



# MENTAL HEALTH SYMPOSIUM

**JUNE 15, 2018**

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## OVERVIEW OF DAY

Our Vision for the day: We believe we have a systemic problem in our society with mental health issues. And we are living in a world of hurting and mentally unhealthy persons and families. But we know that there are agencies and groups working to address and assist people with these issues. Therefore our symposium should reveal to our group the resources available and areas where they can participate to make a difference in our own homes, our community and ultimately our world.

8:00 Arrival

Hospital Conference Room Cholla - (Address off Willard)

8:00 - 8:30 - Light Breakfast

8:30 - 8:45 - Introduction of the Day

8:45 - 10:15 - Nutrition & Exercise

Nancy Gottschalk, Health Policy Manager

Carla Hoover, Yavapai County Health Services Program Manager

These experts that will discuss the importance of good nutrition and exercise. Also regarding the importance of whole and natural foods, limiting sugar and salt.

Smoothie Bike!!

10:30 - 12:00 - ACEs Training

## Claire Louge, Director of Training and Outreach - Prevent Child Abuse AZ

From results of the Adverse Childhood Experiences (ACE) study, we have learned that traumatic events and experiences that occur early in life have an impact on the health and social-emotional well-being throughout the lifespan. Examples of traumatic events include physical and sexual abuse, neglect, loss of a parent/caregiver due to death, abandonment, incarceration or divorce, and exposure to violence and substance use.

To reduce the impact of traumatic events and Adverse Childhood Experiences (ACEs) and increase mental wellness, we need to:

- Increase our understanding and awareness of trauma and ACEs
- Provide trauma-informed care and services
- Increase parent/guardian/family support and education
- Invest in prevention and resiliency practices and programs
- Develop nurturing, resilient and trauma-informed communities

## 12:00 - 1:00 Lunch - Hospital Cafeteria

We will enjoy a nutritious and delicious lunch and a delightful walk around the hospital track.

## 1:00 - 3:00 Afternoon Panel Discussion

### Ryan McGinty, Lead Crisis Response Specialist - Spectrum Health Care

For Mind, For Body, For All of You

### David Rhoades, Chief Deputy - Sheriff's Office

Coordinated Release program: linking offenders with mental health treatment providers upon release. - Behavioral Health Unit: to facilitate the release of arrestees with mental health issues to treatment facilities to reduce recidivism. - Pre-arrest mental health diversion strategies: for all Yavapai County Law Enforcement - Mobile Crisis Response Teams - Crisis stabilization Unit Developed with partnership with mental health providers.

### Dr. Joe Donaldson - Psychologist

### Barbara Litrell, President - Verde Valley Mental Health Coalition

A safe, healthy, inclusive community where all individuals and families challenged by mental health conditions are living full and rewarding lives.

## 3:15 - 5:00 Wrap-up

We are anticipating 7 Shadow Day presentations (although no formal requests) and the book discussion