



2024 UVU CONFERENCE ON MENTAL HEALTH

THURSDAY, OCTOBER 3, 2024 | HYBRID EVENT

Welcome! For more information about each session, visit <https://www.uvu.edu/chss/mental-health/>

OR Log in to our conference portal with the email address you used to sign up for the conference.

Scan for website:



FULL SCHEDULE

9:00 AM - 10:00 AM

MORNING KEYNOTE

GRAND BALLROOM Healing Together: The Power of Community Care in Fostering Mental Health
MINAA B., MSW, LMSW

10:15 AM - 11:15 AM

MORNING SESSION ONE

SUICIDE PREVENTION TRACK
CENTER STAGE

Comprehensive Suicide Prevention: From Assessment to Intervention and Hope
TODD SPENCER, PHD

ADDICTION TRACK
RAGAN THEATER

Navigating Problematic Pornography Use: An ACT-Based Approach to Healing, Self-Discovery, and Sexual Well-being
JOEL WALLIS, MSW

ANXIETY TRACK
SC 206 ABC

Ethical Considerations for Effective Caregiver Consultations in Play Therapy [Ethics Credit]
PAIGE LOWE, PHD

DEPRESSION TRACK
SC 213 AB

Early Detection, Better Outcomes: Assessing Perinatal Mental Health from Day One
MEAGAN HARDY, NP, MSN

11:30 AM - 12:30 PM

MORNING SESSION TWO

SUICIDE PREVENTION TRACK
CENTER STAGE

Addressing the Rising Tide: Culturally-Competent Suicide Prevention in BIPOC Communities
KIMBERLY APPLEWHITE, PSYD

ADDICTION TRACK
RAGAN THEATER

Ethics of the Therapeutic Relationship [Ethics Credit]
JEFFREY QUAMME

DEPRESSION TRACK
SC 206 ABC

Ketamine and the Unconscious Brain
PATRICIA HENRIE-BARRUS, PHD

DEPRESSION TRACK
SC 213 AB

Disconnecting to survive: Key issues in trauma-based dissociation
PAMELA FULLER, PHD

12:30 PM - 1:30 PM

LUNCH

Food options available at the Sorensen Center Food Court

1:30 PM - 2:30 PM

AFTERNOON KEYNOTE

GRAND BALLROOM Addiction: A Futurist's Perspective
OMAR MANEJWALA, MD

2:45 PM - 3:45 PM

AFTERNOON SESSION ONE

SUICIDE PREVENTION TRACK
CENTER STAGE

Go From Chaotic Discharging to Coordinated Client Transitions in Three Simple Steps [Ethics Credit]
JEREMY COTTLE, PHD,
KATE PLATO, CEO AND
MARC GARDNER, LCSW

ADDICTION TRACK
RAGAN THEATER

The Future of Addiction Breakout Session
OMAR MANEJWALA, MD

DEPRESSION TRACK
SC 206 ABC

The Future of Depression Treatment
AMY BELNAP, APRN, PMHNP-BC
AND ADAM HUNSAKER

ANXIETY TRACK
SC 213 AB

Fostering Resilience
GINGER HEALY, MSW, LCSW

4:00 PM - 5:00 PM

AFTERNOON SESSION TWO

SUICIDE PREVENTION TRACK
CENTER STAGE

Finding Balance in an Unbalanced World: Self-of-the-Therapist Issues For Us All
MICHAEL NEGRETTE, PHD
AND KRISTAL JAMES, PHD

ADDICTION TRACK
RAGAN THEATER

USU Extension's HEART Initiative: Collaboratively Addressing the Opioid Overdose Crisis & Stigma
ASHLEY YAUGHER, PHD,
GABRIELA MURZA AND
AARON HUNT MPH, PHD

DEPRESSION TRACK
SC 206 ABC

Protecting Ourselves from the Slippery Slope: What Can We Learn from Licensure Discipline? [Ethics Credit]
COLLEEN PETERSON, PHD AND
ELIZABETH FAWCETT, PHD

ANXIETY TRACK
SC 213 AB

The Cost of Caring: Combating Compassion Fatigue for Mental Health Professionals
MARK WELLING

ONGOING THROUGHOUT THE CONFERENCE

EXHIBITOR
FAIR

Grand Ballroom Commons

STUDENT POSTER
PRESENTATIONS

Science Building Atrium

QUIET
ROOM

SC 206 GH



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CONNECTING TO WIFI

For access to UVU's WiFi services on campus, follow the steps below:

1. Go to your device's WiFi connections and connect to "Wolverine-WiFi."
2. You will be redirected to the wireless registration page.

NOTE: If you are not automatically redirected, open a browser on your device and type in: **neverssl.com**
This should redirect you to the login page.

3. Click the "Connect to Open Public Network" button. You will then have access for 8 hours.

WEBSITE & ONLINE CONFERENCE PORTAL

1. Scan the QR Code to visit the conference website at:
<https://www.uvu.edu/chss/mental-health/>
2. Click on the "Conference Portal" link.
3. Use the same email you used to register for the conference to access the portal.

All sessions can be live-streamed at the time of the event, or will be posted for on-demand viewing soon after the live recording.

The online portal and all recorded sessions will be available until **Saturday, November 30th, at 5 pm.**

SCAN FOR WEBSITE:



CONTINUING EDUCATION UNITS

Attendees have the potential to earn **18 total CEUs, 6 live/in person, 12 home study.** Please check with your licensing requirements to determine your maximum eligibility. The conference includes specialized content: 3 CEUs focus on Suicide Prevention, and 4 CEUs are dedicated to Ethics. All CEUs are NASW-approved.

CEU INSTRUCTIONS – LIVE & VIRTUAL

To receive credits, simply complete an online survey after each session. Each hour of attendance equates to 1 CEU.

1. With a mobile device or laptop, access the Conference Portal.
2. Under Sessions & Schedule, October 3, 2024 Agenda, scroll to the session you are taking, and click on its listing. Each session can be streamed live, or viewed on-demand soon after the live recording.
3. During each session attended or watched, take note of the CEU session keyword announced during the class and posted in the live chat.
4. On the session page, click the CEU Survey tab on the top right next to the Chat tab.
5. Take the CEU Survey, which includes providing the session keyword and your email address.

A maximum of 6 live credits are available for this conference. To receive **live credits**, the surveys for each must be taken the **DAY OF** the conference, October 3, 2024.

You have until **Saturday, November 30th, at 5 pm** to view on-demand sessions and take CEU surveys.

RECEIVING YOUR CEU CERTIFICATES

All CEU credits will be processed and emailed to you after the online conference portal closes Saturday, November 30th, at 5 pm. Look for them by **Friday, December 13th**, coming from mental_health_conf@uvu.edu

If you do not receive them, be sure to check your spam/junk mail. After December 13th, if you still haven't received them, please contact mental_health_conf@uvu.edu to verify.

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