

# SOU Behavioral Health Initiative Fall Institute



## Care in Action

A day dedicated to strengthening our behavioral health community through shared learning, creativity, and relationship building.

**Date and Time:** November 4, 2025  
8:30am – 4:00pm  
**Location:** SOU Stevenson Union  
1118 Siskiyou Blvd, Ashland

## AGENDA

Time	Location	Sessions and Presenters
8:30am – 9:00am	SU Rogue River Room	Registration, continental breakfast and networking
9:00am – 9:50am	SU Rogue River Room	<p>Welcome and Keynote – <b>The Resilient Heart: Cultivating Hope and Strength in a Fragile World</b></p> <p><i>This Keynote Address provides a practical framework for professionals in demanding fields to transform stress into strength, moving beyond simple coping mechanisms. It explores resiliency, anti-fragility, and strength to equip attendees with strategies for thriving amidst professional and personal pressures.</i></p> <p>Casey Shillam   PhD MSN BSN BA</p>
9:50am – 10:00am		Break
10:00am-10:45am	SU 313 Hollow Square	<p>Session Title: <b>A Deep Dive into Complex Trauma - Implications and treatment interventions</b></p> <p><i>This session offers a comprehensive overview of complex trauma, blending didactic learning with experiential components. Participants will explore the new APA guidelines for treatment, review emerging research linking emotional abuse and complex PTSD, and observe a demonstration of a Phase 2 approach combining somatic practices, Internal Family Systems (IFS), and EMDR.</i></p> <p>Lindsey Warwick   LPC PHD LMFT</p>
10:00am-10:45am	SU 319 Classroom	<p>Session Title: <b>From Vision to Funding: Grant Writing that Stands Out</b></p> <p>This workshop is designed for new and experienced grant writers to help them create clear, compelling, and technically sound grant proposals. We will refine key elements of a successful application, such as mission statements, program descriptions, and budgets, to increase your chances of securing funding.</p> <p>Dee Carreon   MBA BS</p>
10:00am-10:45am	SU 323 - The Gallery	<p>Session Title: <b>Listening Across Lines: Dialogue and Reconciliation in Practice</b></p> <p>This session explores how to communicate across deep differences in belief and values. Drawing on established communication frameworks, participants will learn practical tools to foster empathy, move past gridlock, and uphold human dignity in challenging therapeutic and collaborative settings.</p> <p>Prakash Chenjeri   PhD MA BA</p>
10:45pm-11:00am		Break

11:00am-12:00pm Breakout Session II	SU 323 - The Gallery	<p><b>Session Title: Bridging Perspectives: Psychiatric-Mental Health Nurse Practitioners (PMHNP) and Mental Health Professionals in Collaboration</b></p> <p>This interactive session highlights how the PMHNP role differs from other providers. Using insights from practice, case studies, and Q&amp;A, participants will learn practical tools to build stronger collaboration and improve communication with PMHNP colleagues.</p> <p>Clarissa Carson   MSN APRN PMHNP-BC</p>
11:00am-12:00pm Breakout Session II	SU 319 Classroom	<p><b>Session Title: Navigating Chronic Pain with Lived and Professional Wisdom</b></p> <p>Blending lived experience with professional insight, this session offers a unique perspective on chronic pain. The speaker, a certified peer support specialist with chronic pain, will share personal stories and practical strategies to help participants understand and create more validating, collaborative, and compassionate care.</p> <p>Michelle Marikos   PEER™ Method Certified Chronic Pain Peer Support Specialist</p>
11:00am-12:00pm Breakout Session II	SU 313 Hollow Square	<p><b>Session Title: The Arc of Care: Practices for Sustainable Compassion</b></p> <p>This session teaches practices for sustainable compassion by focusing on our connection to nourishing social and physical spaces. It synthesizes ideas from Tibetan Buddhism, Attachment Theory, and cognitive science for a wide audience.</p> <p>Paul Condon   Ph.D. M.A. B.A.</p>
12pm-1pm	SU Rogue River Room	Lunch
1:00pm-2:00pm	SU Rogue River Room	<p><b>Session Title: Rise &amp; Recharge: Recreational &amp; Empowerment Drumming</b></p> <p>Explore recreational and empowerment drumming as a powerful tool for wellness and social development. This session, led by Dr. Terry Longshore, is a non-performance-based activity accessible to all ages and abilities, designed to help you restore and recharge through music.</p> <p>Terry Longshore   MS BM MA DMA</p>
2pm-2:40pm	SU Rogue River Room	<p><b>Panel Title: The Act of Care: Creativity, Leadership, and Advocacy in Action</b></p> <p>This conversation explores how leadership, creativity, and advocacy can transform behavioral health in our communities. Panelists will share insights from their areas of expertise, discuss how their work incorporates care, and offer takeaways for others.</p> <p><b>Panelists:</b> Andrew Gay MFA BFA BA, Rob Kramer PCC BA MFA, Riah Safady MSW  </p>
2:40pm-2:45pm	SU Rogue River Room	Break
2:45pm-3:45pm	SU Rogue River Room	<p><b>Continuing the Conversation: Creativity Leadership and Advocacy in Action</b></p> <p>This closing activity invites dynamic small-group conversations designed to turn inspiration into action—sharing ideas, building connections, and exploring practical ways to bring care, creativity, and advocacy to life in your work.</p>
3:45pm-4:00pm	SU Rogue River Room	<b>Closing Remarks</b>
4:00pm-5:00pm	SU Rogue River Room	<b>Reception</b>

