

October 7-8, 2021

WINDHAM & RAYMOND COMMUNITY CONFERENCE



New England (HHS Region 1)

PTTC

Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

MENTAL HEALTH SUMMIT DAY 1: October 7

TIME:	FOCUS:
8:00-8:10	WELCOME & INTRODUCTION: <i>Framing the Day</i> , Chris Howell, Christine Frost-Bertinet & Jonathan Sahrbeck (Cumberland County District Attorney) Zoom Link: https://networkmaine.zoom.us/j/85179680297
8:10-9:00	KEYNOTE: Mental Health Awareness Campaign: Changing the Culture Around Mental Illness: It's Way Past Time, John T. Broderick
9:00-9:10	BREAK Christine Frost-Bertinet: Review of 9:15-10:25am (SESSION 1) and 10:30-11:40am (SESSION 2).
9:15-10:25 SESSION 1	CHOICE SESSIONS (Click on the Zoom link for the session that interests you.) Note: Participants will have an opportunity to reach out to presenters to ask follow-up questions, request resources, etc. ☐ CHOICE 1: You Have the Power: Building Resilience to Cope (Laura Morris, <i>Be The Influence</i>) ☐ Zoom Link: https://us02web.zoom.us/j/88940844830?pwd=cVBtMFVEVldENlpiMlRLeGw0enFiZz09 ☐ CHOICE 2: Supporting Safety & Wellbeing in Our Young People (Kristel Thyrring, <i>NAMI</i>) ☐ Zoom Link: https://zoom.us/j/95884910052 ☐ CHOICE 3: Maine Resilience Building Network: Cultivating Youth Mattering (Ruby Parker, <i>Maine Resilience Building Network</i>) ☐ Zoom Link: https://us02web.zoom.us/j/2795053359 ☐ Meeting ID: 279 505 3359 ☐ CHOICE 4: CHOICE 4: Sidekicks: Motivational Interviewing for Youth (Val Johnstone, Portland Health Department) ☐ Zoom Link: https://networkmaine.zoom.us/j/86301048211 ☐ CHOICE 5: Naloxone Training: Reversing Overdoses and Saving Lives (Alyssa Pelchat, LCSW,

	CCS, OPTIONS Program, Sweetser) ❑ Zoom Link: https://networkmaine.zoom.us/j/89464386611 ❑ CHOICE 6: Supporting Youth Mental Wellness and Resilience in an Uncertain World (Greg Marley, LCSW, NAMI) ❑ Zoom Link: https://zoom.us/j/98598539650 ❑ CHOICE 7: Trauma-Responsive Strategies for Youth Engagement & Community Resilience (Jana Richards and Lee Anne Dodge, <i>The Opportunity Alliance</i>) ❑ Zoom Link: https://us02web.zoom.us/j/81672106490 ❑ CHOICE 8: Introduction to Cannabis Pharmacology and Effects For Youth (Scott Gagnon, PTTC, MPP, PS-C) ❑ Zoom Link: https://us02web.zoom.us/j/87561376558?pwd=Z0dNT25QN3V5OFo5K0VlMnRERW91QT09
10:30-11:40 SESSION 2	CHOICE SESSIONS (Click on the Zoom link for the session that interests you.) Note: Participants will have an opportunity to reach out to presenters to ask follow-up questions, request resources, etc. ❑ CHOICE 1: Using the Arts in Building Resiliency (Laura Morris, <i>Be The Influence</i>) Note: Attendees will need to bring a blank piece of paper and their choice of art supplies to create a piece. ❑ Zoom Link: https://us02web.zoom.us/j/86749503713?pwd=YWdscTJ3Sic0NVZF RU0wRHlodU hSZz09 ❑ CHOICE 2: Supporting Safety & Wellbeing in Our Young People (Kristel Thyrring, NAMI) ❑ Zoom Link: https://zoom.us/j/92081667730 ❑ CHOICE 3: Sidekicks: Motivational Interviewing for Youth (Val Johnstone, <i>Portland Health Department</i>) ❑ Zoom Link: https://networkmaine.zoom.us/j/86301048211 ❑ CHOICE 4: Naloxone Training: Reversing Overdoses and Saving Lives (Alyssa Pelchat, LCSW, CCS, OPTIONS Program, Sweetser) ❑ Zoom Link: https://networkmaine.zoom.us/j/89464386611 ❑ CHOICE 5: Gender Issues in Student Support; Looking at Males, Females and Beyond the Binary Divide (Greg Marley, NAMI) ❑ Zoom Link: https://zoom.us/j/98598539650 ❑ CHOICE 6: Engaging in Compassionate Conversations to Build Connections and Encourage Positive Change (Zoe M. Brokos, Program Coordinator, Agape Inc.) ❑ Zoom Link: https://us02web.zoom.us/j/89815908108?pwd=THZPMHNWNHhlc0NBbHFnL0haRDRiUT09 ❑ CHOICE 7: Introduction to Cannabis Pharmacology and Effects For Youth (Scott Gagnon, PTTC, MPP, PS-C) ❑ Zoom Link: https://us02web.zoom.us/j/87561376558?pwd=Z0dNT25QN3V5OFo5K0VlMnRERW91QT09 ❑ CHOICE 8: Youth and Family Peer support-Maine Behavioral Health (Laurie Cavanaugh and Ariel Linet, <i>Maine Behavioral Healthcare</i>) ❑ Zoom Link: https://zoom.us/j/96754989266?pwd=WVlWN2N6UzAyM2lSMWU4Z1o3R0N5UT09
11:45-12:00 CLOSING	Feedback Survey Here Framing Day 2

