



Tuesday, November 28, 2017

10:00 AM - 12:45 PM	<p><b>Missouri Institute of Mental Health</b>  <i>"MHFA Instructor Summit"</i> (Certified MHFA Instructors Only)  <b>Granada A</b>            Mental Health First Aid and Youth Mental Health First Aid instructors and program coordinators, please join us for a Missouri MHFA Instructor Summit. Enjoy time together with other instructors to network and share ideas and successes. Hear from Missouri's trainers about topics like: how you can successfully fill classes, sticky subjects-tackling tricky topics in the curriculum, how to ace your quality evaluation visit, and updates from MHFA USA and Missouri.</p>
1:00 PM - 4:00 PM	<p><b>Pre-Conference Training</b>  <b>Missouri Opioid Prevention Experts</b>  <i>"Opioid Prevention Through Creative Collaboration and Strategies"</i>  <b>Granada BC</b>            Part I: A review of the history and evolution of the opioid crisis from a pharmacists' perspective.            Part II: A brief review of the 7 CADCA Prevention Strategies, followed by a detailed list of opioid-specific activities within each of the 7 strategies. Through a group activity, participants will identify and prioritize opioid prevention activities to take back and implement in their community.            Part III: A panel of Missouri Opioid Prevention Experts discusses the goals of Missouri's State Targeted Response to the Opioid Crisis (Opioid STR) grant. The goals are to increase access to evidence-based prevention, treatment, and recovery support for people at-risk of developing or currently living with opioid use disorder (OUD), implement strategies to improve treatment efficacy and retention, and create system-level change to improve sustainability of newly-adopted practices. The specific goals and objectives of this grant will be addressed through three main areas of focus: Prevention, Treatment, and Recovery Support.</p>
5:00 PM - 7:00 PM	<p><b>Networking Dinner</b>  <b>Heather Harlan</b>  <i>"Roads in Your Brain. Will Another Legal Drug Take Us Where We Want to Go?"</i>  <b>Granada BC</b>            After tonight you will have a simple explanation for the way substance use disorders rewire the brain and create a chronic mental health situation. You don't have to be a neuroscientist to understand and use the information Heather will offer. This will include youth's vulnerability to addictions and a "report card" to see how well our adult policies and practices currently protect young brains.</p>

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6:30 AM	<p><b>Breakfast / Networking / Exhibits / Registration Open</b>  <b>Granada BC</b></p>
7:45 AM	<p><b>Welcome &amp; Introductions</b>  <b>Granada BC</b></p>
8:00 AM - 9:15 AM	<p><b>Conference Plenary</b>  <b>Karen Williams</b>  <i>"Multiply By 10: The Special Vulnerabilities of Adolescence"</i>  <b>Granada BC</b>            Robert Sapolsky of Stanford says, "Because youth are all about building their brains, you can multiply what you know about how stress affects the adult brain by 10-fold when talking about youth ages 10 to 20." The teen brain is about half-way developed when massive neural pruning robs its basic thinking abilities, and then new neural territory is opened for new development, which alters the flow of blood and energy. Then add the body-morphing and hormonal changes of puberty, the increased dose and duration of cortisol, plus the boredom that comes from having a brain that is racing 50-80 times faster than the adult brain, and finally, add three new drives. "Do the math" and you can get an idea of the distress of being "just a teen".</p>

