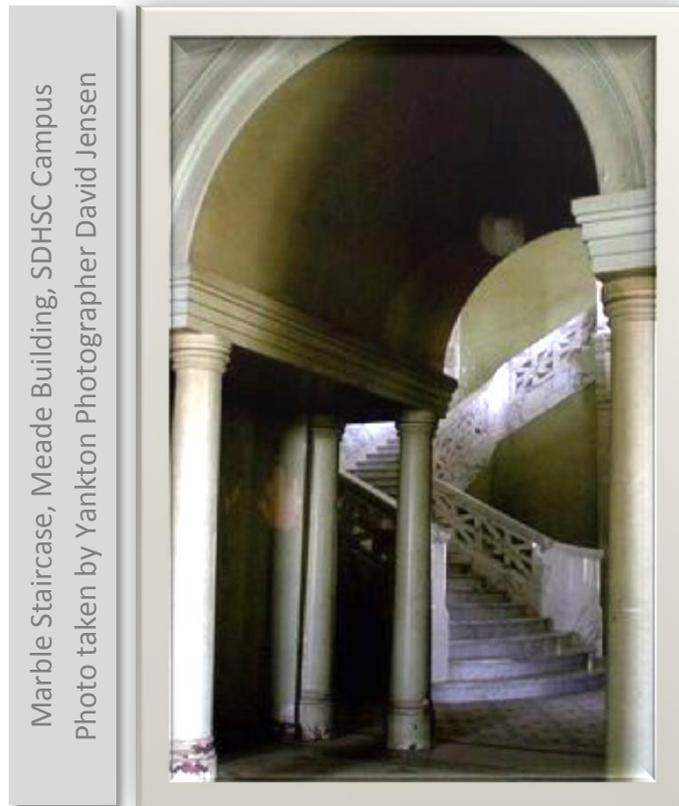


*18<sup>th</sup> Annual  
Yankton Area  
Mental Wellness Conference*

*"Stepping Up With Mental Health Services"*



June 8 - 9, 2016

Mount Marty College, Yankton, South Dakota

Registration form is online at: [www.yamwi.org](http://www.yamwi.org)

Yankton Area Mental Wellness, Inc.  
1028 Walnut, Yankton, SD 57078  
Email: [yamwi.org@gmail.com](mailto:yamwi.org@gmail.com)

## **DIRECTIONS**

This conference will be held at Mount Marty College, 1105 West 8<sup>th</sup> Street, Yankton, South Dakota. The College is located near Avera Sacred Heart Hospital, Yankton Medical Clinic, and Bishop Marty Chapel. Watch for signs directing participants to the conference registration entrance. For information about Yankton, including city map, motels, restaurants, entertainment, etc., contact the Yankton Area Chamber of Commerce at 605-665-3636 or 1-800-888-1460 or access the [www.yanktonsd.com](http://www.yanktonsd.com) website.

## **ACCESSIBILITY**

The conference site is primarily Americans with Disabilities Act accessible. Please note on your registration form as to special accommodations needed.

### **Wednesday Keynote**

Wednesday, June 8: 8:30 a.m.

#### **Youth Suicide - The Silent Epidemic**

Clark Flatt, BS, MDV



The Jason Foundation, Inc. (JFI) was founded in October of 1997 after the tragic death of Clark's youngest son, Jason - age 16, to the "Silent Epidemic" of youth suicide. Since its founding, JFI has grown to be one of the nation's leading nonprofits addressing the national health problem of youth suicide. JFI's corporate office and their National Network of Affiliate Offices provides programs for all 50 states. In 2015, the JFI National Network provided programs/services to approximately 3 million individuals.

### **Wednesday Featured Speaker**

Wednesday, June 8: 12:30 p.m., 3:45 p.m., 5:00 p.m.

#### **Current Drug Trends: You Can't Stop What You Don't Know**

Jermaine Galloway, BA



Officer Germaine Galloway, "Tall Cop," is a nationally and internationally recognized presenter, national award winner and author of several articles. Galloway has been an Idaho law enforcement officer since 1997 and has more than 12 years' experience in alcohol and drug education, enforcement, and prevention.

### **Thursday Opening Session**

Thursday, June 9: 8:00 a.m.