MENTAL HEALTH SUMMIT

DAY 2: October 8

TIME:	FOCUS:
8:00-8:10	WELCOME & INTRODUCTION: <i>Framing the Day</i> , Chris Howell & Christine Frost-Bertinet Zoom Link: https://networkmaine.zoom.us/j/85260421510
8:10-9:00	KEYNOTE: <i>Life Is Disappointing and Other Inspiring Thoughts</i> , Matt Bellace (brain science, substance abuse, etc.)
9:00-9:10	BREAK Christine Frost-Bertinet: Review of 9:15-10:25am (SESSION 3) and 10:30-11:40am (SESSION 4).
9:15-10:25 SESSION 1	CHOICE SESSIONS (Click on the Zoom link for the session that interests you.) Note: Participants will have an opportunity to reach out to presenters to ask follow-up questions, request resources, etc. ❑ CHOICE 1: You Have the Power: Building Resilience to Cope (Laura Morris, <i>Be The Influence</i>) ❑ Zoom Link: https://us02web.zoom.us/j/88940844830?pwd=cVBtMFVEVldENlpiMlRLeGw0enFiZz09 ❑ CHOICE 2: Sidekicks: Motivational Interviewing for Youth (Hawa Shir) ❑ Zoom Link: https://networkmaine.zoom.us/j/89397231085 ❑ CHOICE 3: Youth and Family Peer support-Maine Behavioral Health (Laurie Cavanaugh and Ariel Linet, <i>Maine Behavioral Healthcare</i>) ❑ Zoom Link: https://zoom.us/j/96754989266?pwd=WVJWN2N6UzAyM2lSMWU4Z1o3R0N5UT09 ❑ CHOICE 4: It's Real: Teens & Mental Health (Shamera Simpson, <i>American Federation for Suicide Prevention</i>) ❑ Zoom Link: https://zoom.us/j/94719071470 ❑ CHOICE 5: Up In The Air (Sarah Johnson, <i>New England Prevention Technology Transfer Center</i>) ❑ Zoom Link: https://us02web.zoom.us/meeting/register/tZMkcuirTMiE9xI_T5kPeIQWLxHn_bf6pc1 ❑ CHOICE 6: Addiction Stigma (Alyssa Pelchat, LCSW, CCS, OPTIONS Program, Sweetser) ❑ Zoom Link: https://networkmaine.zoom.us/j/89464386611
10:30-11:40 SESSION 2	CHOICE SESSIONS (Click on the Zoom link for the session that interests you.) Note: Participants will have an opportunity to reach out to presenters to ask follow-up questions, request resources, etc. ❑ CHOICE 1: Using the Arts in Building Resiliency, Laura Morris ❑ Zoom Link: https://us02web.zoom.us/j/86749503713?pwd=YWdscTJ3Sic0NVZFRU0wRHlodUhSZz09 ❑ CHOICE 2: Engaging in Compassionate Conversations to Build Connections and Encourage Positive Change (Zoe M. Brokos, Program Coordinator, Agape Inc.) ❑ Zoom Link: https://us02web.zoom.us/j/89815908108?pwd=THZPMHNWNHhlc0NBbHFhL0haRDRIUT09 ❑ CHOICE 3: Sidekicks: Motivational Interviewing for Youth (Hawa Shir) ❑ Zoom Link: https://networkmaine.zoom.us/j/89397231085 ❑ CHOICE 4: Fostering Resilient Environments (Ruby Parker, <i>Maine Resilience Building Network</i>) ❑ Zoom Link: https://us02web.zoom.us/j/2795053359 ❑ Meeting ID: 279 505 3359

	❑ CHOICE 5: Introduction to Supporting Those At Risk (Shamera Simpson, <i>American Federation for Suicide Prevention</i>) ❑ Zoom Link: https://zoom.us/j/94719071470 ❑ CHOICE 6: Addiction Stigma (Alyssa Pelchat, LCSW, CCS, OPTIONS Program, Sweetser) ❑ Zoom Link: https://networkmaine.zoom.us/j/89464386611
11:45-12:00 CLOSING	Feedback Survey Here RSU14 Survey

PRESENTER & SESSION INFORMATION

KEYNOTES (Oct. 7-8)

October 7
8:00-9:00am
KEYNOTE

 Dartmouth-Hitchcock



John T. Broderick, Jr.
Dartmouth-Hitchcock Senior Director of External Affairs
Former Chief Justice of the NH Supreme Court

**Mental Health
Awareness
Campaign:
Changing the
Culture Around
Mental Illness:
It's Way Past
Time**

Dartmouth-Hitchcock's R.E.A.C.T. Mental Health Awareness Campaign provides individuals throughout New Hampshire and Vermont with tips about how to deal with signs of emotional suffering and with resources for support and help.

The R.E.A.C.T campaign was developed to provide clear next steps to take when someone sees some, or all, of the 5 Signs of emotional suffering in another person. R.E.A.C.T supplements the 5 Signs campaign developed by Barbara Van Dahlen of Change Direction. The idea for the 5 Signs was modeled on the theory that, like knowing the 5 Signs of a heart attack or stroke, we should all know the 5 Signs of emotional distress; and when we see those signs we should take action.

Led by Dartmouth-Hitchcock Senior Director of External Affairs John Broderick, formerly the Chief Justice of the NH Supreme Court, and in collaboration with the Children's Hospital at Dartmouth-Hitchcock, the New Hampshire Department of Education, the Vermont Agency of Education and other agencies and civic leaders across both states, Broderick has been reaching out to students, educators, parents, businesses and communities, to change the conversation on mental health and to help reduce stigma.

Broderick believes that "we have the ability to change the culture and the way mental health is viewed." He wants to spread this message to as many students, educators, parents, businesses and communities as he can.

October 8
8:00-9:00am
KEYNOTE

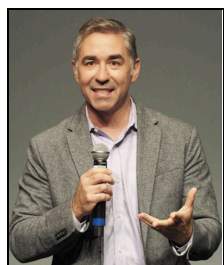
Matt Bellace, Ph.D.
Motivational Speaker and Comedian

Keynote Title: *Life Is Disappointing and Other Inspiring Thoughts*



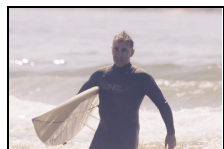
Description: You won't want to miss Dr. Matt Bellace, a clinical psychologist and stand-up comedian, delivering his humorous and interactive keynote. The presentation will focus on coping with disappointment, ways to reduce stress and manage emotions. Dr. Bellace's unique style of integrating science with funny stories and audience participation should make for a memorable kick-off to the conference! Some of the takeaways will include using pain, loss and failure for inspiration, the science of meditation and cognitive behavioral techniques that increase resilience.

Bio: Since 1995, Matt Bellace, Ph.D., has been a professional speaker and stand-up comedian. His programs encourage over a hundred thousand students and adults each year to pursue natural highs (e.g. laughter, meditation) and be resilient in the face of stress.



Dr. Bellace has a Ph.D. in clinical neuropsychology, which is the study of the brain and behavior. He worked at the National Institutes of Mental Health, and completed his internship at the traumatic brain and spinal cord units at The Mount Sinai Medical Center in New York City. His dissertation focused on the neurological underpinnings of emotional memory and was published in the *International Journal of Neuroscience*.

He's the author of the best-selling book, *A Better High: Laugh, Help, Run, Love and Other Ways to Get Naturally High*. His most recent book is focused on healthy ways to cope with pain, loss and failure, titled *Life Is Disappointing and Other Inspiring Thoughts*.



He was featured in the documentary *Voices of Hope and Recovery*, which aired on CBS stations throughout Maine.

