

## When Mental Illness Hits Home

is a unique conference for friends and family members who journey with people with mental illness and for professionals in the mental health field.

### 2017 SPONSORS

Chestnut Health Systems - Karla Smith Foundation  
National Shrine of Our Lady of the Snows  
NAMI Southwestern Illinois - St. Clair County Mental Health Board

### EXHIBITORS INCLUDE

Furry Friends Recovery  
Karla Smith Foundation - Southern Illinois Healthcare Foundation  
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Illinois Continuing Education Units Offered for Attendance  
5.25 CEUs, LCSW and LCPC 5.25 CEUs, APN, RN, LPN

I wish to attend When Mental Illness Hits Home on Aug. 25, 2017.

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Conference Cost:  \$40 IL CEU  \$20 Amount enclosed \$ \_\_\_\_\_

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**BREAKOUT SESSIONS - PICK TWO:**  Compassion Fatigue: Taking Care of Yourself

Looking at the Whole Person  Medication: One Tool to Wellness



**NATIONAL SHRINE OF OUR LADY OF THE SNOWS – PASTORAL DEPARTMENT**

442 S. De Mazenod Dr. Belleville, IL 62223 [Snows.org/Help](http://Snows.org/Help)

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442 S. De Mazenod Dr.  
Belleville, IL 62223-1023  
[Snows.org](http://Snows.org)



**Fri., Aug. 25, 2017**

**9 a.m. – 4 p.m.**

THE NATIONAL  
**SHRINE**  
OF OUR LADY OF THE SNOWS  
Belleville, Illinois



# WHEN MENTAL ILLNESS HITS HOME

Friday, August 25, 2017 9 a.m. – 4 p.m. Shrine Visitors Center

## B4STAGE4



**Presenter: Paul Gionfriddo**  
President and CEO of Mental Health America

Sharing his own story chronicled in his book, *Losing Tim: How Our Health and Education Systems Failed My Son with Schizophrenia*, Paul Gionfriddo will build a compelling case from his perspective as a parent, mental health advocate and former policymaker for the importance of early identification and intervention of mental health concerns. He will discuss the importance of acting “B4Stage4” with mental health concerns as we do with every other chronic disease and condition. By doing

so, we can change the trajectories of lives like Tim’s and not wait until crises occur to act.

Paul Gionfriddo, President and CEO of Mental Health America (MHA), has worked in a variety of health and mental health-related positions during a career spanning nearly forty years. Prior to joining MHA, he was a consultant, speaker, writer and author of a popular weekly health policy blog entitled “Our Health Policy Matters.” He was a member of the Connecticut House of Representatives from 1979 until 1990.

## THE PERVASIVE EFFECTS OF UNADDRESSED ANXIETY: EVERYONE SUFFERS



**Presenter: Dr. Alec Pollard, PhD**  
Director of the Center for OCD and Anxiety-Related Disorders

When operating correctly, anxiety is a useful emotion. It is the brain’s way to warn us of danger. However, our threat detection system can misfire, which, left unaddressed, can have serious ramifications for individuals and their families. In this presentation, Dr. Alec Pollard will describe the features of normal vs. abnormal anxiety and outline the various ways in which abnormal anxiety negatively impacts people. The presentation will close on a positive note, including a review of effective treatments and strategies currently available for anxiety conditions and a glimpse of promising interventions on the horizon.

Dr. Pollard is Founder and Director of the Center for OCD and Anxiety-Related Disorders at Saint Louis Behavioral Medicine Institute and Professor Emeritus of Family and Community Medicine at Saint Louis University. He is a licensed psychologist who works with a range of obsessive-compulsive and anxiety-related disorders, with a special interest in patients ambivalent about or resistant to treatment.

## BREAKOUT SESSIONS

### COMPASSION FATIGUE: TAKING CARE OF YOURSELF

Learn the differences between burnout, vicarious trauma, caregiver stress and compassion fatigue. This seminar views wellness as an ethical mandate for those in the helping professions and for caregivers, and provides techniques for maintaining one’s own mental health.

**Connie Fisher, LCSW**, is the Director of Mental Health Promotion for Mental Health America of Eastern Missouri. In addition, Connie has 13 years’ experience as an Adjunct Professor teaching a variety of courses on psychology, social work and human services and is currently teaching a course at Washington University.

### LOOKING AT THE WHOLE PERSON – MENTALLY AND PHYSICALLY

Mental health providers are moving toward an integrated care system to better address the needs of individuals with mental health and substance use conditions. Join us to learn how accessing primary care services benefits whole health wellness and recovery.

**Emma L. Melvin, LCSW**, is the Director of Wellness Recovery Services for Chestnut Health Systems and is the project director for Chestnut Health Systems’ integrated care grant.

**Molly Johnson, LCSW**, is an expert in group facilitation with an emphasis on teaching skills to enhance intrapersonal satisfaction. Molly has been working in the mental health field for over 8 years.

### MEDICATION: ONE TOOL TO WELLNESS

As a tool to wellness, medication needs to work in combination with therapy, lifestyle changes and overall commitment to good health and personal growth. A pharmacist is a great advocate for client health, and it is recommended that people have all of their medications filled at one pharmacy. Join us as we discuss how medication and working in conjunction with your pharmacist can be a key component to wellness.

**Theresa Willis, RPh, MBA**, has practiced pharmacy for over 30 years. She has worked in retail and hospital pharmacies, has run a state government program for generic drugs, has lobbied health care issues in 14 different state legislatures and is currently employed in mental health pharmacy.