

# 25<sup>th</sup> Annual Yankton Area Mental Wellness Conference



**Celebrating 25 Years of Silver Linings in Mental Wellness**

**The 2023 YAMWI conference is dedicated to Senator Jean Hunhoff  
for her ongoing commitment and outstanding leadership as an elected official**

Senator Hunhoff served as Chair of the Senate Appropriations Committee and Chair of the Joint Appropriations Committee, as well as serving on multiple special committees to represent the needs of mental health facilities, providers, consumers, and their families. Senator Hunhoff embodies the 'silver linings' of advocacy for those facing mental illness, support for the service providers, and vision for an ever-brighter future for mental health care in our great State of South Dakota.

June 7 - 8, 2023

Mount Marty University, Yankton, South Dakota

Registration form is online at: [www.yamwi.org](http://www.yamwi.org)

Yankton Area Mental Wellness, Inc.  
1028 Walnut, Yankton, SD 57078  
Email: [yamwi.org@gmail.com](mailto:yamwi.org@gmail.com)

## PLENARY SPEAKERS

### Wednesday Plenary

Wednesday, June 7: 8:00 a.m.

#### Crisis Now Model Introduction



### Thursday Plenary

Thursday, June 8: 8:00 a.m.

#### What Are the System Alignment Issues in Implementing Crisis Response Systems?

Wayne W. Lindstrom, PhD

Dr. Lindstrom has over 15 years of consulting experience and is currently the Director of Business Development and Consulting for RI International. He has also served as the Director of the New Mexico Behavioral Health Services Division, CEO of the New Mexico Behavioral Health Collaborative, and President and CEO of Mental Health America, formerly known as the National Mental Health Association. Dr. Lindstrom has 52 years of behavioral health experience and has worked in community mental health, hospitals, emergency departments, corporate environments and private practice while also teaching at the undergraduate and graduate levels.

### Wednesday Plenary

Wednesday, June 7: 11:20 a.m.

#### Choosing Change is Challenging but Worth It



### Thursday Plenary

Thursday, June 8: 11:20 a.m.

#### H3 Culture – Hope, Health, and Happiness in the Workplace

Annie Meehan

Annie is a speaker, consultant, and author of four motivational books. She is committed to transforming achievement from good to great by teaching people to rewrite their excuses into successful accomplishments. Prior to becoming a speaker, Annie worked for an investment banking company, owned, and operated two fitness franchise locations, grew, and led a 250+ member direct sales distributorship, and began speaking on the topics of health and wellness. Annie is a National Speakers Association (NSA) board member and currently serves as the president of the NSA-Minnesota chapter.

### Wednesday Plenary

Wednesday, June 7: 10:15 a.m.

#### The Rocks We Carry

Patti Ward-Maguire, EdD



Patti has been working for over 25 years in the secondary special education field as a teacher, instructional coach, and administrator. As a classroom teacher, Patti's focus was teaching students with behavior and/or mental health challenges. Patti is currently a middle and high school special education coordinator who also teaches undergraduate and graduate level classes at the University and designs and offers various workshops.

### Thursday Plenary

Thursday, June 8: 10:15 a.m.

#### Professional Ethics

Craig Kennedy, BA, JD



Craig has been a private practice lawyer since 1976. He was Yankton County States Attorney from 1985-1992, Special Assistant Attorney General 1993-2016, Attorney for South Dakota Board of Medical Examiners and South Dakota Board of Chiropractic Examiners, and South Dakota State Senator from 2017-2021.