RESOURCES:

Website: www.mattbellace.com

Twitter: @mattbellace

YouTube.com/mattbellace

Natural High, www.naturalhigh.org

Voices of Hope Documentary: [Voices of Hope and Recovery – Voices of Hope and Recovery – The Series](#)

Signed Copy of Matt's Books:

A Better High

Life Is Disappointing and Other Inspiring Thoughts

[Store - Matt Bellace](#)

164 Dodds Lane • Princeton, NJ 08540

www.mattbellace.com • matt@mattbellace.com

Office: (609) 275-6047 • Cell: (201) 600-4048 • Fax: (609) 275-6057

OCTOBER 7 CHOICE SESSION INFORMATION

SESSION 1: 9:15-10:25am

CHOICE #1



Laura Sacks
Morris, *Be The
Influence*

You Have the Power: Building Resilience to Cope

SESSION DESCRIPTION: We live in an environment that can be challenging both personally and professionally. How can adults and youth effectively achieve and exceed their goals and make healthy decisions when they are overwhelmed by possible Adverse Childhood Experiences, stress, social media, responsibilities of our jobs/school and balancing our personal lives? This 75-minute, motivational, interactive seminar reminds attendees that they “have the power” to exceed their own expectations by living by 5 basic principles: The Power of Believing, The Power of Positive Thinking, The Power of Doing, The Power of Failure, and The Power of Choice. This seminar has helped to build self-esteem and offer user-friendly tools and hope to hundreds of attendees; no matter their background or challenges and provide healthy ways to combat trauma and stress rather than self-medication and other self-destructive behaviors.

PRESENTER BACKGROUND: After receiving her B.A. in Communications with high honors from the University of Maine at Orono, Laura spent 10 years in the hotel industry as a Regional Director of Sales and National Leadership Trainer with Marriott Corporation. In 2000, she founded the Second Chance Foundation with the mission of helping youth make healthy decisions through ongoing preventive interactive theatrical school programs on bullying, substance misuse, suicide, tobacco prevention and other topics. For over 10 years, she worked as a facilitator and theatrical director with the Council for Drug Free Youth as well as overseeing the Drug Free Community grant in mid-Missouri. After relocating back to Maine 5 years ago, she continued her work in prevention as the Project Director for Be the Influence, a Drug Free Community grant, including building a coalition of community members who have collectively worked to reduce youth substance use in the Windham/Raymond area. She is certified as a Prevention Specialist, DEEP/TIPS Trainer as well as a motivational speaker and CADCA prevention graduate.

CHOICE #2



Kristel Thyrring,
NAMI

Supporting Safety & Wellbeing in Our Young People

SESSION DESCRIPTION: As we see a growing attention to our young people’s mental health, it’s important that we have a good understanding of the struggles our youth may be facing. Join us to discuss the ways in which we can help support the education, advocacy, and engagement in mental wellness by our young people. We will spend this session discussing what we can do as individuals helping our young people come into their own. Please bring your youth mental health questions for discussion.

PRESENTER BACKGROUND: With a degree in Social Science, maintaining a license in social work, and a professional history in child welfare, Thyrring comes to us ready to discuss mental wellness, resources, and self-care. Thyrring has a passion for bettering the lives of Maine’s young people and helping them successfully transition to adulthood.

CHOICE #3



Ruby Parker,
*Maine Resilience
Building Network*

Maine Resilience Building Network: Cultivating Youth Mattering

SESSION DESCRIPTION: Data in Maine highlights that almost half our youth feel they don’t matter to their community and an overwhelming number suffer with anxiety, depression and feelings of loneliness. Mattering and social connectedness are protective factors that reduce the likelihood of poor mental health, suicide and substance misuse. Participants of this learning session will leave with a grounding in the science of mattering and belonging, learn about statewide data, and understand how cultivating mattering builds resilient communities. Lastly, participants will be able to identify strategies that build resilience and hear of statewide efforts to build connectedness. Learning Objectives: 1. Ground participants in the science of mattering; 2. Understand state and local data on mattering and protective factors for youth; 3. Learn from participants ways to engage and cultivate mattering in youth.

PRESENTER BACKGROUND: Ruby Parker is the Engagement & Education Director for the Maine Resilience Building Network (MRBN). Ruby provides education across the state to build awareness of the impact of Adverse Childhood Experiences (ACEs) and the importance of protective factors in building resilience. Ruby provides opportunities for learning to parents, policy makers, professionals, and

	community members. Prior to joining MRBN, Ruby worked on an ACES statewide education effort in the state of Maryland where she built a learning collaborative of professional trainers who worked to spread awareness through presentations designed to build self-healing communities. Ruby participates as a member of a number of coalitions, committees and task forces all aimed to address trauma and promote safe and supportive environments for children. Ruby obtained her education in Baltimore with a bachelor's degree in Sociology from Goucher College and a master's degree in Conflict Management from the University of Baltimore.
CHOICE #4  Val Johnstone, Portland Health Department	Sidekicks: Motivational Interviewing for Youth SESSION DESCRIPTION: The Sidekicks program has the goal of working with young people and adult advisors in Maine to help teens find the words to talk to their peers about tobacco use and vaping. Once trained as a Sidekick, youth have the skills to hold respectful conversations with their peers about tobacco use, as well as other risky behaviors. The Sidekicks Program teaches youth introductory motivational interviewing skills -- giving them the ability to use these skills in a variety of difficult to talk about topics, including mental, emotional, and behavioral health. PRESENTER BACKGROUND: Val Johnstone is a Community Health Promotion Specialist in the City of Portland Public Health's Tobacco Prevention Program. After 3 years of facilitating conversations about healthy relationships and consent at a local sexual violence response agency, Val transitioned to the field of tobacco prevention to advocate for healthy, smoke-free spaces. Val is passionate about prevention education, community engagement, and connecting individuals with free, local resources. Val is currently working on her Master of Public Health at the University of Southern Maine.
CHOICE #5  Alyssa Pelchat, LCSW, CCS OPTIONS Program / Sweetser	Naloxone Training: Reversing Overdoses and Saving Lives SESSION DESCRIPTION: In 2018, the Surgeon General released an advisory emphasizing the importance of the overdose reversing medication naloxone. The advisory states that knowing how to use naloxone and keeping it within reach can save a life, and encourages anyone who might be in the position to reverse an opioid overdose to carry naloxone. The goals of this presentation are to raise awareness about the incidence of overdose in our communities, educate participants about naloxone, and to teach participants how to administer naloxone. Following this training, participants will have the opportunity to receive a free kit of naloxone at a pick-up time/date TBD. The Office of Behavioral Health has partnered with behavioral health agencies across the state to develop the OPTIONS (Overdose Prevention Through Intensive Outreach, Naloxone, and Safety) Program. The program placed a substance use clinician in each county who is embedded in a law enforcement agency to respond to overdose events in real time, outreach and provide support to community resources, distribute naloxone, provide trainings for the community, and help connect individuals in need with resources to improve their health, and therefore the health of the community at large. Sweetser is the partner for York, Cumberland, Sagadahoc, Lincoln, Knox, and Waldo Counties. PRESENTER BACKGROUND: Alyssa Pelchat, LCSW, CCS, has a master's degree in social work from the University of New England and is a Licensed Clinical Social Worker and a Certified Clinical Supervisor. She has worked with children, teens, and adults in various settings including primary care, residential, in-home, and corrections. Her interest in substance use treatment developed while working as a behavioral health clinician at Maine Correctional Center in Windham. She currently works for Sweetser as the supervisor of Crisis Triage and the OPTIONS (Overdose Prevention Through Intensive Outreach, Naloxone, and Safety) Program. Alyssa grew up in Raymond and attended Jordan-Small Elementary School. She has returned to live in Raymond with her husband and son who is in kindergarten at Raymond Elementary School. RESOURCES: Get Naloxone - Options (knowyouroptions.me) Have it on Hand - Eyes Open (eyesopenforme.org) 211 Maine Services Directory & Assistance Programs

