

Annual Mental Health Conference - Thursday, April 12, 2018

Brought to you by Boone Cluster DCAT, Boone Cluster Community Partnership for Protecting Children (CPPC),
Department of Human Services and Juvenile Court Services

CONFERENCE AGENDA

- 8:00 AM Check – In/Breakfast
- 8:45 *Welcome, Announcements*
JENNY FELT, DCAT & CPPC COORDINATOR, AMES & BOONE CLUSTER
- 9:00 *Keynote Speaker*
VANESSA MCNEAL, MSW, TENANCIOUS & THOUGHT PROVOKING NATIONAL SPEAKER, FILM PRODUCER & BUSINESS OWNER
Many people experience horrific circumstances and feel defined by them. How do you transition from a victim to victor mind state? In this keynote, Vanessa shares her journey experiencing and navigating through multiple forms of abuse. She'll discuss how the trauma she endured impacted her on a systems level using relevant research on trauma. She will also share how she was able to overcome and move from a victim to victor mindset. Vanessa will also talk about intergenerational effects of trauma and mental health by providing real life experiences of best practice in the field for working with at risk youth and families.
- 11:00 Staying Ahead of Youth Drug Trends – Opioids, Marijuana, Vaping...and More
NICK PETERSON, NARCOTICS TASK FORCE DEPUTY, DALLAS COUNTY SHERIFF'S OFFICE
Teen drug abuse is a major epidemic that needs attention. It is proven; people who begin using drugs early on in life are more likely to have problems with addiction later in life. Preventing drug abuse in teens is a key step in preventing it in adults as well. Learn the latest during this session.
- 12:00 PM *LUNCH PROVIDED*
- 1:00 Her Lost Year: A Story of Hope
TABITA GREEN, AUTHOR, ENTREPRENEUR, & COMMUNITY ORGANIZER
JANE HAWLEY, DANCE PROFESSOR AT LUTHER
Tabita Green will share her family's story of despair, hope, and recovery. The talk explores what we can do as parents and individuals to promote kids' and teens' mental health in today's frenzied world. Designed to raise questions about the status quo, offer hope, and inspire action. Jane Hawley will also do a score with the attendees inspired by her creation of a healing dance curriculum called Movement Fundamentals.
- 3:00 *BREAK*
- 3:15 Turning Tragedy into A Message of Perspective
KYLER ERICKSON, MOTIVATIONAL SPEAKER, DREAMER, & RELENTLESS MENTAL HEALTH ADVOCATE
As a senior in high school, Kyler Erickson witnessed a school shooting, done so by one of his classmates. As it turned his world upside down, he struggled to find hope in such a horrific time. It took him a year and a half to finally admit to, and seek help for his Post-Traumatic Stress Disorder. After being healed and finding peace, he followed his dreams and is currently speaking. Kyler has not, and will not stop showing people how much they are loved. He focuses on mental illness and overcoming obstacles. Kyler is a kid with an incredible story, and an even bigger heart. He refuses to be stopped, on his way to changing lives.
- 4:15 *Closing Comments*