#### **Life is More Than Surviving**

Andrew O'Brien



Andrew O'Brien is an international award winning speaker on the topic of resiliency and trauma. Andrew has lived a very trauma filled life experiencing four major events: Prostitution, War, Suicide, and Murder. It is because of his life experiences that he has become stronger than he ever thought he would be. He learned how to turn a negative past into a positive, and uses that story to spread hope around the world.

### **Thursday Ethics Sessions**

Thursday, June 9: 9:30 a.m., 10:50 a.m.

#### **The Behavioral Health Professional as Moral Agent: Ethics in Leadership and Clinical Practice**

Mary Hill, BSN, MA, JD



Mary Hill is a knowledgeable and engaging presenter who currently serves as Vice President of Ethics for Avera. In this role, Mary is responsible for ethics consultation, education, and policy development throughout the Avera system. She is also an Adjunct Professor with Aquinas Institute of Theology teaching Health Care Ethics.

### **Thursday Closing Session**

Thursday, June 9: 3:00 p.m.

#### **How Wellness Made Me Sick...**

D'Este Chytka, BS, MPH



At 24 years old, one year out of graduate school, D'Este and a partner founded a wellness corporation which eventually employed over 125 professionals. She and her corporation became nationally recognized as an innovator and leader in the work site wellness industry. An accomplished inspirational speaker, D'Este has spoken nationally and internationally about wellness and investing in prevention.

**WEDNESDAY, June 8, 2016**

***“Stepping Up With Mental Health Services”***

7:00 a.m. **REGISTRATION**  
Mount Marty College – Cyber Café

8:15 a.m. **WELCOME AND INTRODUCTIONS** – Jean Hunhoff, BSN, MSN, MHA, District 18 Representative  
Roncalli Main Dining Room

**KEYNOTE:** 8:30 a.m.

Roncalli Main Dining Room

**Youth Suicide - The Silent Epidemic**

Clark Flatt, BS, MDV

Suicide's impact on our nation and South Dakota will be reviewed as well as learning how we as individuals, communities, and states can work for prevention.

**BREAKOUT 1 – Wednesday, 10:15 a.m.**

**1) ADDICTIONS**

**New and Continuing Drug Trends**

Jermaine Galloway, BA - “Tall Cop”

This session will cover the continuing, new, and emerging drug trends, including prescription pill abuse and recreational/medical marijuana, which are sweeping the country. Galloway will share terms, and discuss paraphernalia, logos, potency, and much more.

**2) ADULT**

**Privilege: What it is, How it Impacts the Work We Do, and What We Can Do About It**

Julia Kleinschmit, MSW

Workshop activities will help us understand privilege and challenge oppression. Along the way, we may also say goodbye to the guilt and defensiveness that make this work so uncomfortable that we often choose not to do it.

**3) CHILDREN/ADOLESCENTS**

**Sex Trafficking: Boys Stories Matter Too**

Daniel Maurer, BA, MDV

Daniel Maurer offers his insight into the problem of underage prostitution and how it does not just affect girls, but also boys.

**4) DISABILITIES**

**Introduction to Brain Injury Programs Offered in South Dakota**

Brain Injury Panel: Mary Tommeraasen, BS, CBIS; Denise Johnson, BA, CBIS; Staci Binde, RN; Julie Spurrell, RN, Kari Syverson, MSW, LCSW; Twila Stibral, LSW

A panel discussion will provide an overview of services offered in South Dakota for individuals who have sustained a brain injury and available support for friends and families affected by the injury as well. The Brain Injury Alliance of SD, the Center for Disabilities-Large Work Group, the four brain injury support groups and many other organizations and agencies are working to raise awareness about what assistance is available and where to find it.

**5) GENERAL**

**Crafting Effective Public Policy and Lobbying for Change**

Matt Watz, BS, MA

This session will teach you the key elements of crafting good legislation, building coalitions, and lobbying effectively. Mr. Watz served as lobbyist for the recently passed Jason Flatt Act - South Dakota, which requires teachers receive training in suicide prevention and awareness. He will share his experience working on the bill, and perhaps it will ignite an advocacy idea of yours!

**6) GERIATRICS**

**Behavior and Dementia**

Jeremy Johnson, MSW, NHA

By attending this session participants will learn the basics of dementia, behaviors related to dementia, and approaches to dealing with challenging behaviors associated with dementia.

