

Mind Your Mind Conference 2016

Keynotes/Workshops

(Updated 9/27/16)

KEYNOTES

Emotional Intelligence: From Theory to Practice, Marc A. Brackett, Ph.D.

Emotions matter. They influence our thinking, decisions, relationships, health, and everyday effectiveness. In this highly interactive presentation, participants will learn about the ability model of emotional intelligence, including what emotional intelligence predicts about people's lives. Our Center's evidence-based approach to teaching emotional intelligence in schools, RULER, also will be highlighted. RULER involves training for students, teachers, leaders, and families, and has been adopted by over 1000 schools around the world.

Imagine That! Storytelling as a Practice in Mental Wellness, Will Hornak

"Every day dance, every day sing, every day tell stories and every day be silent. These are the healing salves of the human spirit." West African saying

Storyteller Will Hornak tells traditional and original stories and explores the age-old art form of storytelling and its connection to current ideas and research on narrative as a tool in the practice of mental health.

Stories, song, dance and silence are considered to be gateways from the world of linear time into the timeless realm of imagination. Storytelling ushers us across the threshold of time into "once upon a time" and provides a sequence and a structure for understanding ideas and events. Storytelling develops the capacity to express ourselves as well as to ability to listen and empathize with others. Stories and storytelling are the ways we human beings make meaning from our experiences.

Play@Work: Unleashing Growth through Creativity and Innovation, Kevin Carroll

As children, our days were filled with productive play. What was entertaining was also instructive. Games of tag were exercises in planning, teamwork, strategy, design, decision-making, creativity, interpersonal communication and risk-taking. Play was serious business in our youth-and it should be even more serious business in our professional lives if we hope to unleash the creative genius that spurs organizational and personal growth. By cleverly drawing from childhood lessons, Kevin Carroll reveals the relevance of play and how we must continue to tap into those lessons for our future success. An innovator who passionately inspires leaders to create sustainable change in their own organizations, Carroll raises a variety of questions during the keynote including:

Are you continuing to strengthen the creative genius of your organization?

Why should an organization's culture embrace the power of play even more so in the 21st Century?

How can an organizational culture that incorporates "purposeful play" impact leadership, and employee quality of life?

Social Determinants of Mental Health: Promoting Mental Wellness & Equity, Lynn Todman, Ph.D., M.C.P.

In recent years, considerable attention has been drawn to the social factors that impact health, or the Social Determinants of Health (SDOH). However, the SDOH narrative and research has poorly acknowledged and, in some instances, overlooked the social determinants of mental health. In this keynote session, participants will learn about the conceptual model for SDOH and its relevance to mental health. They will learn how governance structures, public policy, and cultural beliefs and attitudes profoundly impact the mental health and wellness of entire populations of people, especially that of the most vulnerable, often exacerbating social and other inequities.

"Seven C's of Resilience: Preparing Children to Thrive through Good and Challenging Times,

Kenneth Ginsburg, M.D., M.S

This keynote session will discuss the essential forces that build resilience in children and teens. It will present the American Academy of Pediatrics' Seven C's Model of Resilience, drawn largely from The Positive Development Literature, but adapted to address risks. The session will also discuss the emerging science of the effects of childhood trauma and discuss the basics of trauma informed practices, focusing on the imperative of giving control back to people from whom it has been taken away. It will also cover how to prepare children and teens to manage life's inevitable stressors in healthy ways.

WORKSHOPS

Appreciative Living Learning Circles and Social Networking: Sustainable Antidotes for Loneliness,

Helen Teresa Buckland, PhD, MEd

Appreciative Living Learning Circles, combined with Social Networking Groups, provide weekly opportunities for building personal strengths, while engaging in developmentally appropriate, safe interactions among young adults with psychotic disorders. Results from the eight week intervention demonstrated significant decreases in loneliness and trends toward greater well-being/reduced social fear. Participants experience the research model used for these sessions, participate in sample activities, and reflect upon and identify applications of this research to support mental wellness and recovery. Materials are provided for duplication of this program. This project was supported by Grant Number UL1RR025014 from the National Center for Research Resources (NCRR).

Art, Jive & MO -- Expressive Resilience, Meghan Caughey, MA, CPRP

Art, Jive and Mo ' is an experiential visual art and movement workshop that uses both free from and guided drawings (art supplies are furnished by presenter) and combines them with movement and semi-structured dance. The goal is to replace being sedentary with a joyful and healing experience.

