



WORKSHOP DESCRIPTIONS:

Morning Workshops:

1A ProHealth – Hope and Health for Young Adults

Dr. Mary Brunette, Medical Director, Bureau of Mental Health Services, NH DHHS; Assoc. Prof. Psychiatry, Geisel School of Medicine at Dartmouth

Funded through a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), ProHealth is currently offered at three NH community mental health centers. The goal of ProHealth NH is to integrate primary care medical services, such as screening, detection, and treatment of physical health conditions, within mental health agencies. The integration of physical and mental healthcare services in one location, rather than in isolation, has demonstrated improved outcomes for individuals with mental illness. ProHealth focuses on transition-aged youth and young adults, who stand to gain the most long-term benefit from improving health behaviors and accessing better health care.

1B Alternative Therapies Panel

A facilitated panel discussion

In this workshop, alternative therapies and their benefits on mental wellness will be discussed by a panel of experts. Explore acupuncture, light touch therapy, yoga, and other methods to support and enhance your journey. Learn about methods you have been curious to try and hear more about their benefits and limitations. This session includes a panel discussion followed by Q&A.

1C Biosocial Perspective

Erin H. Sharp, Ph.D., Associate Professor of Human Development & Family Studies, University of New Hampshire

Dr. Sharp will provide an overview of the critical developmental changes associated with adolescence, and then narrow in on how these changes can affect adolescents' behavior and mental health. This session includes a discussion about the impact of social media and the effects of constant connection.

1D Crisis Intervention Teams – Stories from the Field

A panel discussion facilitated by Ret. Major Russell Conte, NH State Police, NAMI NH Board Member

Join us for a panel discussion with First Responders and peers, featuring impact stories from Crisis Intervention Teams (CIT) and recent trainings in the Granite State. What is happening in NH to create better, more appropriate responses to mental health emergencies? How have trainings and experiences informed better care for individuals in crisis? How have First Responders themselves been impacted by their experiences with CIT? What can be expected when a CIT responds to a call? Hear firsthand from those on the front lines about how CIT trainings are changing the way they empathize and offer compassion to individuals in mental health crises.

Afternoon Workshops:

2A Gun Violence and Mental Illness

Kenneth Norton, LICSW, Executive Director, NAMI NH

With the recent increase in mass shootings, media and politicians often point to mental illness as being the cause of firearm violence. Including interactive live polling and discussion, this workshop will explore public perception versus what research and science informs us about the connection between violence, gun violence, and mental illness, and the role substance use disorders play in firearm violence.

2B In Our Own Voice Youth Panel

Panel of young adult speakers, facilitated by Tricia Ellis, In Our Own Voice & Connection Coordinator, NAMI NH

Hear the inspiring stories of some of NAMI NH's newest In Our Own Voice young adult speakers. How has mental illness impacted their lives? How are they recovering and what has helped along the way? Their experiences and bravery will give workshop attendees hope to continue their own journey of wellness.

2C Dementia versus Depression

Bernie Seifert, LICSW, Director of Adult Programs, NAMI NH; Geriatric Mental Health Education Coordinator, Northern New England Geriatric Education Center at Dartmouth Centers for Health and Aging

Sometimes it can be difficult to tell the difference between dementia and depression. With similar symptoms, how can we tell the difference between depression and dementia, and why is it important to do so? Is it possible for the two conditions to occur simultaneously? What are some treatment options? If you are concerned for yourself or a loved one, where can you go for help or more information?

2D First Episode Psychosis

Cynthia Whitaker, PsyD, MLADC, Chief of Services, Greater Nashua Mental Health

Description coming soon!