## CONFERENCE POSTER PRESENTATIONS - Displayed 8:00am - 5:00pm each day

### Life Skills Poster Presentation - South Dakota Human Services Center, Yankton, SD

Dialectical Behavior Therapy: An Intervention for Education in Emotion Regulation, Mindfulness, Interpersonal Effectiveness, and Distress Tolerance

HSC Life Skills Department: Lynette Wold, COTA/L, Sasha Podhradsky, COTA/L, Joyce Becker, MS, OTR/L, Nicole Munkvold, TRS

### Mount Marty University, Yankton, SD Poster Presentation

Research posters shared from Mount Marty University Psychiatric Mental Health Nurse Practitioner Program

7:30 a.m. - 8:00 a.m. **REGISTRATION AND WELCOME FROM YANKTON RIVERBOAT DAYS CAPTAIN AND BELLE**  
Mount Marty University – Marian Auditorium Lobby

8:00 a.m. **WELCOME** – Dr. Marc Long, Mount Marty University President  
**ACKNOWLEDGEMENT OF YAMWI’S 25<sup>TH</sup> ANNIVERSARY**  
**WELCOME AND INTRODUCTIONS** – Jean Hunhoff, BSN, MSN, MHA, SD District 18 Senator  
Mount Marty University – Marian Auditorium

**PLENARY SESSION:** 8:00 a.m.

Marian Auditorium

**Crisis Now Model Introduction**

Wayne W. Lindstrom, PhD

During this session, participants will learn about the three core service elements and the key principles of the Crisis Now Model: Someone to Call. Someone to Respond. And, a Safe Place to Go.

**PLENARY SESSION:** 10:15 a.m.

Marian Auditorium

**The Rocks We Carry**

Patti Ward-Maguire, EdD

People are experiencing the impacts of emotional poverty at a greater rate than ever before. Research shows that over half of the nation’s children have experienced trauma. This trauma, combined with emotional poverty, impacts an individual’s success not only at school but in the community and within their home. Participants will gain an understanding of social-emotional needs and explore how to provide daily deposits to support clients/students while at the same time increasing personal awareness and self-management.

**PLENARY SESSION:** 11:20 a.m.

Marian Auditorium

**Choosing Change is Challenging but Worth It**

Annie Meehan

This session will recognize the enormous power of words and eliminate long-held excuses that keep people from attaining their goals.



*"Caring for Self...Caring for Community"*

**Thank You**  
2023 Conference Planning Committee

**BREAKOUT 1 – Wednesday, 1:30 p.m.**

**1) A Survivor's Story**

Mary Jackson, Call to Freedom Survivor Program Coordinator

During this presentation, a human trafficking survivor shares her journey.

**2) South Dakota Continuum of Care in Action**

Jesse Bailey, BA, Executive Director for Pathways Shelter for the Homeless  
Stephanie Marshall, MSW, South Dakota Housing Development Authority  
Joseph Tielke, BS, Continuum of Care Administrator

This combined presentation will feature an overview of the South Dakota Continuum of Care, its Coordinated Entry Program and Pathways Shelter for the Homeless. The Continuum of Care (CoC) is the statewide homeless response system. Coordinated Entry (CE) is a program that assess and prioritize households for CoC housing projects. Pathways has been a Continuum partner for many years.

**3) New Changes to the 2022 ASCA Ethical Standards**

Dan DeCino, PhD, Associate Professor

This presentation will highlight the new changes to the ASCA 2022 Ethical Standards. The impact of the changes that directly impact work with students, administrators, and parents or guardians will be discussed.

**4) Emotional Toll of Immigration**

Sarah Brandt, MA Ed, President of Connecting Cultures

This presentation contains a rural perspective on the immigration process for newcomers, the emotional toll it has on the individual and their families, and best practices to aid individuals as they navigate immigration.

**5) Life's Not Autofocus**

Adonica Kunnen Cooper, MPA, RSW

We learn and grow through challenges, failures, falls, embarrassment, and stressful moments. From time to time, it's important to revisit what we believe and how we perceive the situation before us. What we see, feel, and how we respond is based on our own personal lens of information we've gathered, correctly or not. This workshop will revisit what we've learned (healthy and unhealthy), the bias we bring to situations (we all have bias), how to recognize and embrace vulnerability (leadership), and the practice of gratitude through connectivity with others.

