

# A Community Mental Health Day

*Understanding, Hope, and Healing*

**Tuesday, June 25, 2019**

**9am-2:30pm**

**All Ages Invited. Free.**

**OSC, 156 E Washington, Oswego**

**Call to register, 630-554-5602**

**Child and Elder care will be available for attendees. Please indicate this need when registering.**

In today's world we are inundated with opportunities that cause us stress, from the rollercoaster of emotions that watching the news or social media produces, to worrying about people within our own network of family, friends and neighbors who are struggling with mental or cognitive wellness or a developmental disability.

Through this great community conference opportunity, attendees can learn about and understand conditions that effect mental, cognitive or developmental health, as well as learn about pathways for hope and healing when navigating care and resilience.

The conference will have 4 break-out sessions where attendees can choose their desired topic of interest within the themes of Understanding, Hope and Healing. This event is for all ages, call to register, 630-554-5602.

**Lunch provided thanks to Linden-Oaks Behavioral Health.**

**Welcome: 9-9:15am**

**Keynote: 9:15-10:15am**

## **What's Understandable is Preventable**

**Dr. Heidi Podjasek and Elizabeth Palatine, SD308**

The keynote will look into how ACEs impacts the physical and mental health of our community across the lifespan. Adverse Childhood Experiences (ACEs) like poverty, abuse, parents with addiction, and other childhood traumas can lead to Chronic Toxic Stress.

With chronic toxic stress, the body pumps out adrenaline and cortisol continuously. Over time, the constant presence of adrenaline and cortisol keep blood pressure and glucose levels high, which can lead to type 2 diabetes and can also increase cholesterol.

Too much cortisol can lead to osteoporosis, arthritis, gastrointestinal disease, depression, anorexia nervosa, Cushing's syndrome, hyperthyroidism and the shrinkage of lymph nodes, leading to the inability to ward off infections. There is also research indicating a high ACE score has also been linked to Alzheimer's disease.

This wear and tear on the body is the main reason why the lifespan of people with an ACE score of six or higher is likely to be shortened by 20 years. ([www.acestoohigh.com](http://www.acestoohigh.com))

So let's learn about how to understand ACEs in order to help ourselves and others reach their full potential.

## Break-out Sessions 1 & 2: Understanding

### Session 1: 10:30-11:00am

#### **Understanding Anxiety, Depression & Bipolar**

Many times, individuals are given the names of diagnoses for mental health conditions without meaningful education or elaboration. We will take the time to consider the etiology and presentation of these diagnoses. We will also discuss treatment options and strategies for wellbeing.

**Kathryn Catenacci, MS, LCPC Kendall County Health Department**

#### **Understanding Suicidal Ideation/Suicide**

Many families have been impacted by suicide and suicide attempts of family and friends of all age groups from 10 year old's to 90+ year old's. Learn the warning signs and how to help someone who may be contemplating suicide.

**Natasha Clark, Suicide Prevention Services of America**

#### **Understanding Autism**

Autism spectrum disorders have risen over the years but there is a lot of misunderstanding of what autism is, the spectrum, and how early intervention can really help for positive long term results.

**Wally Hamlin, LCPC, Neighborhood Counseling Associates**

#### **Understanding Substance Misuse & Addiction**

Addiction is a complex issue and many things can influence whether a person becomes an addict or not. It is a progressive disease which affects not only the individual using the substance, but their family and friends as well. There are many treatment options available for individuals struggling with substance use disorders that will assist them in being able to "live life on life's terms without the use of mood-altering substances".

**Michelle Hawley, MPA, CRADC, CODP I, Kendall County Health Department**

Lunch sponsored by:



### Session 2: 11:15-11:45am

#### **Understanding Dementia and Delirium**

Signs of dementia can be overwhelming for the person experiencing them and for their loved ones. Learn about the various diseases that can cause symptoms of dementia and signs of dementia. Also learn about the difference between dementia and delirium.

**Sandy Pastore, MSW, Oswego Senior Center**

#### **Understanding PTSD**

Persons experiencing a traumatic event can suffer from Post Traumatic Stress Disorder. Learn what PTSD is and treatment options as well as types of trauma. Also, we'll discuss why we experience this Post-Traumatic Response, what works in helping us to cope with the symptoms?

