

26th Annual Yankton Area Mental Wellness Conference



June 5-6, 2024
Yankton High School
1801 Summit St.
Yankton, South Dakota

Registration form is online at: www.yamwi.org

Yankton Area Mental Wellness, Inc.
1028 Walnut, Yankton, SD 57078
Email: yamwi.org@gmail.com

PLENARY SPEAKERS EMBRACING CHANGE

Wednesday Morning Plenary-1A

Wednesday, June 5th 8:15-9:30 a.m.

**Understanding Economic Diversity and
Concrete Actions-**
Bethany Tucker



Wednesday Morning Plenary-1B

Wednesday June 5th 11:00 a.m.-12:15pm

**Financial Abuse within Families, What it is and
What you can do-**
Axton Betz-Hamilton



Wednesday Afternoon Plenary-1C

Wednesday, June 5 1:00-2:15p.m.

Our Imperfect Best: A Pathway to Wisdom-
Jason Freeman



Wednesday Afternoon Plenary-1D

Wednesday, June 5th 3:30-4:45p.m.

**Overcoming Elements of Toxic leadership:
Power and Ethics in Organizational Life-**
Matthew R. Fairholm



Thursday Morning Plenary-2A

Thursday, June 6th 8:15-9:30 a.m.

The Role of Peer Support

Peer Support-Chrissie Hodges



Thursday Morning Plenary-2B

Thursday, June 6th 11:00-12:15pm

**Standing on the Shoulders of the Recovery
Community**

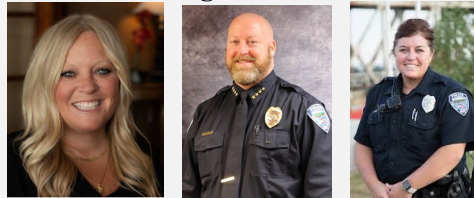
Jon Summervold



Thursday Afternoon Plenary-2C

Thursday, June 6th 1:00-2:15 p.m.

**Working with Complex Populations: Creating a
Culture of Officer and Agency Wellness-**
Brooke Greenig, Jason Foote, Sam Bruening



Thursday Afternoon Plenary-2D

Thursday, June 6th 3:45-4:45 p.m.

Train to Change-It's a Moment and a Choice-
Mark "Coach Rozy" Roozen



7:30 a.m. - 8:00 a.m. **REGISTRATION AND WELCOME**
Yankton High School- Auditorium Lobby

8:00 a.m.

WELCOME AND INTRODUCTIONS

Dr. Wayne Kindle, Superintendent Yankton School District
Jean Hunhoff, BSN, MSN, MHA, District 18 Senator
Yankton High School –Auditorium

PLENARY SESSION 1A: 8:15-9:30 a.m.

YHS Auditorium

Understanding Economic Diversity and concrete actions that can have a positive impact on the achievement of under-resourced students.

Bethany Tucker

Developing stronger relationships with students to positively impact behavior and achievement, how economic class affects behaviors and mindsets.

BREAKOUT SESSION I – Wednesday, 9:45-10:45 A.M.

**1. Youth Suicide Prevention SD DSS –
Vanessa Barnes, Rachael Majeres**

While crisis cannot be planned, we can plan how we organize services to meet the needs of those who experience a mental health crisis. Learn what South Dakota is doing to meet those needs through the Crisis Now Model.

**2. Heart and Soul: Essential Life Mission –
Linda Seger**

We will focus on self-reflection, self-determination, self-care for professionals who may benefit from developing a personal Life Mission. This process is calming, peaceful and motivating.

**3. Palliative Care: Nuts, Bolts and Transforming
Care of the Seriously Ill -Katie Huff**

Learn about the role of Palliative Care, when care for patient with serious illness and how this interdisciplinary care impacts physical, emotional, and spiritual wellbeing.

**4. Behavioral Health Crisis Care in Rural SD -
Madeline Miller**

An overview of crisis care services provided by Lewis and Clark Behavioral Health Services, including unique solutions to meet the needs of those experiencing crisis in rural communities.

**5. Emotional Poverty and Emotions-
Bethany Tucker**

Tools for educators to address and reduce anger, anxiety, and avoidance, tools to motivate good behavior, differences in emotional processing.



