

Day One – JULY 16

9:00 AM **Welcome and Opening Remarks, Senator Kelly's office**

9:10 AM **Overcoming Adversity, Dr. Lisa Rhine, President of Yavapai College**

9:30 AM **KEYNOTE PRESENTATION: Population Mental Health: Trends, Assets, and Policies for Prevention**

Speaker: Dr. Catherine K. Ettman, Assistant Professor, Department of Health Policy & Management, Johns Hopkins Bloomberg School of Public Health

Session Description: This presentation will provide an overview of trends in depression and anxiety in the U.S., the factors associated with improved mental health, and policies across sectors that can protect population mental health. The presentation will explore the Asset Framework to Guide Non-health Policy for Population Health. This presentation will explore the role of financial, physical, and social assets in protecting mental health.

Learning Objectives:

- Describe trends in population mental health in the U.S.
- Analyze financial, physical, and assets associated with population mental health.
- Consider policies across sectors that could improve population mental health, from prevention to treatment.

10:45 – 11:05 AM BREAK

11:05 AM **BREAKOUT SESSION 1: Embracing a New Chapter: Navigating Life's Transitions**

Speaker: Brissa Rubio, Executive Director, Arizona Peer and Family Career Academy

Session Description: The session will uncover some of the key strategies and tools to support in embracing and navigating life's transitions. Through reflective exercises, stories and discussions learners will have the opportunity to strengthen resiliency creating the positive mindset to embrace a new chapter or support others in their journey of change.

Learning Objectives:

- Gain an understanding of the Psychology of change

- Develop practical tools to navigate Life Transitions
- Enhance the awareness of the power of shifting perspective

BREAKOUT SESSION 1: Housing as Healthcare: Promoting Wellness through Housing Stability

Speakers: Allison Lenocker, Executive Director, Coalition for Compassion and Justice and Jodi Herfuth, Outreach and Advocacy Coordinator, Arizona Behavioral Health Corporation

Session Description: Housing is a key factor in overall wellness, especially for individuals facing mental health and substance use challenges. This session will explore how stable housing supports recovery and health outcomes. We'll provide an overview of statewide solutions like the AHCCCS Housing Program and HUD Continuum of Care (CoC) and share local examples from the Coalition for Compassion and Justice, including their low-barrier shelter, affordable housing and Paloma Village permanent housing community.

Learning Objectives:

- Understand housing's impact on overall wellness
- Provide overview of statewide examples of possible housing solutions including the AHCCCS Housing Program and HUD CoC
- Provide local examples of housing solutions implemented by the Coalition for Compassion and Justice

BREAKOUT SESSION 1: Rethinking Your Tribe - Consciously Choosing Interactions that Support Well-Being

Speaker: Brett Labit, Chief Empowerment Officer, TribeUp

Description: Most people underestimate the profound impact their relationships have on their mental health and overall well-being. In this interactive session, participants will explore how to consciously curate their "tribe" - the people, places, and things that shape their daily experience across all eight dimensions of wellness.

Learning Objectives

- Apply the Tribal Consciousness Framework
- Assess and Map Their Current Tribe
- Implement Practical Tribal Strategies

12:05 – 1:05 PM LUNCH AND NETWORKING

1:05 PM BREAKOUT SESSION 2: Suicide – How Can I Help Someone Struggling?

Speaker: Julie Mack, Suicide Prevention Specialist, Behavioral Health and Grants Administration, Arizona Complete Health

Session Description: Session will examine warning signs of suicide and how to assist a person who needs support. Suicide clues, myths/facts and theory will be discussed.

Learning Objectives:

- Recognize someone at risk for suicide
- Identify common myths and facts surrounding suicidal behavior
- Describe knowledge of referral sources and how to refer someone to help

BREAKOUT SESSION 2: The Benefits of LENS Neurofeedback for Overall Healing And Wellness

Speaker: Dr. Andrea Annibale, Clinical Psychologist and Owner of ONE Psychological Services

Session Description: In this session, Dr. Annibale will explore the benefits of LENS Neurofeedback for treating symptoms associated with anxiety, depression, PTSD, ADHD, Autism, and Chronic Pain and more.