CHOICE #6



Greg Marley,
LCSW, NAMI

Supporting Youth Mental Wellness and Resilience in an Uncertain World

SESSION DESCRIPTION: Everyone is living in a period of uncertainty, increased risk, isolation and stress. Some of this was true even before the pandemic brought increased risk of illness, the need for social distancing and a political dialogue where we struggle to agree about basic steps to maintain safety. Our youth face these stresses and uncertainty with less experience and, often, fewer established coping skills. We will focus on the elements of resilience and what we all can do to support our youth and ourselves as we walk a path through the pandemic.

PRESENTER BACKGROUND: Greg Marley has practiced in the field of community mental health in Maine for over 30 years, as a clinician, clinical supervisor, manager, trainer, and consultant. Since 2007, he has developed and presented training and education supporting suicide prevention and management. Greg has presented across Maine and New England to a variety of audiences in suicide prevention, substance abuse prevention, mental health and other topics. Since 2009 he has provided training and consultation to schools, primary care practices, hospitals, and mental health programs supporting suicide prevention and intervention as well as support in the aftermath of a suicide loss. In the rest of his life, Greg is renowned as an expert in edible, medicinal and toxic wild mushrooms.

CHOICE #7



Jana Richards,
The Opportunity
Alliance



Lee Anne Dodge,
The Opportunity
Alliance

Trauma-Responsive Strategies for Youth Engagement & Community Resilience

SESSION DESCRIPTION: The Opportunity Alliance's Public Health Program & Maine Youth Action Network staff will present on effective strategies for what supports young people to thrive in their communities. Presenters will discuss community-level barriers to thriving, reasons why some young people may experience increased barriers or stress, and what approaches are most effective for engaging all young people in building resilience. Come discuss actions we can all take to support young people in achieving positive mental health.

PRESENTER BACKGROUND: Jana Richards is the Program Manager with the Public Health Program at the Opportunity Alliance. The Public Health Program supports and engages communities across Cumberland County to improve health and wellness for us. Jana has been a member of the Public Health team for 7 years, and has expertise in substance use prevention, youth mental health promotion, and health-related policy change. She particularly enjoys facilitating collaboration between community members and service providers to achieve sustainable and effective community health improvements. Jana has had the privilege of focusing some of her time in the more rural Lake Region communities of Cumberland County, and currently lives in Standish.

Lee Anne Dodge is a certified prevention specialist and is the program director of SoPo Unite- All Ages-All In, a Drug Free Communities Coalition. She has worked in the field of substance use prevention and intervention for over twenty years. She is a Prime For Life instructor and teaches DEEP (Driver Education and Evaluation Program) to people under the age of twenty one who have been arrested for Operating Under the Influence. She lives in Dresden with her husband Andy, and their yellow Lab: Minnie Pearl.

CHOICE #8



Scott Gagnon,
MPP, PS-C, New
England
Prevention
Technology
Transfer Center

Introduction to Cannabis Pharmacology and Effects For Youth

SESSION DESCRIPTION: In this session, the presenter will provide an overview of the current state of the science with respect to the pharmacology of cannabis and how it impacts youth. This will include information about the various forms, potencies, and health effects, along with the issues of addiction, brain development, and more. Additionally, the presenter will discuss the importance of prevention, and how we approach youth cannabis prevention in an era of commercial cannabis.

PRESENTER BACKGROUND: Scott M. Gagnon, MPP, PS-C is a Certified Prevention Specialist, Associate Executive Director of AdCare Educational Institute of Maine, Inc., and Director of the New England Prevention Technology Transfer Center (PTTC). Appointed by the Maine Speaker of the House, Scott serves as the public health representative on Maine's Marijuana Advisory Commission. Scott is the chair of the national PTTC Network's Cannabis Prevention Work Group. Scott was Co Chair of the Prevention Task Force for the Maine Opiate Collaborative and has served on the SAMHSA, Center for Substance Abuse Prevention National Advisory Council. Scott speaks and trains nationally on cannabis

science, prevention, and policy, as well as on workforce development and other prevention topics, including at the CADCA National Leadership Forum, CADCA Midyear Training Institute, and the National Prevention Network Conference. Scott's work has been recognized with awards from multiple organizations, including the Maine Alliance to Prevent Substance Abuse, Healthy Androscoggin, and the Maine Public Health Association. In 2017, Scott was the recipient of the Patrick J. Kennedy Outstanding Advocate Award from Smart Approaches to Marijuana.

OCTOBER 7 CHOICE SESSION INFORMATION

SESSION 2: 10:30-11:40am

CHOICE #1



Laura Sacks
Morris, *Be The
Influence*

Using the Arts in Building Resiliency

SESSION DESCRIPTION: According to the National Institutes of Health, engaging youth in the arts conclusively builds self-esteem and a support system, helps to communicate feelings in a positive and safe way, allows them to overcome adversity and cope in a healthy way, provides an outlet for stress, anxiety and depression, creates affirmation within and from those around us and gives youth a healthy alternative for substance misuse. With this proven evidence in mind, Be the Influence Coalition has initiated an "Arts in Prevention" series targeting teens at all levels including art therapy, art puzzle and mural projects, after school dance programs, peer-to-peer theater productions, Middle School Monologues and writing exercises to that have received extremely positive feedback from students, parents and school administrators alike. This interactive seminar showcases how the arts can be used with teens as well as engages the attendees in some of the projects.

PRESENTER BACKGROUND: After receiving her B.A. in Communications with high honors from the University of Maine at Orono, Laura spent 10 years in the hotel industry as a Regional Director of Sales and National Leadership Trainer with Marriott Corporation. In 2000, she founded the Second Chance Foundation with the mission of helping youth make healthy decisions through ongoing preventive interactive theatrical school programs on bullying, substance misuse, suicide, tobacco prevention and other topics. For over 10 years, she worked as a facilitator and theatrical director with the Council for Drug Free Youth as well as overseeing the Drug Free Community grant in mid-Missouri. After relocating back to Maine 5 years ago, she continued her work in prevention as the Project Director for Be the Influence, a Drug Free Community grant, including building a coalition of community members who have collectively worked to reduce youth substance use in the Windham/Raymond area. She is certified as a Prevention Specialist, DEEP/TIPS Trainer as well as a motivational speaker and CADCA prevention graduate.

