

Community Mental Health for Professionals Workshop

Thursday, October 11th, 2018

Fox Valley Technical College Room A170 Entrance 16
1825 N. Bluemound Drive, Appleton, WI 54912

8:00 - 8:30 a.m.

Registration

8:30 - 8:45 a.m.

Welcome: *Maren Peterson, Executive Director NAMI Fox Valley, and Tara Prah, President of the Fox Cities Housing Coalition & Case Manager of Housing Partnership of the Fox Cities*

8:45 - 10:15 a.m.

Shedding Light on the Mental Health of Transgender and Gender Nonconforming People

Presenter: Dr. Erick Sheftic

The immense pressures of stigma, bias, discrimination and hostility take a serious toll on the mental health of LGBT+ people. No members of our community feel this more strongly than those who are transgender or gender nonconforming. The session will provide 101 time outlining issues faced with this population and will leave ample time for interactive Q&A.

Dr Erick Sheftic is a resident psychiatrist at the University of Wisconsin Hospital and Clinics. He is a regular contributor to LGBTQ cultural congruency education seminars for health care providers and has participated in panel discussions in the community regarding his experiences as a transgender man.

10:15 - 10:30 a.m.

Break

10:30 - Noon.

A Community Approach to Addressing Mental Health Needs: The Role of a Behavioral Health Officer

Presenter: Officer Ignacio Enriquez

This session will explore reasons that prompted the need for a Behavioral Health Officer (BHO) within the Appleton Police Department. Discover the history of the BHO position through different themes including being an agent of change, breaking through barriers encountered, navigating through the power of collaboration, obtaining buy-in from peers, and learning opportunities and successes. Explore common responses of law enforcement to a crisis encounter when working with individuals living with mental illness.

Officer Ignacio Enriquez has been with the Appleton Police Department for over 10 years. He currently possesses a Master's Degree in Community Counseling and is a Licensed Professional Counselor in Training. He is the Behavioral Health Officer for the Appleton Police Department where he is responsible for conducting crisis intervention, safety planning, and connecting individuals and families to mental health services. Sergeant Enriquez is further involved with the police department's Law Enforcement Addiction Assistance Program (L.E.A.A.P), a program aimed at connecting individuals to AODA counseling and medical services.

Noon to 1:00 p.m

Lunch – Virtual Hallucination Activity Available

1:00 - 3:30 p.m.

Building Our Personal and Professional Compassion Resilience:

NAMI Fox Valley in Collaboration with Fox Cities Housing Coalition Present A Community Mental Health Education Day

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An Overview

Keeping Our Hearts Resilient in the Midst of Challenge

Presenter: Suzette Urbashich

This session will increase awareness and understanding of compassion fatigue (CF), compassion resilience (CR), and their relationship to stigma. Participants will explore the concepts of CF and CR through an introduction to strategies and activities-from both a systems and individual perspective-to use in our work with individuals and families who face complex challenges. An Introduction to the free CR Toolkit - containing information, activities, and resources to recognize and minimize the experience of CF and to increase CR perspectives and skills will be provided.

Suzette Urbashich, *WISE-Wisconsin Initiative for Stigma Elimination*

3:30 - 3:45 p.m.

Wrap-up, Evaluations & Certificate of Attendance