"Caring for Self...Caring for Community"

Thank You

2024 Conference Planning Committee

PLENARY SESSION 1B: 11:00-12:15PM

YHS Auditorium

FINANCIAL ABUSE WITHIN FAMILIES, WHAT IT IS AND WHAT YOU CAN DO

Axton Betz-Hamilton

Resources and strategies for working with victims of family financial abuse. Information about the different types of financial abuse within families, the financial, emotional, and physical consequences of this abuse for victim, and characteristics of offenders.

Lunch

12:15-12:55

VIRTUAL WALK-THROUGH PRESENTATIONS BY DR STANAGE AND DR KINDLE

PLENARY SESSION 1C: 1:00-2:15P.M.

YHS Auditorium

Our Imperfect Best-Pathway to Wisdom

Jason Freeman

In a perfect world, maybe we'd be perfectly healthy and satisfied no matter what we thought or did. But we simply don't live in that world. It's tempting to long for perfection instead of accepting our imperfect best lives and doing what we can. During this workshop, we will explore how doing our imperfect best can inspire us to be more accepting of ourselves and to take consistent and courageous actions to move forward.

BREAKOUT SESSION II – Wednesday, 2:30-3:30p.m.

8. Emotional Poverty, Adult Stress, Compassion Fatigue-Bethany Tucker

Tools for adults who are stressed, compassion fatigue, secondary trauma stress, strategies for regulation of behavior. How to work with angry, emotional parents and adults.

9. Security Threat Groups – Edward Loew

This presenter has worked in a special investigation unit through the South Dakota Department of Corrections and has focused on gangs, in and out of the prison system, for 16 years.

10. Crisis Now Panel SD DSS – Vanessa Barnes, Janet Kittams, Brian Erickson, Kim Hansen

Like a physical health crisis, a mental health crisis can be devastating for individuals, families, and communities. Too often, that experience is met with delay, detainment and even denial of service that can all add to a person's trauma history. While a crisis cannot be planned, we can plan how we organize services to meet the needs of those individuals who experience a mental health crisis. Come learn what South Dakota is doing to meet the needs of our loved ones who are experiencing a behavioral health crisis through the Crisis Now Model.

6. Taking the Emotion out of Mental Health Disabilities- Vicki Stewart

Introducing the concept that people with mental health disabilities can perform on the job as effectively as people without mental health disabilities explore the effects of emotions reactions to mental health disabilities and provide a way for employers to consider reasonable accommodations.

7. Eating Disorders 101- Dawn Larson, MD

Provide a brief overview of the types of disorders, discuss associated symptoms and signs to identify, discuss treatment and recovery process.

PLENARY SESSION 1D: 3:45-5:00pm

Overcoming Elements of Toxic Leadership: Power and Ethics in Organizational Life

YHS Auditorium

Professional Ethics

Matthew Fairholm, PhD.

Working with others often brings out the best in us as we help others. Sometimes though the worst comes out as we interact with coworkers in those public service organizations. Toxic leadership that tends to the negative elements of organizational life has real impact on people and the work being done. This session reveals some of the elements of toxic leadership and offers some suggestion to have more ethical, productive, and meaning work.

**Day one complete!
Thank you for attending! See you tomorrow!**



Thank You

for participating in the 2024 YAMWI Conference!

7:00am Yoga for Mental Wellbeing: Stress Relief through Psoas Release and Breathwork- Amy Reyes

Embark on a journey of the self through this rejuvenating yoga class designed to foster stress relief through the profound connection between mind and body. This class will combine psoas-releasing yoga poses and stretches with intentional breathwork, activating the parasympathetic nervous system- the body's- natural antidote to stress. Begin your day in a mindful way as we synchronize breath with movement, unlocking the gateway to deep relaxation and creating space for peace and mental clarity.

7:30 a.m. **REGISTRATION (ONLY FOR THOSE WHO DID NOT ATTEND ON WEDNESDAY)**
Yankton High School Auditorium Lobby

8:00-8:15 a.m. **WELCOME AND INTRODUCTIONS – Jean Hunhoff, BSN, MSN, MHA, District 18 Senator**
YANKTON HIGH SCHOOL AUDITORIUM

PLENARY SESSION 2A: 08:15-9:30 a.m.
YHS Auditorium
Peer Support
Chrissy Hodges
Implementing a H3 Culture is a great way to infuse Hope, Health, and Happiness into your work environment. If you find that you are struggling with the fear of the unknown, working remotely, or a lack of engagement, you are not alone. These issues have challenged the modern-day workplace in one way or another. H3 reinvigorates hope, health, and happiness to strengthen culture, help retention, cultivate engagement, and improve mental health. This all ultimately creates a more enjoyable place to work.

