

Mental Health Forum 2016

“Community Leadership in Mental Health: Making Meaningful Connections”

Discussing Critical Mental Health Issues

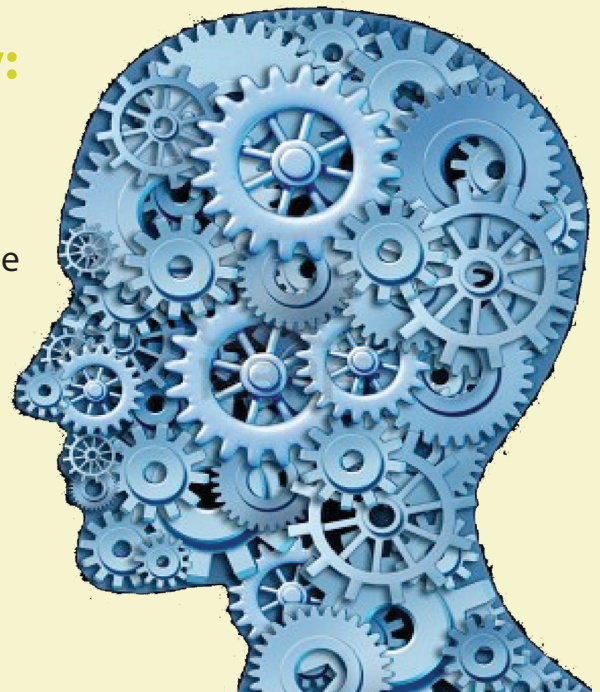
The Hult Center for Healthy Living is pleased to coordinate the Mental Health Forum. Whether you are experiencing psychological distress, are a friend, partner or relative of someone who is experiencing mental health issues, or if you work in the mental health field - this forum is a place for you to discuss, share and get resources and support.

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| <p>Saturday, April 9, 2016 8:30a-5:00p Hayden-Clark Alumni Center Bradley University, 1501 W. Bradley Ave. Peoria, IL 61625</p> <p>Featuring Keynote Speakers:</p> <p>Ray LaHood, <i>former U.S. Secretary of Transportation & Congressman</i></p> <p>Dr. Sharon Desmoulin-Kherat, <i>Peoria District 150 Superintendent</i></p> <p>Rep. David Leitch, <i>Illinois State Representative</i></p> | <p>Fees:</p> <p>\$130 Full-day Session, Lunch & 6 CEUs*/CNEs**/CPDUs***</p> <p>\$65 Half-day Session & 3 CEUs/ CNEs/ CPDUs (lunch not included)</p> <p>\$30 Student Fee</p> <p>\$30 Lunch & Awards Only</p> |
| | <p>\$160 Full-day Late Registration & Walk-ins (after March 18, 2016)</p> <p>\$80 Half-day Late Registration & Walk-ins (after March 18, 2016)</p> <p><small>*CEUs for LPC/LCPC and LSW/LCSW</small></p> <p><small>**CNEs for RN, LPN, APN</small></p> <p><small>***CPDUs for IL Public School Teachers</small></p> |

Supported & Sponsored By:

Hult Center for Healthy Living
Bradley University
Illinois Institute for Addiction Recovery
Mental Health Forum Planning Committee

Proceeds will support the mission and work of the



MENTAL HEALTH FORUM AT A GLANCE

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|-------------------------------|--|
| 4/9/16 8:30a | Registration Opens (Hayden-Clark Alumni Center at Bradley University) |
| 9-10 | Keynote, Ray LaHood, "Regional Nonprofits Lead the Way" |
| 10-10:15 | Break |
| 10:15-11:45 | <p>Break Out Session #1</p> <p>A. Access to Care & Building a New Model - Mike Wells, MS; Mike Kennedy; Corey Campbell, LCSW</p> <p>B. Depression & Mental Illness: A Mother's Journey - Theresa Miller, RN, PhD</p> <p>C. Perspectives & Cultural Competency: New Ways to Look at Multicultural Effectiveness for Helpers - Dr. Beto Davison Aviles</p> <p>D. Working Effectively with Your Board - Brad McMillan; Mark Roberts, CFRE; Eileen Setti</p> |
| 11:45-12:00 | Break |
| 12:00-1:15 | Self-Serve Lunch Buffet & Awards |
| 1:15-1:30 | Break |
| 1:30-2:30 | Keynote, Dr. Sharon Kherat, "Initiatives in Peoria Public Schools District 150" |
| 2:30-2:45 | Break |
| 2:45-4:15 | <p>Break Out Session #2</p> <p>E. Emergency Preparedness - Troy Erbenraut, BS, EMT-B, CHEC; Tegan Camden, MA, LCPC</p> <p>F. Privilege & Oppression - Diane Zosky, PhD, ACSW, LCSW</p> <p>G. Chelsea's Story - Terri Oesterle-Klein</p> <p>H. Financial Sustainability of Non-Profit Agencies During Tough Times - Liz Rickert, MA, LCPC</p> |
| 4:15-4:20 | Break |
| 4:20-4:55 | Keynote, Rep. David Leitch, "The Future Landscape of Mental Health Services in Illinois" |
| 4:55-5:00 | Evaluations |