# WEDNESDAY, June 8, 2016, continued *“Stepping Up With Mental Health Services”*

## LUNCHEON

11:45 a.m.  
Roncalli Main Dining Room

### GENERAL ASSEMBLY: 12:30 p.m.

Roncalli Main Dining Room

#### **You Can't Stop What You Don't Know (Part 1)**

Jermaine Galloway, BA - “Tall Cop”

Attendees will be able to identify and demonstrate knowledge in the signs and symptoms of drug use and abuse. Strategies and different terms will be taught that are consistent with alcohol and drug abuse. Attendees will be able to show knowledge of abuse identifiers, common logos, and terms related to drinking, marijuana use, over-the-counter abuse, and drug concealment. Officer Galloway will provide over 70 visual aids during the presentation.

## BREAKOUT 2 – Wednesday, 2:00 p.m.

### 7) ADDICTIONS

#### **Overview of Mental Health First Aid**

Jessie Foote, BS

Kristin Schulte, BS, MS

The goal of Mental Health First Aid is to recognize individuals that might be experiencing depression, anxiety, psychosis, or substance abuse related issues, how to respond, and then direct them to the services they need. The goal is to provide the immediate intervention until appropriate care is accessed. The session will give an overview of the program and the benefits to providing the training to communities especially in rural South Dakota.

### 8) ADULT

#### **How Genuine Transformation Depends on the Continuing Narrative**

Daniel Maurer, BA, MDV

Daniel Maurer shares how real transformation directly depends on reshaping the narratives we tell ourselves.

### 9) CHILDREN/ADOLESCENTS

#### **Borderline Personality Disorder in Adolescence**

Jody Ortman, PsyD

Borderline Personality Disorder and its traits are often identified in clients before they reach the age of 18. The differential diagnosis and treatment of this diagnosis in adolescence can be daunting - particularly in the presence of co-morbid disorders. This session will provide an overview of the adolescent symptom presentation and contributing factors in order to aid in the diagnostic process. Treatment options will be reviewed and explored through group discussion.

### 10) DISABILITIES

#### **Traumatic Brain Injuries and the Special Education Process**

John Hamilton, BS, JD/MBA

Traumatic Brain Injury (TBI) is one of the eligibility categories for special education services, but is statistically a low incidence disability. Is this in-part because educators/parents do not recognize the signs of TBI? Are evaluations not comprehensive enough to locate the educational deficits caused by TBI? Once identified, are there services needed unique to TBI? This presentation will discuss the IEP process, with particular attention focused on the challenges unique to students with a TBI.

### 11) GENERAL

#### **Countertransference - Using Our Best Tool**

Stacey Arnsward, PsyD

How can we better understand and make use of our reactions to clients? Whatever your professional role might be, countertransference is a highly important concept to grasp when working with clients in a mental health setting. The potential value of monitoring and using your countertransference will be made clear in this session.

### 12) GERIATRICS

#### **Living With Loss: The Lasting Impact of Transitioning into Long-Term Care**

Carmen Pacheco, AS

When elders enter long-term care the weight of what they leave behind is heavy. From their sense of self and independence, to their home and financial plans, the impact of what they lose is often unseen and unspoken. By acknowledging what is lost, we can help our elders gain a renewed sense of fulfillment, satisfaction, and purpose.

## WEDNESDAY, June 8, 2016, continued *“Stepping Up With Mental Health Services”*

**GENERAL ASSEMBLY:** 3:45 p.m.

Roncalli Main Dining Room

### **You Can't Stop What You Don't Know (Part 2)**

Jermaine Galloway, BA - “Tall Cop”

Through continuation of the 12:30 p.m. General Assembly, attendees will be able to identify and demonstrate knowledge in the area of signs and symptoms of drug use and abuse. Strategies and different terms will be taught that are consistent with alcohol and drug abuse. Attendees will be able to show knowledge of abuse identifiers, common logos, and terms related to drinking, marijuana use, over-the-counter abuse, and drug concealment. Officer Galloway will provide over 70 visual aids during the presentation.