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<p>9:30 AM - 10:45 AM</p>	<p><b>Lily Long &amp; Lonedell Elementary School Students</b>  <i>"You're Never Too Young to Help Prevent Underage Drinking"</i>  <b>Valencia A</b>                  The Franklin County Youth Coalition is made up of Prevention Leadership Clubs (such as TREND, SADD, etc.) from five middle schools all over Franklin County. Together with their adult advisors, these students plan and implement programs that focus on preventing underage drinking-- identified as one of the priority issues facing them and their peers. This student-led workshop will provide the details on one such program the group conducted this year: Sticker Shock. This activity helps prevent underage drinking by educating adults about the dangers of purchasing alcohol with the intention of providing it to minors. It also provides students with a unique leadership opportunity, and highlights the importance of community collaboration, specifically with retailers who sell alcohol products.</p> <p><b>Cassie Morris &amp; Jenny Armbruster</b>  <i>"Opioids: The Crisis Continues"</i>  <b>Escollo</b>                  As the opioid crisis in Missouri continues and overdose deaths increase, there are multiple community prevention strategies being implemented to address opioids in our state. This workshop will provide a short overview of how this crisis started and then take a deeper dive in exploring prevention and harm reduction strategies. These include state and local policies, designated opioid funding, overdose education and naloxone distribution, treatment approaches, public awareness and prevention education. Comprehensive approaches are essential to effectively addressing this escalating epidemic. Prevention, law enforcement, treatment and recovery communities must work together. Participants will leave this session with a broad understanding of the crisis and tools they can use in their local community.</p> <p><b>Ben Gwynne</b>  <i>"Combat the Prescription Drug Abuse Epidemic with EVERFI"</i>  <b>Valencia B</b>                  Are you prepared to address the prescription drug epidemic within your community? One in three teens believe there is "nothing wrong" with using prescription drugs without a prescription once in a while. EVERFI's innovative digital resource is empowering high school students with the knowledge and skills they need to make safe, healthy, and informed decisions about prescription medications. Aligned to the National Health Education Standards, the Prescription Drug Abuse Prevention course includes interactive scenarios and self-guided activities, students learn the facts about drugs, how to properly use and dispose of them, and valuable refusal skills.</p> <p><b>Rinda Dunn &amp; Danielle Dingman</b>  <i>"The Healthy Living Alliance (HLA) Regional Tobacco Prevention Initiative"</i>  <b>Granada A</b>                  An overview of the Healthy Living Alliance(HLA) Regional Tobacco Prevention Initiative Training and Toolkit Development. A Regional Training and launch of a web-based toolkit that was developed to strengthen tobacco prevention and control in Southwest Missouri.</p>
<p>11:00 AM - 12:15 PM</p>	<p><b>Lunch / Networking / Exhibits / Awards / Basket Giveaway / Registration Open</b>  <b>Granada BC</b></p>
<p>12:30 PM - 1:45 PM</p>	<p><b>Melissa Hildebrandt</b>  <i>"Which Came First? The Disorder or Use?"</i>  <b>Valencia A</b>                  Can a mental health disorder predict substance use? Can substance use predict a mental health disorder? Which came first? In this course, you will receive a brief overview of theories regarding the correlation and co-occurrence of substance use and mental health disorders. While focused on adolescents we will also discuss what research says about adult outcomes based on early substance use and mental health diagnosis, as well as the need for early recognition and intervention.</p> <p><b>John Throckmorton</b>  <i>"Substance Abuse Testing: Are you Reactive or Proactive?"</i>  <b>Escollo</b>                  We will discuss workplace substance abuse testing as well as random student drug testing in middle and high school. At the end of the training session, the attendee will: 1. Be able to identify the steps for development and implementation of a drug and alcohol testing policy. 2. Know recent trends in substance abuse. 3. Understand options in drug and alcohol testing methodology. 4. Learn an employer's and/or school's responsibility for compliance with state and federal regulations, as applicable. 5. Be able to define training requirements for employees and supervisors. 6. Recognize the potential impact and benefits of a Drug-Free Workplace and/or random student drug testing program.</p> <p><b>Julie Hook</b>  <i>"What is Prevention?"</i>  <b>Valencia B</b>                  This workshop provides information that supports Prevention as an important element in the entire continuum of care for Substance Use Disorders. The presentation provides a review of the primary components of Prevention, including: The Science of Prevention, Risk &amp; Protective Factors, Developmental Assets, Strategic Prevention Framework, Community-Based Prevention, and the positive impact that these elements can have on young people during their developmental years.</p> <p><b>Kara White &amp; Laura Bruce</b>  <i>"Resilience: The Biology of Stress &amp; the Science of Hope" (film screening)</i>  <b>Granada A</b>                  "The child may not remember, but the body remembers." The original research was controversial, but the findings revealed the most important public health findings of a generation. RESILIENCE is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat and prevent Toxic Stress. Now understood to be one of the leading causes of everything from heart disease and cancer to substance abuse and depression, extremely stressful experiences in childhood can alter brain development and have lifelong effects on health and behavior. However, as experts and practitioners profiled in RESILIENCE are proving, what's predictable is preventable. These physicians, educators, social workers and communities are daring to talk about the effects of divorce, abuse and neglect. And they're using cutting edge science to help the next generation break the cycles of adversity and disease.</p>

