

Nursing Staff, Therapists, Social Workers
MENTAL HEALTH CONFERENCE

Caring for yourself so you can care for others.

September 26 & 27, 2024

8:00am-4:30pm

DACC Bremer Conference Theater

\$20 Includes Breakfast & Lunch

The conference is intended for nurses, counselors, and social workers who are seeking information and support in caring for patients and clients in a holistic way, increasing awareness and decreasing compassion fatigue. Also open to the general public who are also interested in increasing knowledge and understanding about mental health management.

CEUs available for RN/APRN, LPC/LCPC, LSW/LCSW via Two Roads Wellness Clinic.



CONFERENCE PRESENTERS

Sasha Powell, Sarah Swims, Brittney Enos
Two Roads Wellness Clinic

Including guest presenters &
special guests as noted in itinerary

Day One

Thursday, September 26

7:30 AM Check In / Breakfast

8:15 AM Introduction/Welcome

9:00-10:00 AM Implicit Bias: Enhancing understanding and management of our implicit bias in practice.

10:00-12:00 Cultural competency: Increasing awareness of cultural norms: understanding, valuing, and responding to differences: part 1.

Guest Presenter: Adi Puckett

12:00-1:30 Lunch and Round Tables

1:30-2:30 Cultural competency - group presentation/discussion: part 2.

2:30-4:30 Alzheimer's dementia: Impacts on families, modifying risk factors, and exploring integrative management.

Day Two

Friday, September 27

8:00 AM Check In / Breakfast

8:45 AM Introduction/Welcome

9:00-11:00 AM Unraveling the symptoms: Worry, stress, anxiety, and attention. Discussing possibilities and explanations for symptoms and how to get it right: part 1.

11:00-12:00 Unraveling the symptoms: Managing symptoms/relaxation techniques: part 2.

Special Guests: Chair Massage by Lisa, Breathwork by Hunter, and Yoga by Hannah

12:00-1:30 Lunch and Round Tables

1:30-2:30 Unraveling the symptoms: Managing symptoms integratively.

2:30-4:30 Microbiota-Gut-Brain Axis (MGBA): The state of our gut health is impacting your mental health.

Guest Presenter: Jen Slavik



SCAN TO REGISTER

For the Conference

Seating is limited register today!



DO YOU WANT CEUS FOR ATTENDING?

First, register for the conference by scanning QR code on page 2. Then scan QR code below to register for CEUs.

Day One

Learning Outcomes...

Implicit Bias

Attendees will confidently be able to identify and articulate what implicit bias entails, as well as evaluate and mitigate its effects on practice.

Cultural Competency Part 1 & 2

Attendees will possess an advanced comprehension of cultural norms, values, and how to effectively respond to cultural differences and value systems. This will enable them to apply the knowledge gained to their practice behaviors, resulting in increased inclusion and acceptance of cultural differences among patients.

Alzheimers Dementia

Attendees will have a deep understanding of how Alzheimer's dementia affects families. They will also be able to identify the risk factors associated with the disease and determine integrative management approaches to enhance the care of both the patient and caregiver.

Day Two

...and Objectives

Unraveling the Symptoms Part 1 & 2

Participants will have a clear understanding of the distinctions between worry, stress, anxiety, and attention. In the second part of the training, participants will be expected to exhibit their ability to manage symptoms through relaxation techniques. Finally, in the third part of the training, participants will be required to apply their newly acquired skills and integrate theoretical knowledge into their personal and professional practices.

Microbiota-Gut-Brain Axis (MGBA)

Upon completion of this training, attendees will gain a comprehensive understanding of the direct correlation between gut health and mental health. In addition, they will acquire practical knowledge to effectively apply in the treatment of patients and even in personal self-care.



Danville Area
Community College



DANVILLE AREA COMMUNITY COLLEGE
FOUNDATION

SCAN TO REGISTER

For CEUs



Be sure to register for the conference first!

PRESENTER BIOS

Two Roads Wellness Staff



Brittany Enos

Brittney Enos, LSW is a mental health therapist at our Danville office. She received her undergraduate at Monmouth College: BA in Sociology and Anthropology with a focus in Human Services. She received her Master's of Social Work at the University of Indianapolis.



Sasha Powell

An Advanced Practice Nurse, Sasha graduated from Indiana State University with a Master's of Science in Nursing and is board certified by the American Nurses Credentialing Center (ANCC). She is certified as a family nurse practitioner. Sasha is also a Certified Specialist in Holistic & Integrative Health Care and a Certified Nutritional Genomics Specialist.



Adi Puckett

Adi's education background is in Health Sciences with a focus on alternative healing methods. Her chosen path led to achieving her Life Coaching Certification from the International Coaching Federation and she has achieved the distinction of Minister of Life Coaching for Women from Light University, an American Association of Christian Counselors certified program.



Sarah Swims

As mental health therapist at our Champaign office, Sarah invites you to show up as you are and partner with her in your personal journey. In August of 2022, she received her Master of Arts in Clinical Mental Health Counseling from the University of the Cumberland. Sarah works with individuals aged 6 and older.



Jen Slavik

An Integrative Nutrition Health Coach, Jen graduated from the Institute of Integrative Nutrition and is pursuing board certification through the National Board for Health and Wellness Coaching (NBHWC). In addition, she possesses a Master's of Mass Communication and a Bachelor's of Education.