Breakout Session III-Thursday 9:45-10:45

11.How Teens are Finding Connection in a Disconnected World-Yankton High School Bring Change to Mind Group The post-pandemic world has thrust our young people into a virtual realm where technology and social networking often replaces genuine human connection. This engaging presentation explores the critical role of meaningful connections on mental well-being and emotional resilience as well as practical strategies to navigate and counteract the changes posed by our modern era. Presenters of the session will be members of the Yankton High School Bring Change to Mind Club, a group that focuses on mental health awareness and advocacy.
12.ADHD: What is it and How to Support Those who have it- Alex R. Hey ADHD is a common Neurodevelopmental disorder that affects millions worldwide. However, ADHD is often misunderstood and often underdiagnosed. The effects of not properly managing ADHD are dire. This presentation by a credentialed ADHD coach will discuss ADHD and how it can be managed to help those live their best life.
13.Poetry as Therapy: Writing for Emotional Wellbeing-Keley Smith Keller Poetry as therapy is the use of language, symbol and story in therapeutic educational growth and community building capacities.

14. Understanding the Emotional Effects of Residential Burglary, A Case Approach- Axton Betz-Hamilton Using a South Dakota based case, this session will explore the emotional effects of residential burglary, including anxiety, loss of trust, and supportive factors.
15. Embracing the Imperfect Best Nature of Problem Solving-Jason Freeman.
At times in my life, I experienced my disability as a problem for which there was no solution, which left me feeling resigned and hopeless. It took me years to realize there are so many problems that I can solve. I would ask anyone with a disability new question that would hopefully inspire them to begin creating new solutions to many problems they can solve.

PLENARY SESSION 2B: 11:00-12:15 p.m.

YHS Auditorium

Standing on the Shoulders of the Recovery Community

Jon Sommervold, Executive Director of Tallgrass Recovery and Sober Living Homes.

Jon will share insights about the culture, communication, fear, guilt, shame, destruction, and hope that may help create a community that is safe, kind, honest and survivable.

Lunch

12:15-12:55

Networking and Drawings

PLENARY SESSION 2C: 1:00-2:15PM

YHS Auditorium

Working with Complex Populations: Creating a Culture of Officer and Agency Wellness

Brooke Greenig, LCSW-PIP

Jason Foote, Chief of Yankton Police Department

Sam Bruening, Sgt. Yankton Police Department

This presentation will provide an empathic interactive approach to the changing culture of law enforcement. It will increase clinical understanding of law enforcement culture through real-life experiences, provide knowledge on current clinical interventions and accurately depict current trends impacting officer and agency wellness. This collaborative relationship will discuss their top-down approach to improving officer and agency wellness.

Breakout Session IV-Thursday 2:30-3:30pm

**16.Guiding Youth Through Survival Behavior-
Abbott House staff, Ron Thorsen, Faith Henning**

The principles used in TBRI are intended to create space and opportunity to create change in clients. Building connection with clients creates a safe place for them to be vulnerable and look at hurts that are keeping them trapped.

**17.Gender Non-Conforming Issues within
Department of Corrections- Meredith Rife**

Discussion about gender non-conforming issues within the Department of Corrections.

18.All Learning is Social and Emotional-Debbi McCuin

Watching the news or even the latest political debate will convince most people that there is an increased need for individuals in our society to develop the ability to self-regulate and more. These are among the core concepts of Social Emotional Learning and modeling and implanting opportunities to learn and practice these skills.

19.The Healing Power of Light-Heather Swanson

Light is important for wellness. From natural sunlight to use of devices and color, there is a growing body of evidence on the healing and regulating impact of light. This presentation discusses use of light that can augment treatment plans for mental wellness, depression, sleep, etc. Attendees will learn evidence-based tools that can be integrated immediately into their own lives and practice.

20.Chrissy Hodges- Let’s Talk about OCD

PLENARY 2D

3:45-4:45 PM

YHS Auditorium

Train to Change-It's a Moment and a Choice

Mark “Coach Rozy” Roozen, MED, CSCS, NSCA-CPT, FNCSA, Founder/Director Coach Rozy Performance

Coach Rozy will discuss the process they use to train to change with the teams he works with, from sport teams, military units, police, fire, and business.

That's a wrap for this year!



