

# Conference Session Descriptions

November 5, 2019

Lakota East High School

<b>SPEAKER NAME, TITLE or CREDENTIALS</b>	<b>AGENCY or AFFILIATION</b>	<b>SESSION DESCRIPTION</b>
<b>KEYNOTE SPEAKER</b>		<b>All participants will attend the Keynote Speaker Session.</b>
<b>Nick Jackson</b> Motivational Speaker; Owner and Creator	Nick Jackson Speaks and Speakers of Love	<b>Reach Your Higher Purpose and Unleash Your Potential</b> Nick Jackson is a motivational speaker who inspires people through his experiences and empowering stories. Nick commits his life to helping people reach their higher purpose and unleash their true potential. To date he has enlightened, entertained and championed the lives of over 755,000 high school and collegiate students. In 2016 he became the only keynote speaker to present at Anthony Munoz' student leadership seminar for eight consecutive years and counting. His motivational speeches are founded in the principles of loving thy neighbor and serving one's community. Nick inspires people to create momentum for vision and change, offering the "secret sauce" to creating a winning culture in your school.
<b>BREAKOUT SESSIONS</b>		<b>Participants will attend 3 breakout sessions.</b> Participants select their top 3 breakout session choices <i>in order of preference</i> and select 2 alternates.
<b>Dr. Chris Tuell</b> LPCC-S, LICDC-CS; Clinical Director of Addiction Services; Assistant Professor, Department of Psychiatry & Behavioral Neuroscience	Lindner Center of Hope	<b>The Internet and Its Effects on Mental Health</b> For many, the Internet can provide a wonderful world of knowledge. But for some, the internet can become problematic and lead to internet use disorder. This presentation will center on the problematic use of the Internet and how it can be related to unhealthy behaviors, such as mental illness and addiction.
<b>Dr. Jennifer Wright-Berryman</b> Ph.D.; Assistant Professor, School of Social Work	University of Cincinnati	<b>Careers in the Mental Health Professions</b> A research study completed in Utah of former Hope Squad members found that many students who spent years on a Hope Squad became interested in jobs where they could continue to use their skills, such as counseling and social work. This session will explore careers in those fields, from clinical to academic. Both Drs. LaGuardia and Wright-Berryman spent years serving children and adults as clinicians, and are now serving students at UC

<p><b>Dr. Amanda LaGuardia</b> Professor, School of Social Work</p>		<p>as well as teaching classes in these areas.</p>
<p><b>Sheila Munaf-Kanoza</b> Founder and Executive Director</p> <p><b>Ann Marie Kahwaty Bogan</b> MS-LISW-I; Clinical Director for Children and Family Services, Social Worker</p>	<p>Companions on a Journey</p> <p>Companions on a Journey; Life Span; Butler Tech School of Performing Arts</p>	<p><b>Creating Balance, Listening and Postvention</b> Life is never perfectly balanced, but when you add grief to the mix, even the simplest of daily tasks can feel overwhelming. Equipped with the right tools (including a Slinky®), you will learn how to more easily navigate the ups and downs of life and develop healthy coping strategies on which you can draw from for a lifetime. As a selected Hope Squad member, one of your greatest superpowers is, no doubt, the skill of listening. Learn how you can apply this important talent in the wake of a crisis, along with how you can be an important source of HOPE, STRENGTH, and HEALING to someone who has lost a friend and/or loved one to suicide.</p>
<p><b>Jamie Gordon</b> Guidance Counselor; Hope Squad Advisor</p> <p><b>Rachel Freeman-Hicks</b> School Psychologist; Hope Squad Advisor</p>	<p>Loveland High School</p>	<p><b>HOPE Week Planning Workshop</b> This session focuses on HOPE Week planning. Resources and ideas will be shared. Members will work in small groups and have opportunities to brainstorm with other Hope Squad schools to develop a HOPE Week plan tailored to their schools.</p>
<p><b>Will Cates</b> MS, LPC, NCC; Comprehensive Mental Health Support Specialist</p>	<p>Milford High School</p> <p>Former Clermont County Mobile Crisis Responder</p>	<p><b>Crisis Support, Hotlines and Navigating a Crisis</b> This session focuses on safely navigating crises in the community, what happens when you call a crisis hotline, and what to expect when you request a county mobile crisis response. Attendees will have the opportunity to ask questions regarding crisis support, what it's like to work in the crisis field, and how to promote crisis resources at school and in the community.</p>
<p><b>Tia Draper</b> Sales Director</p> <p><b>Kevin Hackman</b> (Credentials?)</p> <p><b>Camp Joy Team</b></p>	<p>Camp Joy</p>	<p><b>Experiential Reflection: Creating Strong Leaders</b> Camp Joy's trained educators will incorporate techniques from <i>Open to Outcome: A Practical Guide for Facilitating &amp; Teaching Experiential Reflection</i>. The focus will be on providing the tools to be informed and strong leaders while having fun. This session will be built around unique and impactful experiences that enhance each student's ability to communicate, teach and cooperate. Participants will have time for reflection and appreciation of their peers.</p>
<p><b>NAMI</b></p>	<p>NAMI -</p>	<p><b>Ending the Silence</b></p>