Featuring Keynote Speakers:



Ray LaHood,

former U.S. Secretary of Transportation & Congressman

"Regional Nonprofits Lead the Way" - Ray LaHood will discuss the tremendous impact that regional nonprofits have in providing critical services in the tri-county area. He will discuss the power of collaboration in better serving those in need and the proper role of government as an important partner in providing human services.

Dr. Sharon Desmoulin-Kherat,

Peoria District 150 Superintendent

"Initiatives in Peoria Public Schools District 150" - Dr. Desmoulin-Kherat will speak about the mental health initiatives happening in District 150, the District's focus for the strategic plan as it relates to mental health, and why the focus was selected.

Rep. David Leitch,

Illinois State Representative

"The Future Landscape of Mental Health Services in Illinois" - State Representative David Leitch will speak about this legislative advocacy for mental health legislation in Illinois and what he sees as the future of mental health services in Illinois.

Break Out Session #1

A. Access to Care & Building a New Model

Mike Wells, MS; Mike Kennedy; Corey Campbell, LCSW

This interactive session will explore the goals, current application, system and interpersonal challenges and future of an integrated healthcare delivery system. Barriers to accessing mental health services experienced by children and families will also be discussed along with current programs to address them.

Mike Wells, MS, is the Director of Business and Program Development at Children's Hospital of Illinois. He also directs educational outreach and clinical improvement under the Children's Service Line at OSF Healthcare System. Mike is also director of the Resource Link and Advocacy programs.

Mike Kennedy is the President and CEO of the Human Service Center in Peoria. He has worked in the mental health field for 40 years, primarily in residential and community-based settings with adults, youth and their families experiencing serious mental illness.

Corey Campbell, LCSW, is a project manager for the Human Service Center in Peoria. Corey works with local medical systems on integrating behavioral health services into medical clinics. He also provides community education and works with local agencies and churches on behavioral health education. Corey is also an adjunct instructor at Bradley University in the School of Social Work.

B. Depression & Mental Illness: A Mother's Journey

Theresa Miller, RN, PhD

This session features a mother's personal story of the impact of her son's struggle with depression, anxiety and drug addiction.

Theresa Miller, RN, PhD, received her nursing degree from Saint Francis Medical Center College of Nursing and went on to receive her Masters in Nursing and a Masters of Health Administration. She most recently received her PhD in Nursing Education and is an adjunct faculty member of the State University of New York.

C. Perspectives & Cultural Competency: New Ways to Look at Multicultural Effectiveness for Helpers

Dr. Beto Davison Aviles

The process of becoming multiculturally competent necessarily begins with understanding one's own perspective and then seeking to understand the perspectives of others. Attendees will gain insight into their own ways of making meaning while learning about attitudes awarenesses and skills relevant to culturally competent practice.

Dr. Davison Aviles specializes in multicultural/diversity issues in counseling and school counseling (including higher education) and minority career development. Dr. Aviles' interests also include education abroad and international studies. He has experience in public school counseling, counseling in university settings, and agency and private practice counseling. Dr. Aviles teaches professional school counseling courses in areas K-8 and secondary schools.

D. Working Effectively With Your Board

Brad McMillan; Mark Roberts, CFRE; Eileen Setti

This session will explore best practices in training and communicating with your nonprofit boards. Items of discussion include succession plans for board chair, how to select a diverse and effective board, the relationship between leadership staff and the board, how to run action-oriented, transparent and focused board meetings, and how to encourage board engagement.

Brad McMillan is the Coordinator for Bradley University's Master's of Nonprofit Leadership program. He currently serves as Board Chair for Heartland Health Services and previously served on the Boards of the Human Service Center, Salvation Army, Southside Mission, and Children's Home Association. For 10 years he served as District Chief of Staff to former Congressman Ray LaHood.