Learning Objectives:

- Learn about LENS Neurofeedback and how it differs from traditional neurofeedback
- Explore the variety of symptoms and diagnoses that can be treated
- Witness a live demonstration

BREAKOUT SESSION 2: Drugs & The Brain

Speaker: Kimberly Gregory, Education Specialist, Matforce

Session Description: This presentation explores the impact of drugs on the brain, focusing on adolescents and adults.

Learning Objectives:

- Identify Key Brain Functions Related to Reward and Decision-Making
- Understand the Complexities of Addiction in a Foundational and Fundamental Manner
- Learning Healthy Coping Skills

2:05 - 2:20 PM BREAK

2:20 PM KEYNOTE PRESENTATION: This Work Ain't Always Easy: An Overview of the Six Mental Health Conditions That Increase Problematic Behavior

Speaker: Ryan Dowd, Chief Empathy Officer, Homeless Training

Session Description: This session provides an overview of the six mental conditions that can cause problematic behavior, conflict and occasionally violence. Covered are Schizophrenia, Bipolar Disorder, PTSD, Traumatic Brain Injury, Substance use and Personality Disorders. There will be a special focus on the research around mental illness and violence.

Learning Objectives:

- Attendees will have a basic non-clinical understanding of six specific mental health conditions.
- Attendees will have an understanding of what the research says about where mental illness and violence intersect (and where they don't).

3:35 – 4:35 PM TBA

DAY TWO – JULY 17

9:00 AM **KEYNOTE PRESENTATION: Good Grief Support: Grief Care Through a Sustainable And Equitable Lens**

Speaker: Dr. Joanne Cacciatore, Professor, Arizona State University; Director of the Graduate Certificate in Trauma and Bereavement Program; Founder, MISS Foundation and Selah Carefarm

Session Description: Grief—especially when traumatic—touches every dimension of human experience, affecting mind, body, spirit, and community. This dynamic and heart-centered presentation invites participants to deepen their understanding of the complex biopsychosocial, spiritual, and emotional impact of both acute and long-term traumatic grief. Grounded in evidence-informed community-based practice and compassion-centered care, the session explores how factors such as cultural identity, personal history, and the nature of the relationship with the deceased shape grief experiences and challenge dominant diagnostic frameworks.

Participants will learn how to provide supportive, non-pathologizing care that honors individual narratives of loss, while also reflecting on their own roles as witnesses and companions. Emphasis will be placed on the necessity of provider self-care, including practical strategies for cultivating presence and sustainability in the work. Additionally, the session highlights one innovative, community-based model for sustainable bereavement support that blends relational, ecological, and contemplative approaches to grief care across diverse populations.

Whether you are a clinician, caregiver, educator, or advocate, this session will equip you with the tools to meet grief with integrity, humility, and healing presence.

Learning Objectives:

- Identify and distinguish the biopsychosocial, spiritual, and emotional effects of both short-term and long-term traumatic grief.
- Recognize how individual differences—including personal history, cultural background, and the nature of the relationship with the deceased—impact the grieving process and current diagnostic systems.
- Demonstrate an understanding of self-care and apply compassionate practices when working with individuals experiencing bereavement.

- Develop practical skills for providing supportive, non-pathologizing care to people navigating grief and loss.
- Learn how one local and sustainable community-based resource aids in grief support and bereavement care across diverse contexts.

10:15 – 10:35 AM BREAK

10:35 AM **BREAKOUT SESSION 3: Compassion Fatigue: Self-Care When Life is Disrupted**

Speakers: Wayne Tormala, Public Health Consultant, and Moises Gallegos, Consultant, Gallegos Consulting

Session Description: Invite or not, life gets disrupted, and perhaps never more than the past few years. Our capacity to care for others is dependent on our capacity to care for ourselves, and many life disruptions challenge our ability to cope. Thus, self-compassion becomes imperative to our well-being.

Learning Objectives:

- Ways to help identify and manage life disruptions with a healthy perspective.
- Practice a sampling of self-audits and ways to listen within, and translate our thoughts and feelings into awakened decision-making.

BREAKOUT SESSION 3: A One Nerve Jump: The Gut-Brain Axis

Speaker: Alex Klintworth, Hi Energy Life

Session Description: Explore the intricate relationship between stomach acid, small intestinal bacterial overgrowth (SIBO), and mental health. We will delve into how low stomach acid contributes to SIBO and nutrient malabsorption. We'll take a holistic look at the full digestive tract, the gut-brain access, and how imbalances contribute to mental health challenges such as anxiety, depression, and brain fog.