**BREAKOUT 2 – Wednesday, 3:00 p.m.**

**6) Human Trafficking 101 / Mental Health Concerns**

Paze Cook, LCSW, LAC, AMHP, Youth Director  
Margaret Doom, Call to Freedom Community Navigator

This presentation shares information on human trafficking and its effects on a person's wellness.

**7) Key Components of Dialectical Behavioral Therapy / Considerations When Working with Highly Suicidal Clients**

Amber Chan, LPC-MH, DBT-LBC, CPT, AMHP  
Kassie Frey, CSW-PIP, AMHP

The focus of this presentation is key skills in Dialectical Behavioral Therapy (DBT), including key factors to consider when working with high risk clients.

**8) Working with Special Populations: Military Families And Mental Health**

Sarah Shortbull, MA School Counseling  
Paul Shortbull

This duo will share their struggles in dealing with deployment, PTSD, and cultural hurdles that accompany this population of people in need.

**9) Overview of the Publicly Funded Treatment System in South Dakota**

Andrea Heronimus, BS, Mental Health Services Program Manager  
Ranee Peterson, BA, CAC, Substance Use Disorder Services Program Manager  
Zach King, MS, Data and Outcomes Program Manager  
Colleen Beyer, MPH, Epidemiologist

Division of Behavioral Health (DBH) staff will present on the landscape of behavioral health concerns in South Dakota in comparison with the United States, what resources and services are supported by DBH to provide treatment and prevention services to address those concerns, and the outcomes for those publicly funded behavioral health services.

**10) Wellness Tools for Clients and Clinicians**

Amy Reyes, MS Ed, School Counselor, RYT-500

Participants will be introduced to various mindfulness-based "tools". Research and evidence-based findings on mindfulness practices will be discussed and participants will have an opportunity to experience these practices as a way of promoting wellness for themselves and those they serve.

**THURSDAY, June 8, 2023**

***"Celebrating 25 Years of Silver Linings in Mental Wellness"***

7:30 a.m. **REGISTRATION (ONLY FOR THOSE WHO DID NOT ATTEND ON WEDNESDAY)**  
Mount Marty University – Marian Auditorium Lobby

7:50 a.m. **WELCOME AND INTRODUCTIONS** – Jean Hunhoff, BSN, MSN, MHA, District 18 Senator  
**ACKNOWLEDGEMENT OF YAMWI'S 25<sup>TH</sup> ANNIVERSARY**  
Mount Marty University – Marian Auditorium

**PLENARY SESSION:** 8:00 a.m.  
Marian Auditorium

**What Are the System Alignment Issues in Implementing Crisis Response Systems?**

Wayne W. Lindstrom, PhD

Participants in this session will learn about the system alignment issues and what is required to overcome them.

**PLENARY SESSION:** 10:15 a.m.  
Marian Auditorium

**Professional Ethics**

Craig Kennedy, BA, JD

The session presents a discussion of the importance of adherence to professional ethics in practice.

**PLENARY SESSION:** 11:20 a.m.  
Marian Auditorium

**H3 Culture – Hope, Health, and Happiness in the Workplace**

Annie Meehan

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.



*"Caring for Self...Caring for Community"*

**Thank You**

for participating in the 2023 YAMWI Conference!

**BREAKOUT 3 – Thursday, 1:30 p.m.**

**11) The Secret Sauce for Sustainable Crisis Services**

Wayne W. Lindstrom, PhD

This session will outline the ingredients necessary for sustaining fidelity to the Crisis Now Model.

**12) Autism and Evidence-Based Supports**

Kate Helbig, PhD

This presentation will provide a brief overview of Autism Spectrum Disorders (diagnostic criteria, how it differs from other neurodevelopmental disorders) as well as evidence-based practices centered around serving autistic/individuals with Autism Spectrum Disorders.