Canoe Journeys & Healing of the Canoe Curriculum, Doug Barrett, CADC/CPS and John Spence PhD

The Canoe Journeys began in 1989 during the Suquamish Tribe's "Paddle to Seattle." The initial plan was to reclaim their aboriginal waterways. An integral part of the Canoe Journey is the formation of Canoe Families at each tribe, which typically includes local tribal youth, their families and extended families, and other tribal and community members. It has grown to become a drug and alcohol free event that has life-changing effects on the mental well-being of everyone who participates. This workshop will provide an overview of this cultural best practice, how it can be applied to life's journey, and provide an overview of the Healing of the Canoe curriculum through presentation and video.

Care for Caregivers: Moving Beyond Self-Care with Mindfulness & Sustainable Compassion Training,

Ana Hristic, MA, CSWA

The effects of burnout and secondary stress are real, but are they an inevitable job hazard when working in the helping profession? Is there a way to reclaim one's creativity, vigor, and sustainability in social service and social justice work? Through facilitated discussion, reflection, and guided experiential exercises, participants will explore the impact of mindfulness based and innate compassion training practices on burnout, secondary stress, and compassion fatigue. Using traditional wisdom of colleagues and peers, as well as current research and understanding of the impact of stress, trauma, mindfulness, and compassion training on the human experience, participants will get a snapshot of practical tools that they can implement in their daily life and work. By increasing awareness and strengthening skill sets that reach beyond "self-care", participants will expand resilience within themselves and their teams, thereby embracing sustainable and fulfilling social service work.

Creating an Emotion Revolution in our Nation's Schools, Marc Brackett, Ph.D.

Emotions matter – and matter a great deal in school and everyday life. In this presentation, Dr. Brackett will share the results of a large-scale survey - conducted in collaboration with Lady Gaga's Born This Way Foundation - that unpacked the emotional lives of our nation's teens – from how they currently feel to how they hope to feel in school. The associations between school-based experiences such as bullying and quality relationships and different emotions will also be presented. A discussion will focus on (1) the role of emotions in schools, (2) the development of emotional intelligence among teens, and (3) how schools can better support teens with the integration of evidence-based practices to enhance emotional intelligence and school climate.

Developing Resilient Youth through Trauma Informed Positive Youth Development Programming,

Lynette Black and Mary Arnold, Ph.D.

Positive Youth Development programs' guiding principles incorporate many of the skills research has identified as those needed to be resilient in the face of adversity. A trauma informed positive youth development program further insures resiliency skill development in the young participants. In this session you will gain knowledge of the guiding principles of positive youth development programs, review trauma-informed care principles and learn how the two are combined to

develop resiliency skills in youth. Come prepared to participate in activities and games used to assist youth in the development of resiliency skills.

Feedback Informed Treatment (FIT): Improving the Quality and Outcome of Behavioral Health Services One Person at a Time, Scott Miller, Ph.D.

It's not a pretty picture. Available evidence indicates that the effectiveness of psychotherapy has not improved in spite of 100 years of theorizing and research. What would help? Not learning a new model of therapy or the "latest" so-called "evidence-based" treatment approach. And no, not attending another CEU event or sorting through that stack of research journals by your desk. A simple, valid, and reliable alternative exists for maximizing the effectiveness and efficiency of treatment based on using ongoing feedback to empirically tailor services to the individual client needs and characteristics. Research from multiple randomized clinical trials documents that this simple, transtheoretical approach as much as doubles the effectiveness of treatment while simultaneously reducing costs, drop-out rates and deterioration.

Harnessing Three Critical Resources to Advance Mental Wellness: Leadership, Resilience Science, and Hope, Karen R. Elliott, J.D. and Kathryn D. Scott, DrPH

We live within complex, dynamic systems that are experiencing rapid change and many challenges. Cultivating resilience within individuals, families, organizations, and communities enhances the odds that individuals will achieve their full potential and mental wellness. This workshop will help individuals become stewards of resilience by providing an interdisciplinary understanding of resilience science and by expanding perspectives on the value of hope and leadership for cultivating resilience. Presenters will convey information about leadership principles and the science behind resilience and hope. Participants will use this information, along with workshop tools, to outline a potential resilience project for their workplace or community.

