistics regarding families and others affected by substance use disorders. This presentation will focus on how to rebuild broken relationships as a result of addiction.

Stacey Richardson

I'm Turning 18! Navigating the Medicaid Benefit World 4:15-5:15pm (Parasol II)

Family and Youth Presentation

Navigating the Medicaid process can be daunting. This presentation will provide guidance and tips for the disability Medicaid process for those turning 18.

Tuesday, August 27th

Angela Perryman

Who Wants to be a Self-Advocate 8:55-9:55am (Paradise A)

Developmental Disabilities Presentation

The presentation will begin with defining what self-advocacy and supported decision making means to each person. Self-advocates will answer questions on self-advocacy and supported decision making through a game show style presentation. The contestants (self-advocates) will be asked questions. They will choose from lifelines to help them answer the questions given to them.

Caroline Cooper

A Peer’s Perspective: It All Begins With Hope..... 8:55-9:55am (Paradise B)

Mental Illness Presentation

The recovery process can be long and challenging. The first step is to realize there is hope. With hope comes the desire to be transformed. In the process, we can learn to recognize victory in everyday life.

Kimberlee Shaw-Ellis

Helping Our LGBTQ Youth Thrive and Survive 8:55-9:55am (Paradise C)

General Presentation

This discussion will help participants understand how LGBTQ youth are at a higher risk of experiencing violence, homelessness, drug/alcohol misuse, etc., than non-LGBTQ youth. The presentation will also include information on how others can help LGBTQ youth survive and thrive.

Mark McDonald

Learning the Ropes 8:55-9:55am (Windgate 62 & 63)

Substance Use Disorder Presentation

Participants attending this session will be able to: 1) understand why those with substance use disorders may not want to give up certain things, 2) understand what creates a deficit in someone’s life, and 3) understand the components of a healthy recovery network.

Debby Lovell-Stewart

Solving the Employment Puzzle 8:55-9:55am (Parasol II)

Family and Youth Presentation

This training centers on employment for youth with disabilities by presenting two distinct strands: self-determination and “do-it-yourself” strategies for parents, concrete information about employment, and how to access adult services for teens/young adults.