"Caring for Self...Caring for Community"

THANK YOU!

for your support and participation in the 2024 YAMWI
Conference!

**We hope you will join us next year,
June 4th and 5th, 2025**

ATTENTION!

The EMBRACING CHANGE 2024 Conference will be held at a

NEW LOCATION: Yankton High School!
Use the Main Entrance Doors near the circle drive.

**1801 Summit St.
Yankton, South Dakota**

For information about Yankton, including city map, motels, restaurants, entertainment, etc., contact Yankton Thrive at 605-665-3636 or access the website, www.yanktonsd.com

ACCESSIBILITY

The conference site is primarily Americans with Disabilities Act accessible. Please note on your registration form as to special accommodations needed.

ANIMAL ATTENDANCE & SERVICE ANIMAL POLICY

The YAMWI board established that personal animals are NOT allowed at our annual conference. This decision was based on concern for the safety and comfort of our animal friends and on our conference format. Personal animals include emotional support, comfort animals, and therapy animals, which are not defined as service animals under Title II and Title III of the ADA. Service animals are an exception to this policy. Service animals are defined and covered by Federal Law under the ADA. Service animals must be house-trained, and handlers are responsible for always cleaning up after the animal.

WAIVER OF LIABILITY

All conference presenters and registrants and assistants understand that participation in any portion of the Yankton Area Mental Wellness, Inc. (YAMWI) Conference at Mount Marty University is purely voluntary. Those choosing to participate hereby releases YAMWI, the YAMWI Board of Directors, Mount Marty University, their successors, assigns, officers, agents, employees, and volunteers from all claims, demands, and causes of action whatsoever in any way growing out of or resulting from participation in the conference activities.



"Caring for Self...Caring for Community"

CONFERENCE GOAL

The Yankton Area Mental Wellness logo depicts the overall conference goal. The main design resembles the sunshine, the warmth gained by caring for others, and the vitality of good health. The rays indicate how mental wellness adds brightness all around. The bold print reminds us that "wellness" is the core of this conference. The word "conference" at the bottom of the logo denotes that this training will provide a strong foundation for caregivers and professionals. The spacing of the letters indicates that there is room for everyone to support this event and a need for everyone to care about mental wellness.

2024 MENTAL WELLNESS CONFERENCE OBJECTIVES

Conference participants will:

1. Explore different therapeutic interventions and therapeutic techniques.
2. Explore contemporary theory, research, and practice for working with people.
3. Examine the impact trauma and crisis events have on individuals.
4. Examine factors that impact ethical therapy practice.
5. Identify behaviors that may indicate chemical dependency or mental illness as experts explore the latest findings concerning intervention and treatment.
6. Address the issues involved in the practice of working with people with physical and/or mental health needs.
7. Examine the status of all generations in society, their pressures of life, and how professionals can support them.
8. Describe new methods of **"CARING FOR SELF ... CARING FOR COMMUNITY"**
9. Incorporate the 2024 conference theme: **"Embracing Change"**.

PROFESSIONAL CREDIT FOR THIS CONFERENCE: *It is the responsibility of each participant to ensure that professional credit meets the criteria for their discipline.* Professional credit applications for this conference have been submitted to the following:

- Board of Examiners for Nursing Home Administrators in SD
- Certification Board of Addiction and Prevention Professionals
- SD Board of Counselor Examiners – Ethics hours requested.
- SD Board of Social Work Examiners
- SD Department of Social Services Childcare Services
- SD Emergency Services Office – Emergency Medical Technicians
- SD State Board of Dentistry
- SD State Board of Pharmacy for Pharmacists & Technicians
- Credits for Licensed Nutritionists / Dietitians
- Commission on Rehabilitation Counselor Certification (CRCC)
- Continuing Education Units through the SD State Department of Education
- **Graduate Credit through Mount Marty University: 1 credit @ \$50.00 (in addition to conference registration fee) Register through the MMU Professional Development Institute:**
<https://www.mountmarty.edu/academics/professional-development-institute/>
or contact llincoln@mountmarty.edu if you have any questions.



"Caring for Self...Caring for Community"

Printable Registration Form

(Registration form is also online at: www.yamwi.org)

Yankton Area Mental Wellness Conference

"Embracing Change"

Wednesday, June 5th – Thursday, June 6th, 2024

*REQUIRED INFORMATION

*First Name: _____

*Last Name: _____

Organization: _____

Title/Position: _____

*Phone #: _____

*Email Address: _____

*Address: _____

*City, State, Zip: _____

Breakout Session Preferences

As a courtesy to our Conference Presenters, Participants will be expected to attend the session for which they pre-registered. Participants will receive a copy of their Final Conference Itinerary upon registration check-in.