**COMMUNITY PROGRAM:** 5:00 p.m.

Cyber Café

### **High in Plain Sight**

Jermaine Galloway, BA - “Tall Cop”

“Tall Cop” will teach about alcohol and drug clothing, concealment items, drug paraphernalia, party drugs, and common stash compartments to hide weapons as well as the relationship between alcohol, drug, and violence tendencies. Over 120 visual aids will be provided to hold and become familiar with. He will also share information from his personal scan of the local community, identifying popular culture alcohol and other items that promote drug abuse. Officer Galloway will help each attendee to understand and help prevent youth and adult substance abuse. For each person to help prevent youth and adult substance abuse, you **MUST** know what is going on in your community.



As a courtesy to our presenters, participants will be expected to attend the sessions for which they are pre-registered.



**Thank You**

2016 Conference Planning Committee

Your work is greatly appreciated!

**THURSDAY, June 9, 2016**

**“Stepping Up With Mental Health Services”**

7:45 a.m. **REGISTRATION (THURSDAY ONLY ATTENDEES)**  
Mount Marty College – Cyber Café

7:50 a.m. **WELCOME AND INTRODUCTIONS** – Jean Hunhoff, BSN, MSN, MHA, District 18 Representative  
Roncalli Main Dining Room

**FEATURED SPEAKER:** 8:00 a.m.

Roncalli Main Dining Room

**Life is More Than Surviving**

Andrew O’Brien

We all face challenges in life and often times get caught up in just making it through. This leads to very poor mental health, low self-worth, and no motivation. Learn how one man who experienced life situations such as prostitution, war, suicide, and murder came out on top. Not only did he survive through his hard times but he went on to become a very successful businessman and family man. Hear this motivating story and leave with ideas on how you can improve your life or the lives of people around you.

**BREAKOUT 3 – Thursday, 9:30 a.m.**

**13) ADDICTIONS**

**The How and Why of Self-Medication**

Andrew O’Brien

What leads people towards addiction? What led the speaker to turn towards self-medication instead of seeking professional help? This session presents the chemicals the speaker depended on, the damage it caused, and how it could’ve been prevented or stopped at an earlier time.

**14) ADULT (Session 1 of 2, Breakout 14 and Breakout 20)**

**The Behavioral Health Professional as Moral Agent:  
Ethics in Leadership and Clinical Practice**

Mary Hill, BSN, MA, JD

The program will identify ethical and moral frameworks for behavioral health professionals; and explore methodologies and ethical principles to facilitate their role as moral agents.

**15) CHILDREN/ADOLESCENTS**

**Juvenile Justice Reinvestment Initiative**

Tiffany Wolfgang, BS;

Kristi Bunkers, BS, MS;

Nancy Allard, BS

In June 2014, the Juvenile Justice Reinvestment Initiative (JJRI) was launched to study the juvenile justice system and develop policy recommendations. During the 2015 Legislative sessions, statute changes were enacted to support the goals of the work group. This presentation will provide an update to this Initiative by the Department of Corrections, Unified Judicial System, and Department of Social Services.

**16) DISABILITIES**

**In Our Own Voice (IOOV)**

Charles Taylor, EdSpec, MFA

Penny Hall, AS

An interactive presentation that provides insight into what it’s like to live with mental illness. Using their personal stories, NAMI IOOV presenters walk you through their experiences with mental illness, from the early onset of symptoms to how they are today, and everything in between. We give our audience a safe place to ask questions and gain understanding of an often misunderstood topic.

**17) GENERAL**

**Using Happiness to Promote Mental & Physical Health**

Alan Ferris, PhD

This session will explore the different ways people can find happiness in their daily life to promote mental and physical health. Topics include a discussion of what activities increase positive emotions, and the impact of relationships, work, leisure, personality and other factors have on happiness.

**18) GERIATRICS**

**The Memory Thief**

Kyle Herges, MFA

Alzheimer’s disease hits very close to home for this speaker. His grandpa was diagnosed at the age of 68 and his mom was diagnosed with early onset Alzheimer’s disease at the age of 58. “The Memory Thief” was written by the speaker as a way to tell his kids what was happening to grandma. It was very good therapy for the speaker who still hasn’t figured out if he wrote it to himself from his mom or from himself to his kids.

**BREAKOUT 4 – Thursday, 10:50 a.m.**

**19) ADDICTIONS**

**Recovery and Integration Back into the Community**

Jeff Bayless

Dale Knode, RN

Jeff will describe his life with polysubstance abuse, being clean and sober for 9 years, and how he continues to work hard on being recovered. Jeff required the stepping up of services to accomplish this task and he will talk about finding his own voice and being a strong advocate of his needs to stay recovered.