**13) Addressing Mental Health and IBD**

Dr. Sarah Cole, MD

Inflammatory bowel disease has a significant impact on mental health and emotional well-being. This presenter will discuss how to screen for common mental health conditions and get help for those struggling to cope with their disease.

**14) Best Practices for Surviving an Active Shooter Encounter**

Mike Burgeson, MA

This instruction is designed to give participants multiple options for if they are the target of an active shooter. This course is not a certification course but is rather for general knowledge on the best practices based on historical events.

**15) Traumatic Stress Education: Recognition and Management**

Amanda Reed, PhD, Licensed Psychologist

In this presentation, discussion will focus on what traumatic stress is and what causes it, how to recognize the signs and symptoms, when and how to seek additional support if needed, and what to do to keep yourself and your family healthy in times of extreme and everyday stress.

**BREAKOUT 4 – Thursday, 3:00 p.m.**

**16) An Ounce of Prevention: A Tiered Approach to Youth Mental Health Treatment in the School Setting**

Miranda Zahn, PhD, School Psychologist

In this presentation, high-impact supportive mental health prevention and intervention techniques will be discussed. The presenter will focus on treating and preventing mental health disorders using Multi-Tiered Systems of Support including screening, assessment, and data-based decision-making.

**17) Security Threat Groups**

Edward Loewe, BS

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 15 years.

**18) Civil Legal Services in Eastern South Dakota**

Lea Wroblewski, BA, JD

The presenter will provide an overview of civil legal aid, services available, and how to connect clients with legal services.

**19) Excited Delirium**

Mike Burgeson, MA

This course is designed to help the participants recognize behavioral signs of Excited Delirium, understand the risks of confrontation, and treatment as a medical emergency. The indicators of the increasing trend of Suicide by Cop and the effects on response, victims, and the community will also be discussed.

**20) Be The Exception: 7 Keys to Transformation**

Annie Meehan

Annie’s story of resilience and overcoming life’s circumstances has allowed her to escape the cycle of negativity and transform into the successful influencer that she is today. Participants will be introduced to her seven steps to transformation that are critical to becoming authentic, leading with confidence, and living a truly exceptional life.

## **DIRECTIONS**

This conference will be held at Mount Marty University, 1105 West 8<sup>th</sup> Street, Yankton, South Dakota. The University is located near Avera Sacred Heart Hospital, Yankton Medical Clinic, and Bishop Marty Chapel. Watch for signs directing participants to the conference registration entrance. For information about Yankton, including city map, motels, restaurants, entertainment, etc., contact Yankton Thrive at 605-665-3636 or access the [www.yanktonsd.com](http://www.yanktonsd.com) website.

## **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 cleaning up after the animal at all times.

## **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 any and all claims, demands, and causes of action whatsoever in any way growing out of or resulting from participation in the conference activities.

### **YANKTON AREA MENTAL WELLNESS CONFERENCE**

#### **2023 REGISTRATION FEES**

2-Day Fee = \$225.00

Late Fee: If received after June 1<sup>st</sup> = \$250.00

1-Day Fee = \$200.00

Late Fee: If received after June 1<sup>st</sup> = \$225.00

Full-Time Students = ½ Price

**Make checks payable to YAMWI**

## **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.



## **2023 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 current 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 2023 conference theme: ***"Celebrating 25 Years of Silver Linings in Mental Wellness"***

## **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 @ \$75.00 (in addition to conference registration fee) Register through the MMU Professional Development Institute: <https://www.mountmarty.edu/academics/professional-development-institute/> or contact [lincoln@mountmarty.edu](mailto:lincoln@mountmarty.edu) if you have any questions.





