

2023 MENTAL HEALTH SYMPOSIUM

RURAL MINDS MATTER

OCTOBER 27, 2023

FORT HAYS STATE UNIVERSITY, MEMORIAL UNION, FORT HAYS BALLROOM

The mental health crisis is strongly affecting rural Kansans. This event aims to bring our community providers and professionals together to provide valuable insight, knowledge, and treatment practices. By fostering collaboration, providing education, and sharing best practices, this symposium will empower attendees to make a meaningful difference in the lives of patients of all ages and the communities they serve.

Target Audience: This program is designed for advanced practice providers, nurses, social workers, counselors, school counselors, EMS, law enforcement, and any other professionals in the health/behavioral health field who work with youth or adult populations.

8:00 - 8:30 am	Registration
8:30 - 9:30 am	Standing in the Gap: Rural & Frontier Access to Mental Health Care Sherrie Vaughn, Ed.D.
9:30 - 10:00 am	Break (Networking/Vendors)
10:00 - 11:30 am	Comprehensive Approaches to Opioid Crisis Management: Detection, Intervention, and Empowerment Danelle Koppes, APRN
11:30 - 12:30 pm	Lunch/Vendors
12:30 - 2:00 pm	Youth Breakout: A Comprehensive Practical Approach to Working with Youth Impacted by Trauma Becky Clark, LSCSW, MSW, MS.Ed. General Breakout: Mindful Nutrition and Movement: Ingredients for Supporting Improved Mental Health Amber Howells, Ph.D., RDN, LD
2:10 - 3:40 pm	Youth Breakout: Screen Use in Youth & Young Adults, Including the Dopamine Impact of Blue Screen Use Eve-Lynn Nelson, Ph.D., LP, FATA Chrysanne Grund General Breakout: Techniques for Defusing Escalated Situations Tamara Lynn, Ph.D. Eric Brown, LMLP
3:45 - 5:00 pm	Self-Care & Professional Resilience Gina Smith, LCP, LMLP Jessica Albin, LMSW, LMAC Stephanie Wright, RN, EMT
5:00 pm	Closing

TOPICS AND SPEAKERS SUBJECT TO CHANGE

To Register: www.eeds.com/live/142293

Cost: Full day participant: \$125; Student Attendee: \$50 (must be currently enrolled as an undergraduate or graduate student – CEUs not provided for student discounted rate)

Registration Deadline: October 18, 2023
Registrations turned in after this time will be charged a \$10 late fee.

Cancellation Deadline: A registrant may cancel no later than October 24, 2023 to receive a refund, minus a \$15 administrative fee. After the deadline, no refunds are made. The registration fee will not be transferred to future offerings.

KU Medical Center AHEC reserves the right to cancel the program and return all fees in the event of insufficient registration. KU Medical Center AHEC will not be responsible for any losses incurred by registrants, including but not limited to airline cancellation charges or hotel deposits.

Continuing Education Credit: All participants are required to verify attendance online through EEDS along with completing an evaluation online to obtain credit.

APRNs/Nurses: The University of Kansas Medical Center Area Health Education Center East is approved as a provider of CNE by the Kansas State Board of Nursing. This course offering is approved for 8.1 contact hours applicable for APRN, RN, or LPN relicensure. Kansas State Board of Nursing provider number: LT0056-0749. Mary Beth Warren, MS, RN, Coordinator.

Social Workers: The University of Kansas Medical Center Area Health Education Center East, as an approved provider of continuing education by the Kansas Behavioral Sciences Regulatory Board presents this offering for a maximum of 6.75 hour(s) credit applicable for relicensure of LASWs, LBSWs, LMSWs and LSCSWs. Kansas Provider Number 12-002. Mary Beth Warren, MS, RN, coordinator.

APRNs/Nurses/Social Workers attendance requirement: Continuing education credit will be issued according to documented attendance. Presentations must be attended in their entirety to claim credit.

EMS: The University of Kansas Health System, as an approved program provider by the Kansas Board of EMS, approves this program for continuing education. Provider #PP 5000. Adam Rowe, NR-EMT Paramedic, Coordinator.

*EMS continuing education credit hours will be determined upon completion of the program.

EMS Attendance Requirement: Attendee must attend the program in its entirety.

All other attendees will receive a certificate of attendance.

Planning Committee: Becky Clark, LSCSW, MSW, MS.Ed.; Nikki Cooper, BBA; Niki Dinkel, MPS, BBA;

Chrysanne Grund; Angela Koerperich, APRN, MSN, PMHNP-BC; Matt Meagher, EMT-P; Cindy Pfeifer, BSN, RN; Genevieve Robben Rahjes, APRN; Gina Smith, MS, LCP, LMLP; Kaiden Van Schuyver; Mary Beth Warren, MS, RN

Global Objectives:

- Discuss the unique barriers to mental health care in rural areas of the state and develop strategies for improving access to care for underserved populations.
- Identify signs of opioid use and demonstrate crisis intervention techniques for individuals experiencing or potentially experiencing an overdose.
- Analyze the recognition and appropriate response to effectively address youth mental health crisis related to significant trauma in the rural setting.
- Identify indicators and employ de-escalation techniques to defuse elevated or enhanced behavior in pre-hospital and hospital settings.
- Distinguish between altered mental status caused by mental health conditions or other factors, and apply appropriate treatment strategies, both chemically and non-chemically.
- Explore the existing scientific research on the impact of blue screen use on dopamine levels in youth and young adults.
- Foster professional resilience and self-care practices for all professionals in high stress fields prone to the development of mental health disorders.
- Recognize the importance of engaging patients in collaborative decision-making.
- Describe the significance of patient self-care beyond medication management as a holistic approach to combat mental health challenges.

NONDISCRIMINATION STATEMENT

The University of Kansas prohibits discrimination on the basis of race, color, ethnicity, religion, sex, national origin, age, ancestry, disability, status as a veteran, sexual orientation, marital status, parental status, gender identity, gender expression, and genetic information in the university's programs and activities. Retaliation is also prohibited by university policy. Inquiries regarding our non-discrimination policies should be directed to the Director for the Equal Opportunity & Academic Compliance Office, Mail Stop 7004, 4330 Shawnee Mission Parkway, Fairway, KS 66205, 913-588-5964, 711 TTY (for the Wichita, Salina, and Kansas City, Kansas medical center campuses). Inquiries regarding the University Sexual Harassment Policy should be directed to the Title IX Coordinator at 913-588-8011.

PROGRAM ACCESSIBILITY

We accommodate differently-abled people. During the registration process, please indicate any special accommodations and a KU Medical Center Area Health Education Center representative will contact you to discuss your needs. To ensure accommodation, please register at least two weeks before the start of the conference.