**20) ADULT (Session 2 of 2, Breakout 14 and Breakout 20)**

**The Behavioral Health Professional as Moral Agent:  
Ethics in Leadership and Clinical Practice**

Mary Hill, BSN, MA, JD

The program will identify ethical and moral frameworks for behavioral health professionals; and explore methodologies and ethical principles to facilitate their role as moral agents.

**21) CHILDREN/ADOLESCENTS**

**It's All About RESPECT...**

D'Este Chytka, MPH

When escalating gang violence and repeated bullying at her local school affected her son and family, this speaker decided to do something about it. She developed and delivered a program for the school entitled “It's All About RESPECT - Respect for Self, Respect for Others, and Respect for the Earth.” It was a tremendous success. Since then, D'Este has set out to bring her passion and message to other schools, universities, organizations, and corporations. An accomplished inspirational speaker about wellness and living life in balance, she's now delivering the most important message of her life -- It's All About RESPECT.

**22) DISABILITIES**

**Bringing Kindness to Medicine**

Jerome Freeman, MD

Dr. Freeman believes medicine is rich in science and technology, but all too often its marvelous powers are accompanied by a clinician's calm detachment rather than the soft touch of human kindness. Dr. Freeman's book, “Bringing Kindness to Medicine: Stories from the Prairie” illustrates the power and importance of kindness through real-life stories from his years practicing medicine in South Dakota.

**23) GENERAL**

**It's a Diagnosis, Not a “Label”**

Andrew O'Brien

What causes individuals to hide behind a diagnosis instead of working towards finding a solution? Steps and actions to take in order to remove the “label” part of a diagnosis and keep it as a medical term and help people find the light at the end of the tunnel will be discussed during this session.

**24) GERIATRICS**

**Age Discrimination**

Pamela Bloomer, BS, MS

Daniel Lim, BS

Discussion of the mental health provider's role in a client's request for a reasonable accommodation at work.

**LUNCHEON**

12:10 p.m.

Roncalli Main Dining Room

**HOT TOPICS: 12:50 p.m.**

Roncalli Main Dining Room

**Shout It Out Loud - NAMI**

**Shriners Children's Programs**

**211 - Suicide Texting**

**BREAKOUT 5 – Thursday, 1:40 p.m.**

**25) ADDICTIONS**

**How Clients’ Insights into Addictive Behaviors Benefit from Claiming Their Stories**

Daniel Maurer, BA, MDV

This speaker shares how human beings are naturally drawn to stories. He will share his own story of addiction, depression, and recovery, focusing specifically on how restructuring a new narrative gave him his own insight into addiction. Moreover, he will provide examples of how professionals can use narrative to their own advantage.

**26) ADULT**

**Building a Resilient Veteran Population**

Andrew O’Brien

This session discusses how to help the local Veteran community and actions to take to help them overcome their traumatic experiences by creating a more empathetic community around Post Traumatic Stress, understanding the veteran population, and identifying what you can do to help.

**27) CHILDREN/ADOLESCENTS**

**Methamphetamine & Clandestine Meth Labs**

Darin Cunningham, BA

The session provides a brief overview of what methamphetamine is and some of its effects. There will also be a discussion about clandestine methamphetamine labs and the dangers that are involved.

**28) DISABILITIES**

**Employment in the Workplace**

Pamela Bloomer, BS, MS

Daniel Lim, BS

This session will entertain questions and answers about persons with intellectual disabilities in the workplace and the Americans With Disabilities Act (ADA).

**29) GENERAL**

**Burnout: It Happens and We Still Continue to Care, Let’s Talk**

David Dracy, BA, MA, PhD

Dr. Dracy will lead an interactive discussion to 1) identify at least four signs of burnout, 2) identify at least four ways of coping to reduce burnout, and 3) empower individuals, teams, and systems to voice hopes and concerns.

**30) GERIATRICS**

**South Dakota Laws that Safeguard the Elderly**

Matthew Michels, RN, JD, SD Lt. Governor

Matt Michels will have an interactive discussion on current laws governing the health and welfare of senior citizens.