Mark Roberts, CFRE, was named CEO of the Community Foundation of Central Illinois in May 2008. His previous experience includes service as Director of Advancement and Community Relations for the University of Illinois College of Medicine in Peoria, Chief Development Officer for Lutheran Hillside Village Foundation, and Director of Development at Bradley University.

Eileen Setti is a Partner of Ruby & Associates where she works with a diverse client base in the United States and abroad. She has led communities in organizing new nonprofit agencies, directed program and agency mergers and expansions, facilitated strategic plans, trained board and staff members, created development programs, and coached CEOs.

Break Out Session #2

E. Emergency Preparedness

Troy Erbenbraut, BS, EMT-B, CHEC; Tegan Camden, MA, LCPC

This panel discussion will focus on the mental health aspect of preparing for and the aftermath of emergencies.

Troy Erbenbraut, BS, EMT-B, CHEC, is Manager of the Office of Disaster Preparedness at OSF Saint Francis Medical Center. He is responsible for improving the emergency preparedness of the medical center, regional medical facilities and EMS systems. Troy coordinates the disaster and emergency response while managing the Regional Hospital Coordinating Center for Illinois Dept. of Public Health, EMS Region 2.

Tegan Camden, MA, LCPC, is a Licensed Clinical Professional Counselor who has served in the field of community mental health since 2007. Tegan is the Vice President of Behavioral Health Services at Children's Home Association of Illinois and an Adjunct Professor of Psychology at Illinois Central College. Tegan regularly provides clinical trainings in the community regarding child and adolescent mental health, trauma, post-traumatic stress, and service collaboration.

F. Privilege & Oppression

Diane Zosky, PhD, ACSW, LCSW

This session features use of video and discussion to examine experiences of power, privilege and oppression among dominant and under-represented groups.

Dr. Zosky is Director of the School of Social Work at Illinois State University. She is a clinical social worker and completed her MSW from the University of Illinois Urbana-Champaign in 1983 and her PhD in clinical social work from Loyola University Chicago in 2000. Her interest of teaching, practice, and research has been in the area of domestic violence and culturally competent practice.

G. Chelsea's Story

Terri Oesterle-Klein

This session features a mother's personal story of how her life changed after losing her oldest daughter, Chelsea, to addiction. Terri has since devoted her life to sharing Chelsea's tragic story and bringing awareness and education to others affected by addiction, as well as their families and the medical community. She focuses on the issues of anxiety, depression, bullying and helping to rid victims of social stigmas.

Terri Oesterle-Klein is the mother of four daughters, including identical twins now in their first-year of college. A Germantown Hills native, Terri attended Illinois Central College and Bradley University, and worked for Illinois-American Water for 14 years before leaving to become a full-time mother. Her life irrevocably changed 2.5 years ago when she lost her oldest daughter, Chelsea, to addiction. She now works in the addiction field as a part-time case manager. Terri is also working on a book about Chelsea's life as a successful, beautiful young woman who ultimately succumbed to the disease of addiction.

H. Financial Sustainability of Non-Profit Agencies During Tough Times

Liz Rickert, MA, LCPC

This session will facilitate a roundtable discussion on the challenges facing non-profits in the current fiscal climate. Those attending the discussion will be invited to share their knowledge and wisdom.

Liz Rickert, MA, LCPC, is currently an adjunct instructor at Methodist College in the Behavioral Healthcare program. She has 25 years experience working in the field of child welfare. She has been staff supervisor and program director of Foster Care, Residential, Family Preservation and behavioral health programs with agency experience in Lutheran Social Services, Youth Farm, and Children's Home Association of Illinois.



MENTAL HEALTH & SUICIDE PREVENTION PROGRAMS

5215 North Knoxville Avenue, Peoria, IL 61614

phone 309.692.6650 fax 309.692.6575

website www.hulthealthy.org

"I was looking for a reason not to (commit suicide) and this was it. You gave me some hope. Thank you."

- feedback from student survey following Hult's suicide prevention program

OUR MISSION & PURPOSE

The Hult Center for Healthy Living (HCHL) Mental Health Programs help youth and adults better understand mental illnesses, including depression, and give them instruction on how to seek help. Our education programs help reduce the stigma of mental illnesses like depression and give people tools to recognize and confront a suicidal crisis.

Mental illnesses CAN be treated. In fact, 70-90% of those suffering from depression and other mental illnesses who receive the help they need go on to live happy, healthy lives.

