



MAY 24, 2017

# 2017 MENTAL HEALTH AMERICA OF ARIZONA SEEDS CONFERENCE NAVIGATING THE HURDLES: B4STAGE4

## AGENDA

- 8:00 – 8:30 a.m. **Registration Opens, Coffee & Networking**
- 8:30 – 8:45 a.m. **Welcoming Remarks** – Dr. Michael Shafer, MHA AZ Board Chair  
Moment of Silence for Max Dine
- 8:45 – 9:15 a.m. **Keynote Session** – Glendale Police Chief Rick St. John, The Importance of Mental Health Education (Crisis Intervention Training)
- 9:15 – 9:30 a.m. **Break**
- 9:30 – 10:45 a.m. **Breakouts\***
- 10:45 – 11:00 a.m. **Break**
- 11:00 – 12:00 p.m. **Town Hall Listening Session “Identifying Systems Barriers”**  
(Participants will fill out survey here)
- 12:00 – 1:15 p.m. **Lunch on Your Own**
- 1:15 – 1:35 p.m. **Keynote Session** – Glendale Deputy Fire Chief Chuck Montgomery, The Value of Advocacy
- 1:35 – 2:35 p.m. **Recovery and Resiliency Panel** featuring Bruce St. James from KTAR News
- 2:35 – 2:50 p.m. **Break**
- 2:50 – 4:05 p.m. **Breakouts\***
- 4:05 – 4:20 p.m. **Break**
- 4:20 – 5:00 p.m. **Keynote Session** – Mark McMillian, Former NFL Player, The Impact of Mental Illness Both Off and On the Field.
- 5:00 – 5:15 p.m. **Closing Remarks**

**\*Breakout Topics Include:** ABC’s of Cognitive Behavior Therapy in Everyday Thinking; A Family Guide to HIPAA; The Dangers of Benzos; Mental Health in the Faith Based Community; Legal Considerations for Family Members—Guardianships, Power of Attorney, Special Needs Trusts and Financial Planning; Working with Law Enforcement; Meditation and Mindfulness; Arizona Adverse Childhood Experiences and the Strong Communities Raise Strong Kids Initiative; Behavior Health with Mature Adults, Understanding Parity; Knowing your Rights; and more!