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Kristel Thyrring,
NAMI

Supporting Safety & Wellbeing in Our Young People

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PRESENTER BACKGROUND: Kristel Thyrring joins us as NAMI Maine's Youth Mental Health Programs Director to discuss how to help, support, and provide resources for our young people and beyond. With a degree in Social Science, maintaining a license in social work, and a professional history in child welfare, Thyrring comes to us ready to discuss mental wellness, resources, and self-care. Thyrring has a passion for bettering the lives of Maine's young people and helping them successfully transition to adulthood.

CHOICE #3



Val Johnstone,
Portland Health

Sidekicks: Motivational Interviewing for Youth

SESSION DESCRIPTION: The Sidekicks program has the goal of working with young people and adult advisors in Maine to help teens find the words to talk to their peers about tobacco use and vaping. Once trained as a Sidekick, youth have the skills to hold respectful conversations with their peers about tobacco use, as well as other risky behaviors. The Sidekicks Program teaches youth introductory motivational interviewing skills -- giving them the ability to use these skills in a variety of difficult to talk about topics, including mental, emotional, and behavioral health.

Department	PRESENTER BACKGROUND: Val Johnstone is a Community Health Promotion Specialist in the City of Portland Public Health's Tobacco Prevention Program. After 3 years of facilitating conversations about healthy relationships and consent at a local sexual violence response agency, Val transitioned to the field of tobacco prevention to advocate for healthy, smoke-free spaces. Val is passionate about prevention education, community engagement, and connecting individuals with free, local resources. Val is currently working on her Master of Public Health at the University of Southern Maine.
CHOICE #4  Alyssa Pelchat, Options Program, Sweetser	Naloxone Training: Reversing Overdoses and Saving Lives SESSION DESCRIPTION: In 2018, the Surgeon General released an advisory emphasizing the importance of the overdose reversing medication naloxone. The advisory states that knowing how to use naloxone and keeping it within reach can save a life, and encourages anyone who might be in the position to reverse an opioid overdose to carry naloxone. The goals of this presentation are to raise awareness about the incidence of overdose in our communities, educate participants about naloxone, and to teach participants how to administer naloxone. Following this training, participants will have the opportunity to receive a free kit of naloxone at a pick-up time/date TBD. The Office of Behavioral Health has partnered with behavioral health agencies across the state to develop the OPTIONS (Overdose Prevention Through Intensive Outreach, Naloxone, and Safety) Program. The program placed a substance use clinician in each county who is embedded in a law enforcement agency to respond to overdose events in real time, outreach and provide support to community resources, distribute naloxone, provide trainings for the community, and help connect individuals in need with resources to improve their health, and therefore the health of the community at large. Sweetser is the partner for York, Cumberland, Sagadahoc, Lincoln, Knox, and Waldo Counties. PRESENTER BACKGROUND: Alyssa Pelchat, LCSW, CCS, has a master's degree in social work from the University of New England and is a Licensed Clinical Social Worker and a Certified Clinical Supervisor. She has worked with children, teens, and adults in various settings including primary care, residential, in-home, and corrections. Her interest in substance use treatment developed while working as a behavioral health clinician at Maine Correctional Center in Windham. She currently works for Sweetser as the supervisor of Crisis Triage and the OPTIONS (Overdose Prevention Through Intensive Outreach, Naloxone, and Safety) Program. Alyssa grew up in Raymond and attended Jordan-Small Elementary School. She has returned to live in Raymond with her husband and son who is in kindergarten at Raymond Elementary School.
CHOICE #5  Greg Marley, NAMI	Gender Issues in Student Support; Looking at Males, Females and Beyond the Binary Divide SESSION DESCRIPTION: The rapidly changing landscape of social norms and gender identity create a rainbow of choices for our youth to navigate and to identify with. Lets look at what the data shows about some trends are among femailes, males and non-binary students. This is also a time to consider how we support our students as they move through the turbulent waters of adolescence. PRESENTER BACKGROUND: Greg Marley has practiced in the field of community mental health in Maine for over 30 years, as a clinician, clinical supervisor, manager, trainer, and consultant. Since 2007, he has developed and presented training and education supporting suicide prevention and management. Greg has presented across Maine and New England to a variety of audiences in suicide prevention, substance abuse prevention, mental health and other topics. Since 2009 he has provided training and consultation to schools, primary care practices, hospitals, and mental health programs supporting suicide prevention and intervention as well as support in the aftermath of a suicide loss. In the rest of his life, Greg is renowned as an expert in edible, medicinal and toxic wild mushrooms.

CHOICE #6



Zoe M. Brokos,
Prevention
Specialist

Engaging in Compassionate Conversations to Build Connections and Encourage Positive Change

SESSION DESCRIPTION: This workshop explores the way in which we present information and share ideas- especially with a person who may be struggling to contemplate necessary or positive change in their lives. The skill of motivational interviewing allows space for empathetic reflections, permission to give suggestions and can slow down a stressed out child or young adult who is overwhelmed or disengaged. Join me for a quick overview of motivational interviewing and time for practice and skill-building. No experience necessary.

PRESENTER BACKGROUND: Zoe has been working professionally in harm reduction since 2009. For the last 10 years, she oversaw the daily operations of a Portland-based program offering syringe service, substance use prevention and harm reduction education. She has provided assistance and support to thousands of individuals looking to engage in naloxone distribution, safer drug use, overdose response and various harm reduction strategies. Zoe is a co-founder of the Maine Harm Reduction Alliance and chaired the education committee for over five years. In addition to her executive position with the Maine Association of Recovery Residences for the Board of Directors since 2018, she sits on the board of CAP Quality Care. She is a lead organizer of the Maine Harm Reduction Conference in collaboration with the University of New England's Center for Excellence in Collaborative Education and she has provided training, presentations and assistance to a variety of social services agencies, treatment and recovery programs, medical providers and peer-led organizations. In 2021, she became the Director of Operations for the Church of Safe Injection, Program Coordinator of Agape Inc, and she joined the Maine chapter of the Recovery Advocacy Project. She strives for equality and social justice for individuals, families and communities experiencing substance use and is actively engaged in amplifying the voices of Mainers experiencing poverty and homelessness. Above all, she believes that love needs to be in the forefront in all of the work we do. She lives in Portland with her husband, three children and eight pets.

CHOICE #7



Scott Gagnon,
MPP, PS-C, New
England
Prevention
Technology
Transfer Center

Introduction to Cannabis Pharmacology and Effects For Youth

SESSION DESCRIPTION: In this session, the presenter will provide an overview of the current state of the science with respect to the pharmacology of cannabis and how it impacts youth. This will include information about the various forms, potencies, and health effects, along with the issues of addiction, brain development, and more. Additionally, the presenter will discuss the importance of prevention, and how we approach youth cannabis prevention in an era of commercial cannabis.