Interpersonal Neurobiology in the treatment of Trauma: An Experiential Workshop,

Sharma Rapoport, MA, LPC

In this experiential workshop, participants will learn a variety of modalities to help themselves and others work with and recover from past traumas. Participants will gain an understanding of what Interpersonal Neurobiology is, and how it conceptualizes trauma and its effects on our brains. Participants will experience a variety of tools and techniques to help children, teens, or adults in individual or group settings to gain skill in managing many of life's difficult experiences. Come and learn how our increasing understanding of neuroscience can help us in our ability to be in services to others.

LAUGHING TO THRIVE: Experience and Learn about Laughter as an Emerging Wellness Tool!

Chris Van Schaack, MS

LAUGHING TO THRIVE provides a fun and quick way to improve wellbeing. Laughter exercises are lead to stimulate laughter with breathing exercises interspersed. LAUGHING TO THRIVE engages our bodies and our minds. The physical act of laughing awakens our nervous, circulatory, respiratory, immune and endocrine systems. Practitioners experience a release in muscle tension and decreased pain. LAUGHING TO THRIVE focuses attention on engaging and integrating the mind to increase awareness and decrease anxiety. In a playful, carefree space participants place attention on joyful physical experiences rather than thoughts. Life affirming experiences including connection, contribution and appreciation enhance participant's attitudes and behaviors.

Mental Health Impact Assessments, Lynn Todman, Ph.D., M.C.P.

This workshop builds on the keynote session titled, The Social Determinants of Mental Health: Promoting Mental Wellness & Equity. Participants will learn what Mental Health Impact Assessments are, how they may be used to identify the social determinants of mental health and their impacts on emotional wellness, and how they can be used to promote health equity.

Mindful Relationships: Seven Skills for Success--Integrating the Science of Mind, Body & Brain,

B Grace Bullock, PhD

Why do we struggle in relationships, and undermine connections with family, friends, coworkers, and others? Why do we ruminate over the same thoughts and re-enact the same patterns of behavior? Based on the book, "Mindful Relationships: Seven Skills for Success," this accessible and experiential workshop integrates the science of mind, body and brain revealing how chronic stress undermines our lives and relationships, and what we can do about it. Integrating

research in neuroscience, psychophysiology, psychology, and the science of mindfulness, you will learn mindfulness-informed practices to alleviate stress, increase self-awareness, self-regulation, and emotional intelligence, and cultivate thriving and resilient personal and professional bonds.

Mindfulness for Physical, Mental and Emotional Well-being, George Baskerville, MS

This workshop will provide an overview of 'mindfulness' as a tool for managing stress, anxiety and maintaining overall health. In this experiential workshop, techniques explored will include meditation and yoga. The workshop will include instruction and practice; participants should come prepared to participate.

Program Showcase, multiple presenters

This session will highlight the following four programs that demonstrate different approaches to increase understanding, awareness and support for families, individuals and communities. The programs featured are:

Avoiding Crisis, Creating Awareness: A Mental Health First Aid Approach, Maria Gdontakis Pos, MA MFT M.Ed
Mental illness is common; and as we are increasingly aware of this in communities, it is crucial to have the necessary background information to appropriately assist youth or adults in need of help. This showcase provides an overview of Mental Health First Aid (MHFA) and how administrators, educators, and staff can implement this in schools or communities. MHFA is an empirically-backed public education and prevention tool. Similar to traditional First Aid CPR, MHFA trains individuals to assist a person developing a mental health problem or experiencing a crisis until professional treatment is obtained or the crisis resolves.

Peer Wellness: Project ABLE, Michelle Miller and Jenn Pangburn

Project ABLE believes individuals with mental health issues can, and do, recover. Peer Wellness, a recovery approach focuses on enriching the overall life experience of the individual. Our approach to mental wellness is to engage, inform, and empower individuals in their journey to build a life defined by their goals and passions and not confined by a diagnosis. We believe in the power of peers. At Project ABLE, individuals receive support from peers who have an intimate and personal experience with recovery. Some have travelled their own road to recovery, while others have supported family or friends. Through this life experience, peer supporters connect with individuals they are working with at a level not otherwise achievable in a traditional patient-provider relationship.