Learning Objectives:

- The impact of a microbiome imbalance on mental health
- Significant dietary culprits harming our microbiomes
- Initial strategies for healing a damaged digestive environment

BREAKOUT SESSION 3: Sharpen Your Brain: Strategies to Strengthen You—and Those You Care About

Speaker: Jen Beyst, Master Neuroplastician, Executive Director, Cognitive Function Development Institute

Session Description: Your brain and nervous system are at the center of how you think, feel, connect, and cope. In this session, we'll explore simple yet impactful, research-backed ways to boost cognitive clarity, emotional regulation, and everyday resilience. Whether you're navigating stress, supporting a loved one, or just want to feel sharper and more in control, this session offers practical tools you can use immediately.

Learning Objectives:

- Discover and apply science-based strategies to improve brain function, emotional regulation, and resilience.
- Understand key cognitive functions (like memory, attention, and executive functioning) and how strengthening them enhances everyday life.

11:35 AM– 12:40 PM LUNCH

12:40 PM BREAKOUT SESSION 4: Breathe to Release: Harnessing Breathwork for Trauma Healing and Emotional Freedom

Speaker: Cheryl Bailey, Entrepreneur, Grit and Grace Meditation LLC

Session Description: In this transformative session, participants will explore the powerful role of breathwork in releasing trauma stored in the body and fostering emotional freedom. We will delve into both upregulating and downregulating breathwork techniques that facilitate deep healing, promote self-awareness, and create a safe space for emotional release.

Learning Objectives:

- Identify Trauma
- Explore Breathwork Techniques
- Integrate Breathwork into Daily Life

BREAKOUT SESSION 4: Why Mattering Matters

Speaker: Danielle Treiber, Sonoran Prevention Works

Session Description: This workshop will allow participants to engage in the process of the development of the "druggie identity", understand the purpose that it serves, and also understand the influence that people, policies, structures, and systems impact and reinforce the need for this identity. The participants of this workshop will work through identity mapping to understand the process personally and then will workshop how this

can be used to identify key factors that put youth at risk of chaotic substance use and other mental health disorders. The participants will also receive practical ways to engage youth and influence the systems and structures that create exclusion.

Learning Objectives:

- Participants will understand identity mapping and how it relates to internalized stigma for mental health and substance use disorders.
- Participants will be able to conduct risk reduction conversations with clients based on their identity mapping.
- Participants will understand the result of the motivational and emotional processes that occur when an individual has negative automatic thoughts, also known as "anti-mattering."

BREAKOUT SESSION 4: Survivor Centered Leadership: Principles and Practices for Ethical Inclusion

Speaker: Savannah Sanders, Executive Director, Applejack's Ranch

Session Description: Ethical survivor engagement isn't just about amplifying voices; it's about building sustainable systems. This presentation explores how Lived Experience Leadership, when grounded in ethical practices, prioritizes the well-being and self-care of the entire organization. We'll examine strategies that foster a culture of support, preventing burnout and ensuring that those with lived experience, and those who support them, can thrive in their roles. Discover how centering wellness contributes to a more resilient and impactful organization.

Learning Objectives:

- Understand ethical principles for survivor engagement, focusing on wellness.
- Develop practical strategies for trauma-informed organizational self-care.
- Evaluate the impact of organizational wellness on sustainable survivor leadership

1:40 – 2:00 BREAK

2:00 PM KEYNOTE PRESENTATION: Showing Up As You: Authenticity As a Tool For Health And Wellness

Speaker: Dr. Dwinita Mosby Tyler, CEO and Chief Catalyst, The Equity Project

Session Description: In this powerful and thought-provoking keynote, we explore the transformative concepts of authenticity and psychological safety. These concepts are more than just workplace buzzwords; they are foundational pillars of mental, emotional, and

even physical well-being. Using her own powerful story around identity and reclaiming her name, Dr. Dwinita Mosby Tyler will describe how being free to show up authentically—without masks, without armor—can lead to deeper connection, greater resilience, and sustainable wellness.

3:30 – 3:50 PM CLOSING REMARKS