PRESENTER BACKGROUND: Scott M. Gagnon, MPP, PS-C is a Certified Prevention Specialist, Associate Executive Director of AdCare Educational Institute of Maine, Inc., and Director of the New England Prevention Technology Transfer Center (PTTC). Appointed by the Maine Speaker of the House, Scott serves as the public health representative on Maine's Marijuana Advisory Commission. Scott is the chair of the national PTTC Network's Cannabis Prevention Work Group. Scott was Co Chair of the Prevention Task Force for the Maine Opiate Collaborative and has served on the SAMHSA, Center for Substance Abuse Prevention National Advisory Council.

Scott speaks and trains nationally on cannabis science, prevention, and policy, as well as on workforce development and other prevention topics, including at the CADCA National Leadership Forum, CADCA Midyear Training Institute, and the National Prevention Network Conference. Scott's work has been recognized with awards from multiple organizations, including the Maine Alliance to Prevent Substance Abuse, Healthy Androscoggin, and the Maine Public Health Association. In 2017, Scott was the recipient of the Patrick J. Kennedy Outstanding Advocate Award from Smart Approaches to Marijuana.

CHOICE #8



Youth and Family Peer Support, Maine Behavioral Healthcare

SESSION DESCRIPTION: In this seminar, attendees will learn about Intentional Peer Support as it is practiced in Maine. Two of the peer support models will be introduced and discussed in detail: Youth Peer Support and Family Peer Support. Participants in this breakout will learn about the process of Family Peer Support in case management services at Maine Behavioral Healthcare (MBH). The research and benefits will be shared as well as how to make referrals, eligibility and access to these services.

Laurie Cavanaugh,
*Maine Behavioral
Healthcare*



Ariel Linet, *Maine
Behavioral
Healthcare*

PRESENTER BACKGROUND: Laurie Cavanaugh, CFPS, Family Peer Support Supervisor at MBH became involved with parent support in 1996 while parenting her own children. She wanted to help others who were experiencing similar challenges and has 25 years' experience supporting families throughout Maine. Laurie believes each family finds strength in their own story and culture.

Ariel Linet is the manager of the Youth Peer Support Statewide Network. Prior to this, she worked as a children's advocacy attorney at Disability Rights Maine, advocating for youth with disabilities throughout Maine – including in settings such as hospitals, crisis units, and residential treatment programs. She loves getting to know youth and the adults who work with them, and collaborating to envision the future we want to build together.

RESOURCES:

Maine Behavioral Healthcare (MBH) Central Intake for Case Management services information:
1-207-874-1030

MBH Community Treatment website:

<https://www.mainehealth.org/Maine-Behavioral-Healthcare/Services/Community-Treatment>

Katie Beckett information sheet:

https://www.maine.gov/dhhs/sites/maine.gov.dhhs/files/documents/pdfs_doc/member/Katie_Beckett_Brochure_June%202019.pdf

Youth Peer Support Statewide Network (YPSSN) website:

<https://www.mainehealth.org/Maine-Behavioral-Healthcare/Services/Counseling-Therapy-Services-Adult-Child/Peer-Support/Youth-Peer-Support-Statewide-Network>

Online referral portal: https://mainehealth2.formstack.com/forms/ypssn_referral_form

For more information, email us at YPSSN@mainehealth.org **or call** 207-396-7052.

OCTOBER 8 CHOICE SESSION INFORMATION

SESSION 1: 9:15-10:25am

CHOICE #1



Laura Sacks
Morris, *Be The
Influence*

You Have the Power: Building Resilience to Cope

SESSION DESCRIPTION: We live in an environment that can be challenging both personally and professionally. How can adults and youth effectively achieve and exceed their goals and make healthy decisions when they are overwhelmed by possible Adverse Childhood Experiences, stress, social media, responsibilities of our jobs/school and balancing our personal lives? This 75-minute, motivational, interactive seminar reminds attendees that they “have the power” to exceed their own expectations by living by 5 basic principles: The Power of Believing, The Power of Positive Thinking, The Power of Doing, The Power of Failure, and The Power of Choice.

This seminar has helped to build self-esteem and offer user-friendly tools and hope to hundreds of attendees; no matter their background or challenges and provide healthy ways to combat trauma and stress rather than self-medication and other self-destructive behaviors.

PRESENTER BACKGROUND: After receiving her B.A. in Communications with high honors from the University of Maine at Orono, Laura spent 10 years in the hotel industry as a Regional Director of Sales and National Leadership Trainer with Marriott Corporation. In 2000, she founded the Second Chance Foundation with the mission of helping youth make healthy decisions through ongoing preventive interactive theatrical school programs on bullying, substance misuse, suicide, tobacco prevention and other topics. For over 10 years, she worked as a facilitator and theatrical director with the Council for Drug Free Youth as well as overseeing the Drug Free Community grant in mid-Missouri. After relocating back to Maine 5 years ago, she continued her work in prevention as the Project Director for Be the Influence, a Drug Free Community grant, including building a coalition of community members who have collectively worked to reduce youth substance use in the Windham/Raymond area. She is certified as a Prevention Specialist, DEEP/TIPS Trainer as well as a motivational speaker and CADCA prevention graduate.

CHOICE #2



Hawa Shir,
Portland Public
Health
Department

Sidekicks: Motivational Interviewing for Youth

SESSION DESCRIPTION: The Sidekicks program has the goal of working with young people and adult advisors in Maine to help teens find the words to talk to their peers about tobacco use and vaping. Once trained as a Sidekick, youth have the skills to hold respectful conversations with their peers about tobacco use, as well as other risky behaviors. The Sidekicks Program teaches youth introductory motivational interviewing skills -- giving them the ability to use these skills in a variety of difficult to talk about topics, including mental, emotional, and behavioral health.

PRESENTER BACKGROUND: Hawa Shir is a Community Health Promotion Specialist in the Tobacco Prevention Program with Portland Public Health. With her B.S. in Biology from the University of Southern Maine Hawa is able to combine her passion for Biological sciences with her commitment in working with communities to improve the health of communities in need. In 2020 Hawa received the Maine Public Health Association's Public Health Rising Star award for her work in the public health field, including extensive outreach in community education throughout Cumberland County.

CHOICE #3



Laurie Cavanaugh,
Maine Behavioral

Youth and Family Peer Support, Maine Behavioral Healthcare

SESSION DESCRIPTION: In this seminar, attendees will learn about Intentional Peer Support as it is practiced in Maine. Two of the peer support models will be introduced and discussed in detail: Youth Peer Support and Family Peer Support. Participants in this breakout will learn about the process of Family Peer Support in case management services at Maine Behavioral Healthcare (MBH). The research and benefits will be shared as well as how to make referrals, eligibility and access to these services.

PRESENTER BACKGROUND: Laurie Cavanaugh, CFPS, Family Peer Support Supervisor at MBH became

Healthcare



Ariel Linet, *Maine Behavioral Healthcare*

involved with parent support in 1996 while parenting her own children. She wanted to help others who were experiencing similar challenges and has 25 years' experience supporting families throughout Maine. Laurie believes each family finds strength in their own story and culture.