Promoting Positive Parenting Via a Community Collaboration to Implement the Triple P Program in Lane County,

Carol W. Metzler, Ph.D., Lindsey Hayward, MBA, and Lynne Swartz, MPH

The Triple P – Positive Parenting Program is an evidence-based parenting support program aimed at preventing behavioral and socioemotional problems in children by developing positive parenting practices. With funding from Trillium, Lane County Public Health partnered with United Way, LaneKids, Parenting Now!, Oregon Research Institute, and Willamette Family Inc. to bring Triple P to Lane County. Three levels of Triple P are being implemented: a universal media campaign; (2) parenting consultation provided to parents in primary care clinics; and (3) free access to Triple P Online for Trillium members. This program showcase will describe the Triple P program and Lane County implementation.

The Parent Well-Being Project: Holistic Support for Intergenerational Healing and Wellness, Elaine Walters, MS

Launched in January, the Parent Wellbeing Project (PWP) is a partnership between the Trauma Healing Project and two home visiting programs that aims to improve child outcomes by supporting parent wellbeing. As part of PWP, parents of young children (0-3) with histories of trauma are supported to develop and follow a wellness plan based on their own interests and needs. They participate in movement and group-based classes and receive a series of body-based therapy sessions provided by advanced healing arts practitioners. This presentation will highlight the benefits of integrating complementary and conventional care for both parents and their young children.

Reach: Pushing your Clinical Skills & Effectiveness to the Next Level, Scott Miller, Ph.D.

Pulitzer Prize winning author Thomas Friedman recently observed, "The era of average is over. In the 21st century, everyone is going to have to find something extra to stand out in their field." What can mental health and substance abuse professionals do to enhance their performance? Over the last decade, Scott D. Miller, Ph.D., together with colleagues at the International Center for Clinical Excellence, have been tracking the outcomes of thousands of clinicians around the world. Along the way, they have identified specific practices that separate highly effective from average

clinicians. In this workshop, participants will learn three specific strategies that separate the good from the great. Attendees will not only learn a simple method for determining their effectiveness but also how to develop a profile of their most and least effective practices--what works and what doesn't. Step-by-step, evidence-based instructions will be given for using the profile to identify and eliminate weak spots while enhancing their effectiveness and efficiency.

Reaching Teens, Kenneth Ginsburg, M.D., M.S

Reaching Teens is a comprehensive toolkit that allows youth-serving professionals to APPLY the principles found in three theoretical frameworks: Positive Youth Development, Resilience and Trauma-Informed Care. It is a continuing education product that has been approved for up to 4 years of credit by the national organizations representing social workers, counselors, nurses, physicians, and health educators. In this workshop, Dr. Ginsburg will review the major components of this multimedia toolkit which includes written chapters, over 450 videos, and group learning discussion processes to reinforce learning. He will also demonstrate how Reaching Teens prepares youth-serving professionals to use strength-based communication strategies to facilitate positive behavioral change processes while addressing a variety of behavioral risks and mental health issues from a strength-based perspective. Most importantly, attendees will be prepared to use it within their own agencies to solidify and magnify strength-based and trauma-informed practices.

Storytelling & Wellness, Will Hornyak

An experiential workshop in telling stories as a tool in caring for self and community.

During this upbeat, enjoyable and participatory workshop, participants will listen to and embody a variety of traditional tales as well as share some of their own stories. We will consider how to integrate storytelling as a practice in caring for self and community. We will explore storytelling as a means to engage the head and heart and inspire the imagination of ourselves and our listeners. We will discuss resources, methods and techniques of finding and developing stories and consider examples of effective storytelling as tool in healing and wellness. No previous storytelling experience is required and no one will be required to share a story.

Taking Care of Ourselves: Healing the Healer, Kenneth Ginsburg, M.D., M.S

Caring professionals are at increased risk of burnout because of their continued exposure to the most passionate themes of human existence. If they are to continue to care for others over a lifetime they need to take the steps to make sure they themselves do not become depleted. This workshop will discuss the forces that we all endure as stressful versus those that lead to burnout. We will discuss how burnout effects the health of an organization. We will also discuss how being trauma informed and having appropriate boundaries help us both to care for others and preserve ourselves.