## Printable Registration Form

(Registration form is also online at: [www.yamwi.org](http://www.yamwi.org))

### Yankton Area Mental Wellness Conference

"Celebrating 25 Years of Silver Linings in Mental Wellness"

Wednesday, June 7<sup>th</sup> – Thursday, June 8<sup>th</sup>, 2023

#### \*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 1, Wed. 1:30pm** Please select your 1<sup>st</sup> & 2<sup>nd</sup> preferences: \*1<sup>st</sup> preference: \_\_\_\_ \*2<sup>nd</sup> preference: \_\_\_\_

- 1) A Survivor's Story, Mary Jackson, Call to Freedom Survivor Program Coordinator
- 2) South Dakota Continuum of Care in Action, Jesse Bailey, BA, Stephanie Marshall, MSW, and Joseph Tielke, BS
- 3) New Changes to the 2022 ASCA Ethical Standards, Dan DeCino, PhD
- 4) Emotional Toll of Immigration, Sarah Brandt, MA Ed
- 5) Life's Not Autofocus, Adonica Kunnen Cooper, MPA, RSW

**BREAKOUT SESSION 2, Wed. 3:00pm** Please select your 1<sup>st</sup> & 2<sup>nd</sup> preferences: \*1<sup>st</sup> preference: \_\_\_\_ \*2<sup>nd</sup> preference: \_\_\_\_

- 6) Human Trafficking 101 / Mental Health Concerns, Paze Cook, LCSW, LAC, AMHP, and Margaret Doom, Call to Freedom Community Navigator
- 7) Key Components of Dialectical Behavioral Therapy, Amber Chan, LPC-MH, DBT-LBC, CPT, AMHP, and Kassie Frey, CSW-PIP, AMHP
- 8) Working with Special Populations: Military Families and Mental Health, Sarah Shortbull, MA School Counseling, and Paul Shortbull
- 9) Overview of the Publicly Funded Treatment System in SD, Andrea Heronimus, BS, Randee Peterson, BA, CAC, and Zach King, MS
- 10) Wellness Toods for Clients and Clinicians, Amy Reyes, MS Ed, School Counselor, RYT-500

**BREAKOUT SESSION 3, Thurs. 1:30pm** Please select your 1<sup>st</sup> & 2<sup>nd</sup> preferences: \*1<sup>st</sup> preference: \_\_\_\_ \*2<sup>nd</sup> preference: \_\_\_\_

- 11) The Secret Sauce for Sustainable Crisis Services, Wayne W. Lindstrom, PhD
- 12) Autism and Evidence-Based Supports, Kate Helbig, PhD
- 13) Addressing Mental Health and IBD, Dr. Sarah Cole, MD
- 14) Best Practices for Surviving an Active Shooter Encounter, Mike Burgeson, MA
- 15) Traumatic Stress Education: Recognition and Management, Amanda Reed, PhD, Licensed Psychologist

**BREAKOUT SESSION 4, Thurs. 3:00pm** Please select your 1<sup>st</sup> & 2<sup>nd</sup> preferences: \*1<sup>st</sup> preference: \_\_\_\_ \*2<sup>nd</sup> preference: \_\_\_\_

- 16) An Ounce of Prevention: A Tiered Approach to Youth Mental Health Treatment in the School Setting, Miranda Zahn, PhD, School Psychologist
- 17) Security Threat Groups, Edward Loewe, BS
- 18) Civil Legal Services in Eastern South Dakota, Lea Wroblewski, BA, JD
- 19) Excited Delirium, Mike Burgeson, MA
- 20) Be The Exception: 7 Keys to Transformation, Annie Meehan

#### Meals

\*Lunch, Wednesday, June 7<sup>th</sup>, 12:00 noon  I will not be able to attend.  I will attend and eat LUNCH provided.

\*Lunch, Thursday, June 8<sup>th</sup>, 12:00 noon  I will not be able to attend.  I will attend and eat LUNCH provided.

#### 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 (Rcvd after June 1st: \$250.00); 1-Day: \$200.00 (Rcvd after June 1st: \$225.00)

Full-Time Student Registration Fees are one-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@gmail.com](mailto:yamwi.org@gmail.com). If you have questions, please call 605-665-4606 and ask for Nancy Teachout.