

# Thursday, May 23 Agenda

- 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. **Alternatives to Suicide: Strategies for Supporting Others Through Suicidal Experiences**  
**Presenter: Val Neff, Iris Place Assistant Director, NAMI Fox Valley**  
This presentation will focus on how to effectively support people who are experiencing suicidal thoughts. We will do an interactive activity to engage session participants in exploring and discussing suicide and how that impacts the support we offer. We'll also discuss different strategies for supporting people through their suicidal thoughts, as well as community resources that are available. We will end with a few testimonial speakers who will share their experiences with suicidal thoughts/attempts, with an emphasis on what kinds of support have been helpful for them.
- 10:15 - 10:25 a.m. **Break**
- 10:25 - 11:40 a.m. **How do we Achieve Maximal Mental Focus in an Overly Wired and Wireless World?**  
**Presenter: Elizabeth Van Abel, Prevention Education Coordinator, Reach Counseling**  
Studies involving 700 students found a connection between depressive symptoms and the quality of online relationships and interactions. Higher levels of depressive symptoms, such as hopelessness and worthlessness, were reported by users who experienced more negative interactions, versus users who had more positive ones. A similar study done in 2016 involving 1,700 people concluded individuals who were at the highest risk for depression and anxiety were those who used social media platforms the most. The reasoning connected to the increased chances of cyber-bullying, having a distorted view of others' lives and feeling like social media was a waste of their time. As depression is so closely connected to anxiety in general, it is no wonder social media has an impact there as well. What can we do to change this and have more connected teens and adults?
- 11:40 - 12:30 p.m. **Lunch Provided**
- 12:30 - 2:00 p.m. **I Seek to Listen and Support: How to be a Safe Person**  
**Presenter: Dr. Sarah Reed, Program & Research Manager, Rogers InHealth**  
1 in 4 people will experience a mental illness or substance use illness in any given year. How can we best support those we love who may be struggling? Learn how WISE Wisconsin's seven promises can help you become a safe, supportive, and compassionate person.
- 2:00 - 2:10 p.m. **Break**
- 2:10 - 3:15 p.m. **Outagamie County Mental Health Court**  
**Presenter: Shayla Russell, Mental Health Court Coordinator, Outagamie County Mental Health Division**  
A brief history of treatment courts and an overview of the Outagamie County Mental Health Court specifically.
- 3:15 - 3:30 p.m. **Wrap-up, Evaluations & Certificate of Attendance**