THE STATS

Suicide is the 10th leading cause of death in the U.S. & the 3rd leading cause of death among those ages 15-24.

Death by suicide in Illinois averages 2.9 every day. Suicide attempts in Illinois average 16.7 every day.

More than 1,000 Illinoisans die each year by suicide.

Untreated depression is the leading cause of suicide.

WE PROVIDE

SOS (Signs of Suicide) is an award-winning, nationally recognized program designed for middle and high school-age students. The program teaches students how to identify the symptoms of depression and suicidality in themselves or their friends, and encourages help-seeking through the use of the ACT technique (Acknowledge, Care, and Tell). Through the use of modeling, youth are taught to recognize the signs of distress, in either themselves or a friend and to respond effectively.

Youth Mental Health Matters is a collaboration between the Hult Center for Healthy Living, Center for Prevention of Abuse and UnityPoint Behavioral health to provide mental health education and awareness for students on a variety of mental health topics. Sessions vary by grade level and include a variety of topics such as anger management, conflict resolution, bullying, suicide prevention, depression, self-esteem, body image, eating disorders, trust building, addiction, coping skills & cyber-bullying. One important component of the program is the provision of an outreach mental health counselor who acts as a "safety net" for students who indicate a need for counseling. This mental health counselor works with school counselors to ensure that any students who are struggling will get the help they need.

Mental Health Screenings are offered free of charge online through the Hult Center for Healthy Living. The online screening can be accessed at www.hulthealthy.org under the Mental Health Programs tab.

**All programs are available for schools, after-school programs, businesses, churches, social clubs and other organizations.*

Mental Health Forum 2016 Registration Form
Saturday, April 9, 2016

Bradley University-Hayden-Clark Alumni Center-1501 W. Bradley Ave - Peoria, IL 61625

Instructions

- The walk-in price will be required for registrations received after **March 18, 2016**.
- Written requests to cancel registrations will be assessed a \$25.00 administrative fee.
- Registrations cancelled after March 18, 2016 will not be refunded.

PRINT LEGIBLY

First Name: _____ MI: _____ Last Name: _____

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Work Phone: () _____ ext. _____ Home Phone: () _____

Email Address: _____

Professional Licence Type: _____ License Number: _____

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| <p>10:15-11:45 Breakout Session #1 (circle one)</p> <p>A. Access to Care & Building a New Model B. Depression & Mental Illness: A Mother's Journey C. Perspectives & Cultural Competency D. Working Effectively with Your Board</p> | <p>2:45-4:15 Breakout Session #2 (circle one)</p> <p>E. Emergency Preparedness F. Privilege & Oppression G. Chelsea's Story H. Financial Sustainability of Non-Profit Agencies During Tough Times</p> |
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Registration Fees (check all that apply):

- _____ \$130 Full-day (Includes forum, lunch & 6 CEUs/CNEs/CPDUs) **by March 18**
- _____ \$65 Half-day (Includes half-day forum & 3 CEUs/CNEs/CPDUs-lunch not included) **by March 18**
- _____ \$160 Late Fee Full-day (Includes forum, lunch & 6 CEUs/CNEs/CPDUs) **after March 18 or walk-in**
- _____ \$80 Late Fee Half-day (Includes half-day forum & 3 CEUs/CNEs/CPDUs) **after March 18 or walk-in**
- _____ \$30 Student Fee (includes forum and lunch) (Student ID required at check in)
- _____ \$30 Lunch & Awards only
- _____ **TOTAL REGISTRATION**

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| <p>Enclosed is check # _____ payable to Hult Center for Healthy Living</p> <p>I wish to pay by: (circle one) Visa MC Amex Discover</p> <p>Card Number: _____ - _____ - _____ - _____</p> <p>Expiration Date: _____ Security Code: _____</p> <p>Name on Card: _____</p> <p>Card Billing Address: _____</p> <p>City: _____ State: _____ Zip: _____</p> <p>Signature: _____</p> | <p>Mail Registration to: Hult Center for Healthy Living Attn: Mental Health Forum 5215 N. Knoxville Ave Peoria, IL 61614</p> <p>Fax Registration to: 309.692.6575</p> <p>Online Registration at: www.hulthealthy.org</p> |
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Registration is also available online at www.hulthealthy.org

Questions about the Mental Health Forum? Contact Anne Bowman at 309-692-6650 or abowman@hulthealthy.org