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<p>2:00 PM - 3:15 PM</p>	<p><b>Anita Jurkowski &amp; Michael Boeger</b>  <i>"Addiction: The Science of the Behavior"</i>  <b>Valencia A</b>  Michael will describe his path to addiction and AJ will follow each stage of addiction: dependence, tolerance, withdrawal, and addiction with the brain science behind Michael's behaviors, thoughts and emotions at each stage. This tag team approach will be interactive with the audience as at each stage a multiple-choice question will be asked to which audience members will hold up their answer choice with A, B, C, and D cards handed out at the beginning of the session. The tag team approach of the behavior throughout addiction being expressed by a person once addicted, now in recovery being followed by the brain changes associated with each behavior is a powerful way to drive home the message that Addiction IS a disease and not a lack of will power or some fault in personality. The interactive multiple-choice Q &amp; A ensures attention and learning.</p> <p><b>Kristin Bengtson</b>  <i>"Developmental Assets"</i>  <b>Escollo</b>  The Search Institute has identified 40 building blocks of healthy development—known as Developmental Assets—that help young children grow up healthy, caring, and responsible. Learn about what they are, why they are important and how every adult has a role to play in building all 40 assets for the young people in our community.</p> <p><b>Amanda McAuley</b>  <i>"Lessons Learned in Creating, Vetting, and Implementing a District Suicide Prevention Policy"</i>  <b>Valencia B</b>  Participants will explore one school district's journey as they revised the policy, regulation, and assessment tools related to responding to potential suicidal behaviors among students.</p> <p><b>Kara White &amp; Laura Bruce</b>  <i>"Integrating Trauma and Prevention"</i>  <b>Granada A</b>  The ACE (Adverse Childhood Experience) study makes it clear that trauma during childhood is related to substance use later in life. The ACE study found that the higher someone's score- or the more types of childhood adversity a person experienced- the higher their risk of addiction. For example, having an ACE score of 4 increases the likelihood of becoming an alcoholic by 700%. Compared with people who have zero ACEs, people with ACE scores are two to four times more likely to use alcohol or other drugs and to start using drugs at an earlier age. As this new science is revealed, it is too great to ignore. Prevention coalitions have the exciting opportunity to address childhood adversity, or trauma, as a key risk factor. The Northland Coalition, a coalition covering 3 counties in the Kansas City northland, is starting on this journey. This workshop will explore how we are linking trauma, ACEs, and resilience into our coalition work.</p>
<p>3:15 PM - 3:45 PM</p>	<p><b>Refreshment Break / Networking / Exhibits / Basket Giveaway / Registration Open</b>  <b>Granada BC</b></p>
<p>3:45 PM - 5:00 PM</p>	<p><b>Heather Harlan</b>  <i>"Families: The Problem or the Solution in Prevention and Treatment? YES!"</i>  <b>Valencia A</b>  Maybe you've heard professionals who encounter family members of treatment participants and quip, "The family's the problem." Often fear, shame and anger create a web of longstanding, unhealthy family responses we sometimes call "codependency. It's not enough to tell a client in treatment, "Stop using." Neuroscience tells us effective treatment demands we use treatment to support those who live with substance use disorders to identify and practice new behaviors. Neither is it enough to announce to families or parents, "Stop enabling." Learn to identify these traits in family members and loved ones and offer positive, caring solutions and resources for families to embrace new ways of thinking and acting. Of special use will be approaches utilized with motivational interviewing and the Adolescent Community Reinforcement Approach model to treatment. Are families part of the problem or part of the solution? For most, the answer is a resounding YES!</p> <p><b>Anthony Butler</b>  <i>"Piece By Peace...A Poetic Confrontation Against Violence!"</i>  <b>Escollo</b>  This innovative workshop will focus on confronting many forms of violence (Community Violence, Suicide, Bullying, Domestic Violence, and More) in a creative format. Riveting, original poetry from the presenter that resonates with each form of violence will be shared accompanied by, "research based and common sense laced" strategies. Participants will be inspired to confront violence piece by piece from a personal and systemic level. This workshop is educational, data driven, full of solutions, and poetically powered!</p> <p><b>Karen Williams</b>  <i>"The 7 Habits of Substance Use Prevention"</i>  <b>Valencia B</b>  Because dopamine is the chemical in charge of our reward or pleasure center, it is involved in all drugs of addiction and in habits of self-harm. When we lack coping and stress management skills and/or the positive experiences that trigger dopamine/reward naturally, we are at risk for using "fake" triggers - - regardless of their risks and dangers. This workshop explains the dopamine/drug use connection, and explores the 7 habits we can build that put us in control of our reward/pleasure center and help protect us from substance use and other forms of self-harm.</p> <p><b>Kara White &amp; Laura Bruce</b>  <i>"Resilience: The Biology of Stress &amp; the Science of Hope" (film screening)</i>  <b>Granada A</b>  "The child may not remember, but the body remembers." The original research was controversial, but the findings revealed the most important public health findings of a generation. RESILIENCE is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat and prevent Toxic Stress. Now understood to be one of the leading causes of everything from heart disease and cancer to substance abuse and depression, extremely stressful experiences in childhood can alter brain development and have lifelong effects on health and behavior. However, as experts and practitioners profiled in RESILIENCE are proving, what's predictable is preventable. These physicians, educators, social workers and communities are daring to talk about the effects of divorce, abuse and neglect. And they're using cutting edge science to help the next generation break the cycles of adversity and disease.</p>

Thursday, November 30, 2017

6:30 AM	<b>Breakfast / Networking / Exhibits / Basket Giveaway / Registration Open</b> <b>Granada BC</b>
7:45 AM - 10:45 AM	<b>Conference Plenary</b> <b>Angie Winkler</b> <i>"Creating Safe Spaces for Children from Hard Places: Understanding Complex Developmental Trauma"</i> <b>Granada BC</b> Individuals who have experienced complex developmental trauma have brains that have developed differently. It is critically important that those who care for these children (and adults!) have a thorough understanding of how to interpret behaviors and use evidenced-based interventions that not only reduce negative or unwanted behaviors, but rewire the brain in healthy ways. This presentation uses humor, research, and real-life examples of how Trust-Based Relational Interventions (developed by Dr. Karyn Purvis) can bring hope and healing to children from hard places.
10:45 AM - 11:00 AM	<b>Closing Remarks / Basket Giveaway (Specifically: CADCA Registration - must be present to win!)</b> <b>Granada BC</b>

*\*Up to 16 Contact Hours will be available through the Missouri Credentialing Board.*

*\*Schedule subject to change Effective 10.04.2017*