(Presenter Names and Credentials?)	National Alliance on Mental Illness	NAMI, the National Alliance on Mental Illness, presents <i>Ending the Silence</i> , an engaging, informative presentation about mental health for middle and high school students. A young adult with a mental health condition shares their journey of recovery. Audience members will have the opportunity to ask questions and learn more about an often-misunderstood topic. The message of empathy and hope encourages people to actively care for themselves and for their peers. The goal of NAMI ETS is to create a generation of individuals who are well-positioned to end the silence and stigma surrounding mental illness and well-informed about the signs and symptoms of mental illness, statistics, coping strategies, resources and ways to seek help.
<b>Dr. Dwonna Thompson-Lenoir</b> LPCC-S; Clinical Services Director	Lighthouse Youth and Family Services	<b>Understanding and Preventing Suicide</b> This session will present useful information about suicide and ways to understand the precursors and symptoms, while still maintaining healthy boundaries. Discussion around prevention and ways to positively impact interactions with this subject matter will be explored.
(Presenter Names and Credentials?)	Lighthouse Youth and Family Services	<b>Social Media &amp; Its Impact on Mental Health</b> This session will look at social media platforms, access to information and how this information may impact social functioning, communication and overall mental health functioning. Strategies to avoid the pitfalls of social media's negative impact on functioning will be presented and explored. Participants will leave with tools to use when social media concerns overwhelm them.
<b>Dr. Dana Harley</b> Ph.D., MSW, LISW-S; Associate Professor, School of Social Work	University of Cincinnati	<b>Exploring Hope Through Photography</b> Participants will learn about "photovoice," a participatory action research method that explores feelings and ideas through photography. Participants will learn about how diverse groups of young people experience hope in their lives. Participants will be guided through a hands-on photovoice demonstration aimed at exploring personal ideas and feelings about hope.
<b>Regina Viars</b> Executive Director	Conscious Holistic Healing	<b>Wellness: Reflection, Meditation and Art</b> This session will include discussion of the importance of self care using self reflection, interactive meditation and artistic expression.
<b>Matthew Marcum</b> Executive Director	Mentoring Partners of Cincinnati	<b>Building Healthy Relationships</b> Healthy relationships are vital to thrive amidst challenges and opportunities in every area of our lives. In this session Matthew seeks to inspire you through song, story, and active-learning so that you may be a relationship builder that makes an impact in the lives of others.
<b>Dr. Jim Schwieterman</b> (Credentials?)	(Agency or affiliation?)	<b>Becoming a Better HOPE Squad "Lifeguard"</b> This session will focus on how HOPE Squad members can be even better "Lifeguards" in their efforts to assist their fellow peers at risk for suicide. Participants will learn to understand the importance of subtle but key elements in becoming a companion in helping others.
<b>Angst</b>		<b>Angst - A Groundbreaking Documentary About Anxiety</b>

<b>Documentary</b>		<i>Angst</i> is an IndieFlix Original, documentary designed to raise awareness around anxiety. The film includes interviews with kids, teens, educators, experts, parents and a very special interview with Michael Phelps. Our goal specifically is to help people identify and understand the symptoms of anxiety and encourage them to reach out for help. <i>Angst</i> screens in schools, communities and theaters around the world. The film and corresponding materials provide tools, resources and above all, hope. Length: 56 min.
<b>LIKE Documentary</b>		<b><i>LIKE - A Groundbreaking Documentary About the Impact of Social Media</i></b> <i>LIKE</i> is an IndieFlix Original documentary that explores the impact of social media on our lives. Technology is a tool. It's here to stay and social platforms are a place to connect, share and care, but what's really happening? Are we addicted? How do we stop? Where do we start? What do we need to know? By understanding the effects of technology and social media on the brain, on our lives and on our civilization, we can learn how to navigate it more safely together. Our goal for this film is to inspire people of all ages, especially kids, to self regulate. It's not about blame. It's about looking in the mirror and empowering ourselves to create balance in our lives and to learn to be there for each other. Length: 46 min.
<b>Nick Jackson</b> Motivational Speaker; Owner and Creator	Nick Jackson Speaks and Speakers of Love	<b><i>Pending - Hope Squad Advisors Only</i></b>
<b>CLOSING SESSION</b>		<b>All participants will attend the Closing Session.</b>
<b>Tia Draper</b> Sales Director  <b>Kevin Hackman</b>  <b>Camp Joy Team</b>	Camp Joy	<b>Experiential Reflection: Creating Strong Leaders</b> Camp Joy's trained educators will facilitate a large group wrap up session incorporating techniques from <i>Open to Outcome: A Practical Guide for Facilitating &amp; Teaching Experiential Reflection</i> . The focus will be on providing the tools to be informed and strong leaders while having fun. The closing session will be built around unique and impactful experiences that enhance each student's ability to communicate, teach and cooperate.