**CONFERENCE CLOSING SESSION: 3:00 p.m.**

Roncalli Main Dining Room

**How Wellness Made Me Sick...**

D’Este Chytka, MPH

A nationally recognized leader and innovator in the work site wellness industry, the speaker will share an inspirational story of her journey from the heights of corporate success to the toll on her own health from years of working in the competitive, high pressure, heavy hitting corporate world “chasing a dollar.” She will discuss her own healing and wellness journey that led her to a Native American counselor and spiritual man. It is a story filled with wisdom, humility, humor, and life changing lessons.

**Thank You**

for participating in the 2016 YAMWI Conference!

## YAMWI Conference Tracks

<b>Wednesday, June 8, 2016</b>							
Track	8:30	10:15	11:45	12:30	2:00	3:45	5:00
Addictions	KEYNOTE: Clark Flatt, BS, MDV Youth Suicide - The Silent Epidemic	#1	Luncheon	GENERAL ASSEMBLY: Jermaine Galloway, BA You Can't Stop What You Don't Know (Part 1)	#7	GENERAL ASSEMBLY: Jermaine Galloway, BA You Can't Stop What You Don't Know (Part 2)	COMMUNITY PROGRAM: Jermaine Galloway, BA High in Plain Sight
Adult		#2			#8		
Children / Adolescents		#3			#9		
Disabilities		#4			#10		
General		#5			#11		
Geriatrics		#6			#12		

<b>Thursday, June 9, 2016</b>							
Track	8:00	9:30	10:50	12:10	12:50	1:40	3:00
Addictions	FEATURED SPEAKER: Andrew O'Brien Life is More Than Surviving	#13	#19	Luncheon	HOT TOPICS: Shout It Out Loud - NAMI, Shriners Children's Programs, 211 - Suicide Texting	#25	CLOSING SESSION: D'Este Chytka, MPH How Wellness Made Me Sick...
Adult		#14 (Part 1 of 2)	#20 (Part 2 of 2)			#26	
Children / Adolescents		#15	#21			#27	
Disabilities		#16	#22			#28	
General		#17	#23			#29	
Geriatrics		#18	#24			#30	

## **CONFERENCE GOAL**

The Yankton Area Mental Wellness logo depicts the overall conference goal. The main design resembles the sunshine, the warmth gained by caring for others, and the vitality of good health. The rays indicate how mental wellness adds brightness all around. The bold print reminds us that “wellness” is the core of this conference. The word “conference” at the bottom of the logo denotes that this training will provide a strong foundation for caregivers and professionals. The spacing of the letters indicates that there is room for everyone to support this event and a need for everyone to care about mental wellness.



## **2016 MENTAL WELLNESS CONFERENCE OBJECTIVES**

*Conference participants will:*

1. Explore different therapeutic interventions and therapeutic techniques
2. Explore contemporary theory, research, and practice for working with people
3. Examine the impact crisis events have on individuals
4. Examine factors that impact ethical therapy practice
5. Identify behaviors that may indicate chemical dependency or mental illness as experts explore the latest findings concerning intervention and treatment
6. Address the issues involved in the practice of working with people with physical and/or mental health needs
7. Examine the current status of all generations in society, their pressures of life, and how professionals can support them
8. Describe new methods of **“CARING FOR SELF ... CARING FOR COMMUNITY”**
9. Incorporate the 2016 conference theme: **“Stepping Up With Mental Health Services”**

**PROFESSIONAL CREDIT FOR THIS CONFERENCE:** *It is the responsibility of each participant to ensure that professional credit meets the criteria for their discipline.*

Professional credit applications for this conference have been submitted to the following:

- Board of Examiners for Nursing Home Administrators in SD
- Certification Board of Addiction and Prevention Professionals
- SD Board of Counselor Examiners – Ethics hours requested
- SD Board of Social Work Examiners
- SD Department of Social Services Childcare Services
- SD Emergency Services Office – Emergency Medical Technicians
- SD State Board of Dentistry
- SD State Board of Pharmacy for Pharmacists & Technicians
- Credits for Licensed Nutritionists / Dietitians
- Commission on Rehabilitation Counselor Certification (CRCC)
- Continuing Education Units through the SD State Department of Education
- Undergraduate Credit through Mount Marty College: 1 credit @ \$60.00
- Graduate Credit through Mount Marty College: 1 credit @ \$60.00