

Session 1 Workshops

1 - 2:15 p.m.

Culturally-Relevant Adaptations of Type 2 Diabetes Self-Care for Latinos/as



Dr. Felipe González Castro and Tara G. Bautista

Location: SANDS 101

Scientificallly-validated and efficacious diabetes self-care interventions often require specific cultural adaptations to increase their relevance and marketability for various Hispanic/Latino populations. Efficacious interventions that lack cultural relevance will fail to engage and retain Latino/a participants. This workshop reviews issues and best practices in making and delivering efficacious and culturally-relevant Type 2 diabetes self-care interventions.

Saving Lives in the Opioid Epidemic with MAT

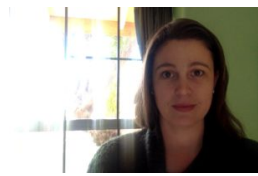


Saul Perea, M.D.

Location: SANDS 105

Arizona is facing one of the most severe drug epidemics in recent history. The opioid epidemic is killing too many Arizonans every day. Terros Health, a non-profit, integrated whole health care provider, has launched a Medication Assisted Treatment program. The MAT program uses FDA-approved medications, in combination with primary care, counseling, and therapy to treat patients fighting an opioid addiction.

The Behavioral Health Professional's Response to the #METOO Movement



Steve Farmer, Ph.D. and Ann Capulin-Thayer

Location: SANDS 135

Recent revelations of widespread sexual harassment and assault in the US signal a significant increase in our society's awareness of this ever-present issue. This workshop addresses the scope and impact of sexual harassment and assault on the victims, and calls for Behavioral Health Professionals to develop a carefully crafted but unified response to this serious and urgent issue.

Trauma Informed Care within the Substance Abuse Population



Inyang Udo-Ema, LPC and Amanda Chavez, LMSW

Location: SANDS 225

This workshop increases clinical knowledge of trauma informed care within the substance abuse population with Cognitive Processing Therapy (CPT) as evidenced-based practice treating PTSD and co-occurring substance use disorders. CPT identifies and challenges distorted thought processes formed by traumatic event(s) and engages in the creation of healthier thought processes and strengthen their internal sense of safety, trust, power, and control.

Building Communities of Hope: One Voice, One Nation – Protect Life



ShaQuilla Yazzie, Alberta Curley and Vera John, MA, LPCC

Location: SANDS 232

The Building Communities of Hope (BCOH) was initiated to increase suicide prevention and awareness. BCOH is presented on and off the Navajo Nation, providing education on signs and symptoms of suicide, strengthening resiliency, and positive self-awareness in order to reduce suicide and substance use disorder. The BCOH Interdisciplinary team is comprised of behavioral health clinicians and motivational speakers.

Silence = Death, Creating a Health Advocacy Tipping Point



Chaz Martinez

Location: SANDS 234

Creating an inclusive environment by educating members of a diverse community, this workshop emphasizes how our communities can be a loud voice for reducing the gap in health disparities by including those not always involved with progressive health movements. The workshop encourages assertive action utilizing tools such as the use of educational presentations, non-violent civil disobedience and personal growth.

Advocacy in Trying Times: How to Make a Difference



Bahney Dedolph

Location: SANDS 235

There continues to be a need for ongoing legislative and congressional advocacy to tell the stories of our most vulnerable citizens. But we need new models and messages that can resonate with elected officials in these trying times. Join us for a discussion of when, how, and why your voice is needed more now than ever.

Working and Communicating across Cultures



Guillermo Velez, LCSW and Alejandro Flores, MSW

Location: SANDS 201

This workshop discusses the challenges and best approaches for a diverse workforce. Participants will discuss the impact of having a multigenerational workforce and address the challenge for multinational communication that has never been greater, recognizing that our workforce is growing more diverse, ethnically and culturally.

Acceptance and Commitment Therapy with Co-Occurring Disorders



Cody Morales, LCSW

Location: SANDS 202

This session will review how the use of the evidence-based practice of Acceptance and Commitment Therapy and the SAMHSA Co-occurring model together can give a new approach to helping co-occurring disorders. It will discuss how to integrate the stages of change, mindfulness, acceptance, values and willingness to help people become unstuck and progress forward to a vital life.

In Our Own Voice: Living with Mental Illness



Terry McDermott and Arthur Jackson

Location: UCB 241

IOOV is presented by two people living with mental illness that provides hope for recovery to individuals living with a mental illness, their family members, providers, nurses, Police Officers etc. As an interactive presentation helping reduce the stigma of mental illness, the presenters will share their personal stories of dark days, acceptance, treatment, coping skills and successes, hopes and dreams.

Learned Helplessness and Intercultural Dynamics: Fostering Societal Change



Charlotte Webb, M.Ed, CPSS, BHT and Suzanne V. Brown, Ph.D., CPSS, BHT

Location: UCB 261

Serving as a cultural identity and a customary belief for its victims, learned helplessness across generations, histories and cultures has led to cycles of poverty, depression, entitlement, and losses of self-esteem. This presentation on impinging cultural dynamics will emphasize the core values espoused by Cesar Chavez and antidotes such as resiliency, developing self-management skills, and increasing shared decision making.

Focusing on Families for Community-based Prevention Interventions



Dr. Sonia Vega-Lopez and Dr. Lela Williams

Location: UCB 265

This workshop will describe the design and findings of two family-focused community based interventions focusing on substance use prevention and on improving diet quality and physical activity behaviors among Latinos, respectively. The role of parenting and the family unit will be highlighted as key elements for promoting preventive behaviors in this population.

Refugee Health: Inclusive and Sensitive Approaches to Health



Stella Kiarie, Karim Moabi, Wen-Chien Lin and Janet Kurczaba

Location: UCB 266

This workshop is focused on special populations such as refugees, special immigrant visa holders, asylum seekers and parolees. Individuals working with special populations have continued to learn and expand their approach to ensure inclusion and sensitivity of available services. This workshop is dedicated to discussing perceptions, health literacy, exploring flexibility in care, and visualizing care for formerly displaced persons.

"You Say Tomato, I Say Grapefruit", Exploring Empowering Communication StylesL



Kathy Fairbanks

Location: La Sala Ballroom

An interactive and experiential delivery of a communication matrix to illustrate how our thinking runs our behavior. Participants will see the separateness and ineffectiveness caused when not communicating outside of their own dominant style. In examining who they are, individuals will discover that they are not their style and thus will be freed to communicate authentically in diverse styles.

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