The Mindful Parent: Strategies from Peaceful Cultures to Raise Compassionate, Competent Kids

Charlotte Peterson, PhD

A Child Psychologist has traveled to sixty countries over the past forty years to bring home the world's most effective parenting techniques. Studying techniques used during preconception, pregnancy, birth and toddlerhood, Dr. Peterson has found that parents in the world's most peaceful cultures--particularly the Tibetan, Bhutanese and Balinese--embrace techniques that help their children become more joyful, competent, and compassionate. These parenting practices are made relevant and easily implemented by parents in all cultures.

The Ultimate Natural Remedy- Nature, Krista Shultz, M.S.

Participants will learn about the benefits of spending time in nature, for themselves and for the students/clients with whom they work. Current research which demonstrates the many health and educational benefits of nature will be highlighted and brought to life with a multi-sensory outdoor nature experience. Please be prepared to spend up to 30 minutes outside, embracing whatever weather visits us at the time. Please be prepared to go 30 minutes without access to your electronic devices/cell phones. Participants will learn simple ways to incorporate nature into their daily personal and professional lives. Among the many topics covered: • Recovering from and avoiding burnout • Recovering from and avoiding stress • Improving attention • Unplugging from technology • Incorporating technology into the nature experience

The Write Remedy: Healing through Writing, Kathleen Perkins, PhD

The client sits next to you, silent, her eyes brimming with tears. You wait, then through sobs she whispers, "I'll never be able to forgive myself. Shouldn't have stayed...knew he was hurting my children." OR As she breathes into the phone, the sobs subside. "I deserve it. He always says he's sorry, but I'm afraid. I'm ashamed to tell my parents." Forgiveness is on-going part of our overall mental wellness. In this interactive workshop you will learn how to incorporate a writing/hearing/bearing-witness component, as a means of forgiveness leading to closure of painful life events. Please bring pen and pad.

To Do or Not To Do: What IS the Story? Mental Health, Raising Awareness and the Media,

Kathy Turner, Meghan Crane and Nina Danielsen

"How" mental health and suicide is presented and reported matters; and is underscored in recent studies and recommendations, particularly related to the media and their reporting practices, but also to organizations hoping to raise awareness. How things are presented and reported has been shown to influence attitudes, and ultimately behavior, especially in those most vulnerable. This workshop will review best practices of what to and what not to include in messages related to mental health and suicide, demonstrate how stigma reduction can be advanced or hindered, and provide some tools communities can use when working with local media and in developing their own mental health public awareness campaigns.

Trauma Informed Strategies Aimed at Reducing Work-Related Stress and Promoting Mental Wellness among the Workforce, Stephanie Sundborg, MS

This workshop builds on the idea of parallel process and the understanding that the workforce absorbs the traumas of the service recipients. In order to promote mental wellness among the workforce, participants will learn about the various types of work related stress and consider risk and protective factors. The emphasis of the workshop is to learn about trauma informed strategies that have been tried by others. Examples across multiple agencies around Oregon will be used to highlight concrete ideas. Participants will also have the opportunity to consider strategies that might be effective when thinking about their own work related stress.

Zentangle[®], the "Art" of Relaxation, Wendy Hoffman, MS, NCC, CZT

In this workshop we will explore the Zentangle[®] method, an easy-to-learn, relaxing and fun way to create beautiful images while experiencing mindfulness, stress reduction and relaxation. Whether self-directed or in a clinical setting, Zentangle[®] art provides a non-verbal modality for feedback, journaling, reflection and analysis, personal growth and increased confidence. Some applications include: addiction therapy, self-esteem enhancement, anger management, stress reduction and many others. We will explore the modality, its history and engage in a hands-on experience of Zentangle creation.

FILM: Paper Tigers: One High School's Unlikely Success Story

"Stressed brains can't learn." That was the nugget of neuroscience that Jim Sporleder, principal of a high school riddled with violence, drugs and truancy, took away from an educational conference in 2010. Three years later, the number of fights at Lincoln Alternative High School had gone down by 75% and the graduation rate had increased five-fold. **Paper Tigers** is the story of how one school made such dramatic progress. Following six students over the course of a school year, we see Lincoln's staff try a new approach to discipline: one based on understanding and treatment rather than judgment and suspension. Using a combination of *vérité* and revealing diary cam footage, **Paper Tigers** is a testament to what the latest developmental science is showing: that just one caring adult can help break the cycle of adversity in a young person's life. 102 minutes. Not rated. A facilitated discussion will be provided after the film's conclusion.