

Thursday and Friday Conference

Conference Speakers

*James Osborn LPA, LCAS
Director of Community Education and Outreach*

*Wendy Gantt MA, LPC
Community Education Specialist*

Alliance Health Durham, NC

Thursday November 7, 2019

6:00 - 7:00 *Self-Care Session: Back to the Basics: Benefits of Exercise*
Jackie Nusbaum
Jazzercise Instructor Cary, NC

7:00 - 8:00 Breakfast and Registration

8:00 - 9:30 *Mental Health First Aid Action Plan*
Understanding Depression

9:30 - 10:00 Break

10:00 - 11:30 *Understanding Anxiety Disorders*
Crisis First Aid for Suicidal Behavior and Depressive Symptoms
Non-Suicidal Self-Injury

11:30 - 1:30 Business Meeting, Vendor Recognition, Lunch

1:30 - 3:00 *Non-Crisis First Aid for Depression and Anxiety*
Crisis First Aid for Panic Attacks and Traumatic Events

2:30 - 3:00 Break

Friday November 8, 2019

7:00 - 8:00 Breakfast

8:00 - 9:30 *Understanding Disorders Associated with Psychosis*
Crisis First Aid for Acute Psychosis

9:30 - 10:00 Break

10 - 12:00 *Understanding Substance Use Disorder*
Crisis First Aid for Overdose and Withdrawal
Using Mental Health First Aid