Ariel Linet is the manager of the Youth Peer Support Statewide Network. Prior to this, she worked as a children's advocacy attorney at Disability Rights Maine, advocating for youth with disabilities throughout Maine – including in settings such as hospitals, crisis units, and residential treatment programs. She loves getting to know youth and the adults who work with them, and collaborating to envision the future we want to build together.

RESOURCES:

Maine Behavioral Healthcare (MBH) Central Intake for Case Management services information:
1-207-874-1030

MBH Community Treatment website:

<https://www.mainehealth.org/Maine-Behavioral-Healthcare/Services/Community-Treatment>

Katie Beckett information sheet:

https://www.maine.gov/dhhs/sites/maine.gov.dhhs/files/documents/pdfs_doc/member/Katie_Beckett_Brochure_June%202019.pdf

Youth Peer Support Statewide Network (YPSSN) website:

<https://www.mainehealth.org/Maine-Behavioral-Healthcare/Services/Counseling-Therapy-Services-Adult-Child/Peer-Support/Youth-Peer-Support-Statewide-Network>

Online referral portal: https://mainehealth2.formstack.com/forms/ypssn_referral_form

For more information, email us at YPSSN@mainehealth.org **or call** 207-396-7052.

CHOICE #4



Shamera Simpson,
American Federation for Suicide Prevention

It's Real: Teens and Mental Health

SESSION DESCRIPTION: *Teens and Mental Health* is a presentation that provides youth with general mental health information and resources. The presentation defines mental health and includes guidance on starting a conversation about mental health and engaging in self-care. The program includes a PowerPoint presentation and takeaway materials.

Audience

It's Real: Teens and Mental Health is meant to be presented to high school students with content appropriate for those 14 or older. This presentation will include a real-time demonstration of the program as well as information and resources for educators and community partners to implement It's Real in local high schools.

PRESENTER BACKGROUND: Shamera Simpson is the Area Director for the American Foundation for Suicide – New Hampshire and Maine Chapters. AFSP creates a culture that's smart about mental health through education and community programs, develops suicide prevention through research and advocacy, and provides support for those affected by suicide. As the mother of four teenagers, Shamera is a passionate advocate for mental health education and support for youth.

CHOICE #5



Sarah Johnson,
PPS, New England

In The Air: A Graphic Novel Designed to Foster Conversations with Students Around Vaping Prevention and More

SESSION DESCRIPTION: Graphic novels are proven to be effective ways to get students of a variety of reading levels and comfort, including reluctant readers, English as a second language readers, and readers with below expected reading levels engaged with stories. Graphic medicine is a subgenre that combines the aesthetic and story telling of a graphic novel with health information. *In the Air* is a Graphic Medicine written and produced by the New England Prevention Technology Transfer Center and partners designed with prevention science in mind to support conversations between adults with prevention knowledge and students in grades 6-12. Major themes include; risk and protective factors, choices and consequences, and

social elements. *In the Air* can be used to foster conversations informally, or as a structured part of a curriculum using the accompanying facilitator's guide.

During this break out session, you will learn about how the novel was youth lead in its creation, how to use it and the facilitator's guide, what resources are available to you, how to let the students lead a conversation for an authentic, organic style of universal prevention, how to request a copy or copies, and you will have an opportunity to practice your facilitation skills using the novel.

PRESENTER BACKGROUND: Sarah Johnson is the New England PTTC Training Project Coordinator and author of *In the Air*. Sarah has worked in the prevention field in a variety of roles, from outreach and communications for a Drug Free Communities grantee in Central Maine to a community coordinator in child abuse and neglect prevention to her current role in training and technical assistance for the New England substance misuse prevention workforce. Sarah has a BA in Social Science and a BS in Public Administration from the University of Maine at Augusta and is pursuing an MA in Peace and Reconciliation studies at the University of Maine. Sarah was the 2021 winner of the Maine Public Health Association Public Health Rising Star Award. Sarah enjoys writing and theatre, and was excited to bring those elements of storytelling to this prevention science-based product.

CHOICE #6



Alyssa Pelchat,
Options Program,
Sweetser

Addiction Stigma

SESSION DESCRIPTION: Addiction is a neurobiological disease that is highly correlated with trauma. Presentation attendees will learn to define and identify stigma related to substance use disorders and understand how the stigma about SUDs impacts treatment and recovery. There are easy things that anyone can do to reduce the impact and perpetuation of stigma. Attendees will be presented with destigmatized language related to addiction, and engage in a discussion about guilt versus shame. Learn more about how small shifts in language and attitude can help young people stay connected and feel heard.

PRESENTER BACKGROUND: Alyssa Pelchat, LCSW, CCS, has a master's degree in social work from the University of New England and is a Licensed Clinical Social Worker and a Certified Clinical Supervisor. She has worked with children, teens, and adults in various settings including primary care, residential, in-home, and corrections. Her interest in substance use treatment developed while working as a behavioral health clinician at Maine Correctional Center in Windham. She currently works for Sweetser as the supervisor of Crisis Triage and the OPTIONS (Overdose Prevention Through Intensive Outreach, Naloxone, and Safety) Program. Alyssa grew up in Raymond and attended Jordan-Small Elementary School. She has returned to live in Raymond with her husband and son who is in kindergarten at Raymond Elementary School.

OCTOBER 8 CHOICE SESSION INFORMATION

SESSION 2: 10:30-11:40am

CHOICE #1



Laura Sacks
Morris, *Be The
Influence*

Using the Arts in Building Resiliency

SESSION DESCRIPTION: According to the National Institutes of Health, engaging youth in the arts conclusively builds self-esteem and a support system, helps to communicate feelings in a positive and safe way, allows them to overcome adversity and cope in a healthy way, provides an outlet for stress, anxiety and depression, creates affirmation within and from those around us and gives youth a healthy alternative for substance misuse. With this proven evidence in mind, Be the Influence Coalition has initiated an "Arts in Prevention" series targeting teens at all levels including art therapy, art puzzle and mural projects, after school dance programs, peer-to-peer theater productions, Middle School Monologues and writing exercises to that have received extremely positive feedback from students, parents and school administrators alike. This interactive seminar showcases how the arts can be used with teens as well as engages the attendees in some of the projects.