**Jesse Waltz, LMFT, M.A.Ed., DuPage County Vet Center**

#### **Understanding Schizophrenia**

Schizophrenia is a serious mental disorder that is often misunderstood. This is due to misinformation that is frequently presented in movies and media. We will take a moment to better understand this condition and to learn that treatment works!

**Kathryn Catenacci, MS, LCPC Kendall County Health Department**

#### **Understanding Hoarding**

Hoarding is the persistent difficulty discarding or parting with possessions, regardless of their actual value. Learn more about hoarding and possible avenues to get help.

**Keith Bielema, Kendall County Health Department**

### Lunch: 11:45am-12:45pm

Guest Speaker, Persevering Through the Ups and Downs, A Firsthand Account

**Sherry I. Prichodko, NAMI-KDK**

#### **Virtual Dementia Tour**

3 time slots available each session

Through this unique sensory experience, individuals experience life through the eyes of their friends or loved ones who have dementia or Alzheimer's.

**Silverado of Naperville**

## Breakout Session 3: Hope

(12:45pm-1:15pm)

### **Finding Resilience**

The ability to persevere and bounce back in times of adversity is critically important. However, we sometimes find ourselves feeling hopeless, helpless, and stuck. We will discuss strategies for effective self-care and healthy coping with life stressors.

*Jason Andrade, M.S Ed., LCPC, Kendall County Health Department*

### **Rethinking Stress**

Stress can leave you feeling unhappy, may impact your relationships, and if left unmanaged, can lead to long-term problems such as anxiety, depression, and physical illness. “Rethinking Stress” will help you learn how to change the way you perceive the challenges you are facing and identify strategies for reducing stress thereby improving your mental, physical and spiritual health.

*Jamee Kerkman LCPC CYT, Trinity Counseling and Yoga*

### **Recovery: It's Not an Island**

Ever feel alone in your healing or health? Let's meet to talk about the benefits of making positive and supportive connections. Hear about the supports that are available in the community, how to look for other sources of support, and how to get the support you need from people already part of your recovery team (family, etc). Let's discuss how to get off what feels like an island and move toward a community of hope and connection.

*Lisa M. Holch, CADC, LCPC, CCTP, Kendall County Health Department*

### **Demystifying Therapy**

When you start thinking that therapy might be something that could be beneficial, barriers start popping up, like where to go? How is it paid for? What if I don't like the therapist? What is it going to be like? IS it really confidential? All of these questions and more will be answered in this session.

*Abby Koch, LCSW, Good Therapy*

## Breakout Session 4 : Healing

(1:30pm-2pm)

### **Exploring Music Therapy**

Learn about music therapy and the benefits across all populations from children to seniors. Experience how you can use aspects of music therapy to create calm, healing and mindfulness in your life.

*Michelle McCallough, M.S.Ed., MT-BC, Neurologic Music Therapist*

### **Finding Connections**

Connecting with others can sometimes seem daunting in today's world. There are a variety of ways to meet people in organic ways which can help build lifelong friendships. Learn about connection opportunities through classes, groups, and volunteer opportunities.

*Sandy Pastore, MSW, Oswego Senior Center*

### **Mindfulness, Exercise and Nutrition**

Self-care can often be difficult to begin engaging in, much less maintain. During this breakout session, we'll discuss how to incorporate mindfulness, exercise, and nutrition more regularly into your daily and weekly life to increase overall well-being. Learn about mindfulness and self-regulation, gentle exercises, and how to determine questions you can ask your health care provider about your nutrition, as well as how these three pieces make up a puzzle to a more holistic recovery.

*Lisa M. Holch, CADC, LCPC, CCTP, Kendall County Health Department*

**Wrap-Up: 2:15pm-2:45pm**

### **End the Stigma**

Learn how to be an ally! And learn the downsides and upsides to social media, like how to curb the negativity it can generate and how to use it to spread hope and be an ally.

### **Thank you to our Community Partners!**

*Linden-Oaks Behavioral Health, Kendall County Health Department, SD308, Kendall County Board, NAMI-KDK, Kendall County Sheriffs Office, Suicide Prevention Services of America, Neighborhood Counseling Associates, Good Therapy, Trinity Counseling & Yoga, DuPage County Vet Center, Silverado of Naperville, Oswego Senior Center*