BREAKOUT SESSION I, Wed. 9:45-10:45am Please select your 1st & 2nd preferences: *1st preference: ____ *2nd preference: ____

- 1) Youth Suicide Prevention-SD DSS Vanessa Barnes, Rachael Majeres
- 2) Heart and Soul: Essential Life Mission, Linda Seger
- 3) Palliative Care: Nuts, Bolts, and Transforming Care of the Seriously Ill, Katie Huff
- 4) Behavioral Health Crisis Care, Madeline Miller
- 5) Emotional Poverty and Emotions-Bethany Tucker

BREAKOUT SESSION II, Wed. 2:30-3:30 Please select your 1st & 2nd preferences: *1st preference: ____ *2nd preference: ____

- 6) Emotional Poverty Adult Stress, Compassion Fatigue- Bethany Tucker
- 7) Security Threat Groups- Edward Loew
- 8) Crisis Now Panel, SD DSS -Vanessa Barnes
- 9) Taking Emotion out of Mental Health Disabilities-Vicki Stewart
- 10) Eating Disorders 101-Dr. Dawn Larson

BREAKOUT SESSION III, Thurs. 9:45-10:45am Please select your 1st & 2nd preferences: *1st preference: ____ *2nd preference: ____

- 11) How Teens are Finding Connection in a Disconnected World-Yankton High School Bring Change to Mind Group
- 12) ADHD: What is it and How to Support Those who have it-Alex R. Hey
- 13) Poetry as Therapy: Writing for Emotional Wellbeing- Keley Smith Keller
- 14) Understanding the Emotional Effects of Residential Burglary, A Case Approach, Axton Betz Hamilton
- 15) Embracing the Imperfect Best Nature of Problem Solving-Jason Freeman

BREAKOUT SESSION IV, Thurs. 2:30-3:30 Please select your 1st & 2nd preferences: *1st preference: ____ *2nd preference: ____

- 16) Guiding Youth through Survival Behavior and Into New Possibilities-Abbott House Ron Thorsen, Faith Henning
- 17) Gender Non-Conforming Issues within Department of Corrections-Meredith Rife
- 18) All Learning is Social and Emotional- Debbi McCuin
- 19) The Healing Power of Light-Heather Swanson
- 20) Let's Talk about OCD-Chrissy Hodges

Meals

***Lunch, Wednesday, June 5th**

- I will not be able to attend.
- I will attend and eat provided LUNCH.

***Lunch, Thursday, June 6th**

- I will not be able to attend.
- I will attend and eat provided LUNCH.

Accessibility

The conference site is primarily Americans with Disabilities Act accessible. Please list here special needs for accommodations:_____

CONFERENCE REGISTRATION FEES:

2-Day: \$225.00 (Received after June 1st: \$250.00);

1-Day: \$200.00 (Received after June 1st: \$225.00)

Full-Time Student Registration Fees are half-off these rates

MAIL SIGNED WAIVER OF LIABILITY AND COMPLETED REGISTRATION FORM TO:

Yankton Area Mental Wellness Inc: 1028 Walnut, Yankton, SD 57078

Waiver of Liability

The undersigned hereby acknowledges that he/she/they understands that participation in any portion of the Yankton Area Mental Wellness, Inc. (YAMWI) Conference at Mount Marty University is purely voluntary. The undersigned hereby releases YAMWI, the YAMWI Board of Directors, Mount Marty University, their successors, assigns, officers, agents, employees, and volunteers from any and all claims, demands, and causes of action whatsoever in any way growing out of or resulting from the undersigned's participation in the conference activities.

Signature: _____ Printed Name: _____ Date: _____

Accommodation Statement

If you have a disability and need an accommodation to attend this event, please **contact Nancy Teachout, YAMWI Executive Director**, at least 2 weeks prior to the event. Email: yamwi.org@hotmail.com. If you have questions, please call 605-665-4606 and ask for Nancy Teachout.

**On behalf of the YAMWI Board of Directors,
We Thank You, for your attendance, support, and willingness
to learn, grow, and share your gifts!**



"Caring for Self...Caring for Community"