Changing Perspectives and Altering Perceptions: Understanding Mental Health

Thursday, October 23, 2014
7:30 a.m. – 3 p.m.
The Conference Center at Prairie State College

Registration Information

Registration Deadline: Friday, October 17, 2014

$79 Conference Registration (use code PIHTH-026-C1 at checkout)

$99 Conference Registration and CEU Credits (use codes PIHTH-026-C1 and PIHTH-026-C2 at checkout)

4.0 CEU from Illinois Department of Financial and Professional Regulation for: Nurses, Social Workers, Licensed Professional Counselors, Licensed Clinical Professional Counselors, Nursing Home Administrators

4.0 CPDU for Teachers from Illinois State Board of Education Learning Standard 10: Reflection and Personal Growth

4.0 CEU for EMTs from Illinois Department of Public Health

Register Online:
1. Go to prairiestate.edu/webadvisor.
2. Click on the purple “Continuing Education” box.
3. Click “Register and Pay for Continuing Education Classes”.
4. Enter course code number(s) desired as listed above.
5. Click “Submit”.
6. Select class(es).
7. Complete additional registration information.

Register by Mail:
Print and fill out a registration form by visiting prairiestate.edu/personal-and-professional/news-and-events.

For registration assistance, contact Michelle Giuliani, Prairie State College, at (708) 709-7957 or mguiliani@prairiestate.edu.

Exhibitor Opportunities Available

For more information, contact Julie DeLong, Prairie State College, at jdelong@prairiestate.edu or (708) 709-7919.

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Prairie State College
202 South Halsted Street
Chicago Heights, IL 60411
(708) 709-3500 | prairiestate.edu

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Mental illness is very prevalent today, impacting people of all ages. According to the U.S. Department of Health and Human Services, one in five American adults face a mental health issue, one in 10 young people have grappled with a period of major depression, and one in 20 Americans live with a serious mental illness.

Attend this conference to increase your awareness of the complexities of mental illness and ways to reduce the stigmas associated with it. Choose from a variety of education sessions and learn from state wide mental health authorities, local experts and those with first-hand experience. Leave the event with a variety of tools and strategies to use in your personal and professional life.

**CONFERENCE SCHEDULE**

7:30 – 8:30 a.m.  
Registration, Networking, and Exhibit Expo

8:30 – 8:45 a.m.  
Welcome and Opening Remarks

Craig D. Schmidt, Vice President  
Community and Economic Development, Prairie State College

Illinois Senator Michael E. Hastings  
19th Legislative District

8:45 – 9:30 a.m.  
Keynote Address

“Transforming the Mental Health System: How Can the Mental Health System in Illinois Work Better?”

Dr. Theodora Binion, Acting Director for Mental Health Division and Director of Alcoholism and Substance Abuse, Illinois Department of Human Services

9:30 – 9:45 a.m.  
Break

9:45 – 10:30 a.m.  
General Session

“Affordable Care Act, CountyCare and New Opportunities for Behavioral HealthCare”

Steve Glass, Executive Director of Managed Care, Cook County Health and Hospital Systems

10:30 – 10:45 a.m.  
Break

10:45 – 11:45 a.m.  
Breakout Sessions

11:45 a.m. – 12:45 p.m.  
Lunch and Exhibit Expo

12:45 – 1:45 p.m.  
Breakout Sessions Repeated

1:45 – 2 p.m.  
Break

2 – 3 p.m.  
Panel Discussion

“My Journey with Mental Health”  
Panel discussion featuring community members in recovery. Hear first-hand accounts of their personal journeys.

1:45 – 3 p.m.  
Panel Discussion

“My Journey with Mental Health”  
Panel discussion featuring community members in recovery. Hear first-hand accounts of their personal journeys.

**BREAKOUT SESSIONS**

**Hearing Voices**

Derek Harris, M.A., LPC, QMHP, Sertoma Centre

This experiential workshop provides the opportunity for participants to learn about auditory hallucinations using MP3 players, this simulation helps participants better understand the day-to-day struggles and challenges faced by individuals who hear voices.

**Question, Persuade, and Refer (QPR)**

Gia Washington, M.A., QMHP, Sertoma Centre

Participants will be certified as QPR Gatekeepers. This session will explore the impact of suicide in America, common myths and facts surrounding suicide, warning signs, risk factors and protective factors. Participants are equipped to intervene early by learning how to question, persuade or refer persons at risk.

**Stressed Or Depressed? How to Know the Difference**

Felicia Houston, MA, LPC, Ingalls Behavioral Health

Which comes first, the chicken or the egg… depression or stress? How does depression and stress affect one’s overall well-being? Learn the difference.

**Mental Health First Aid: Increasing Access to Treatment**

Claudia Kotowitz, MSW, LCSW, Community Counseling Centers of Chicago

Learn Mental Health First Aid’s (MHFA) five step model for supporting someone who is struggling with mental health problems and how MHFA is being used in communities to reduce stigma and increase access to treatment.

**Transforming the Mental Health System in Illinois Work Better**

Dr. Theodora Binion, Acting Director for Mental Health Division and Director of Alcoholism and Substance Abuse, Illinois Department of Human Services

This experiential workshop provides the opportunity for participants to learn about auditory hallucinations using MP3 players, this simulation helps participants better understand the day-to-day struggles and challenges faced by individuals who hear voices.

**Misconceptions, Mental Illness and Culture**

Cynthia Cornejo, Psy.D., Associate Professor of Psychology, Prairie State College

Within the general population, there are many misconceptions about mental illness and the populations who are at risk. This session will clarify misconceptions, discuss at-risk youth, specifically lesbian, gay, bi-sexual and transgender teens. Information about multicultural sensitivity and ways to create an environment of safety will be provided.

**Accommodating People Experiencing Psychiatric Emergencies**

Jack Starkey, Loss Program Facilitator (Loving Outreach to Survivors of Suicide)

Jack Starkey lost his son to suicide in 2000. Jack will share the story of his journey through grief and how he rebuilt his life. Deborah Major will describe her work as a therapist with the LOSS Program and will provide suggestions as to how you can offer help and hope to those who have lost a loved one to suicide.

**Working with Bereaved Survivors**

Deborah R. Major, Ph.D., LCSW, Director of the LOSS Program, Catholic Charities of the Archdiocese of Chicago

Deborah Major will describe her work as a therapist with the LOSS Program, Catholic Charities of the Archdiocese of Chicago.

**Keynote Address**

Décor Harris, M.A., LPC, QMHP, Sertoma Centre

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