PRESENTER BACKGROUND: After receiving her B.A. in Communications with high honors from the University of Maine at Orono, Laura spent 10 years in the hotel industry as a Regional Director of Sales and National Leadership Trainer with Marriott Corporation. In 2000, she founded the Second Chance Foundation with the mission of helping youth make healthy decisions through ongoing preventive

	interactive theatrical school programs on bullying, substance misuse, suicide, tobacco prevention and other topics. For over 10 years, she worked as a facilitator and theatrical director with the Council for Drug Free Youth as well as overseeing the Drug Free Community grant in mid-Missouri. After relocating back to Maine 5 years ago, she continued her work in prevention as the Project Director for Be the Influence, a Drug Free Community grant, including building a coalition of community members who have collectively worked to reduce youth substance use in the Windham/Raymond area. She is certified as a Prevention Specialist, DEEP/TIPS Trainer as well as a motivational speaker and CADCA prevention graduate.
CHOICE #2  Zoe M. Brokos, Prevention Specialist	Engaging in Compassionate Conversations to Build Connections and Encourage Positive Change SESSION DESCRIPTION: This workshop explores the way in which we present information and share ideas- especially with a person who may be struggling to contemplate necessary or positive change in their lives. The skill of motivational interviewing allows space for empathetic reflections, permission to give suggestions and can slow down a stressed out child or young adult who is overwhelmed or disengaged. Join me for a quick overview of motivational interviewing and time for practice and skill-building. No experience necessary. PRESENTER BACKGROUND: Zoe has been working professionally in harm reduction since 2009. For the last 10 years, she oversaw the daily operations of a Portland-based program offering syringe service, substance use prevention and harm reduction education. She has provided assistance and support to thousands of individuals looking to engage in naloxone distribution, safer drug use, overdose response and various harm reduction strategies. Zoe is a co-founder of the Maine Harm Reduction Alliance and chaired the education committee for over five years. In addition to her executive position with the Maine Association of Recovery Residences for the Board of Directors since 2018, she sits on the board of CAP Quality Care. She is a lead organizer of the Maine Harm Reduction Conference in collaboration with the University of New England's Center for Excellence in Collaborative Education and she has provided training, presentations and assistance to a variety of social services agencies, treatment and recovery programs, medical providers and peer-led organizations. In 2021, she became the Director of Operations for the Church of Safe Injection, Program Coordinator of Agape Inc, and she joined the Maine chapter of the Recovery Advocacy Project. She strives for equality and social justice for individuals, families and communities experiencing substance use and is actively engaged in amplifying the voices of Mainers experiencing poverty and homelessness. Above all, she believes that love needs to be in the forefront in all of the work we do. She lives in Portland with her husband, three children and eight pets.
CHOICE #3  Hawa Shir, Portland Public Health Department	Sidekicks: Motivational Interviewing for Youth SESSION DESCRIPTION: The Sidekicks program has the goal of working with young people and adult advisors in Maine to help teens find the words to talk to their peers about tobacco use and vaping. Once trained as a Sidekick, youth have the skills to hold respectful conversations with their peers about tobacco use, as well as other risky behaviors. The Sidekicks Program teaches youth introductory motivational interviewing skills -- giving them the ability to use these skills in a variety of difficult to talk about topics, including mental, emotional, and behavioral health. PRESENTER BACKGROUND: Hawa Shir is a Community Health Promotion Specialist in the Tobacco Prevention Program with Portland Public Health. With her B.S. in Biology from the University of Southern Maine Hawa is able to combine her passion for Biological sciences with her commitment in working with communities to improve the health of communities in need. In 2020 Hawa received the Maine Public Health Association's Public Health Rising Star award for her work in the public health field, including extensive outreach in community education throughout Cumberland County.
CHOICE #4	Fostering Resilient Environments SESSION DESCRIPTION: Preventing and healing ACEs is possible. No matter our age, there are science-informed ways to support resilience and recovery. Breakthrough neuroscience will be reviewed along with an introduction to the nervous systems response to stress providing participants with a model for understanding emotion regulation. The science of compassion and mindfulness will also be explored



Ruby Parker,
Maine Resilience
Building Network

including new understandings about burnout. Participants will leave with strategies, tools and resources that support and promote resilience and well-being.

PRESENTER BACKGROUND: Ruby Parker is the Engagement & Education Director for the Maine Resilience Building Network (MRBN). Ruby provides education across the state to build awareness of the impact of Adverse Childhood Experiences (ACEs) and the importance of protective factors in building resilience. Ruby provides opportunities for learning to parents, policy makers, professionals, and community members. Prior to joining MRBN, Ruby worked on an ACES statewide education effort in the state of Maryland where she built a learning collaborative of professional trainers who worked to spread awareness through presentations designed to build self-healing communities. Ruby participates as a member of a number of coalitions, committees and task forces all aimed to address trauma and promote safe and supportive environments for children. Ruby obtained her education in Baltimore with a bachelor's degree in Sociology from Goucher College and a master's degree in Conflict Management from the University of Baltimore.

CHOICE #5



Shamera
Simpson,
American
Federation for
Suicide
Prevention

Introduction to Supporting Those At Risk

SESSION DESCRIPTION: *Introduction to Supporting Those At Risk* is a presentation that provides information and resources on how to support someone in your life with lived experience. This program focuses on loved ones and supporters of those with lived experience. The program is equipped with a PowerPoint presentation and takeaway resources.

Audience

Introduction to Supporting Those At Risk is intended for supporters of those with lived experience. Lived experience is defined as a suicide attempt and/or experiences with suicidal thoughts. The content is appropriate for those 18 or older, and has information specific to supporters of those with lived experience, which includes anyone who supports someone who experiences suicidal ideation or who has made a past suicide attempt.

PRESENTER BACKGROUND: Shamera Simpson is the Area Director for the American Foundation for Suicide – New Hampshire and Maine Chapters. AFSP creates a culture that's smart about mental health through education and community programs, develops suicide prevention through research and advocacy, and provides support for those affected by suicide. As the mother of four teenagers, Shamera is a passionate advocate for mental health education and support for youth.

CHOICE #6



Alyssa Pelchat,
Options Program,
Sweetser

Addiction Stigma

SESSION DESCRIPTION: Addiction is a neurobiological disease that is highly correlated with trauma. Presentation attendees will learn to define and identify stigma related to substance use disorders and understand how the stigma about SUDs impacts treatment and recovery. There are easy things that anyone can do to reduce the impact and perpetuation of stigma. Attendees will be presented with destigmatized language related to addiction, and engage in a discussion about guilt versus shame. Learn more about how small shifts in language and attitude can help young people stay connected and feel heard.

PRESENTER BACKGROUND: Alyssa Pelchat, LCSW, CCS, has a master's degree in social work from the University of New England and is a Licensed Clinical Social Worker and a Certified Clinical Supervisor. She has worked with children, teens, and adults in various settings including primary care, residential, in-home, and corrections. Her interest in substance use treatment developed while working as a behavioral health clinician at Maine Correctional Center in Windham. She currently works for Sweetser as the supervisor of Crisis Triage and the OPTIONS (Overdose Prevention Through Intensive Outreach, Naloxone, and Safety) Program. Alyssa grew up in Raymond and attended Jordan-Small Elementary School. She has returned to live in Raymond with her husband and son who is in kindergarten at

	Raymond Elementary School.
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