
Casey Shillam, PhD, MSN, BSN, BA

Session Title: **The Resilient Heart: Cultivating Hope and Strength in a Fragile World**

In an age where the pressures of healthcare and higher education feel more complex than ever, true well-being is not just about avoiding stress—it's about transforming it into a source of strength. This presentation addresses the profound difficulty in navigating these demanding professions and offers a practical framework for building lasting mental and behavioral health practices. This talk will set the stage for engaging in the BHI Fall Institute, equipping the attendees with ways to approach both professional and personal strength. Moving beyond simple coping mechanisms, this institute intends to embrace a mindset of proactive growth.

Three core pillars of cultivating hope and strength will be explored:

- **Resiliency:** The foundational ability to bounce back from setbacks, recover from adversity, and find one's footing again after a fall. We'll explore how strengthening this capacity allows one to better navigate the relentless demands of patient care and student support, while also protecting one's own emotional well-being.
- **Anti-fragility:** The next-level capacity to improve and grow when faced with stress and uncertainty. While this may seem impossible, we will demystify the concept, showing how embracing the chaos inherent in these professions can lead to greater self-awareness, improved cognitive function, and a renewed sense of purpose.
- **Strength:** The bedrock of it all—the foundational qualities of endurance, fortitude, and grit that provide the stability needed to face life's most difficult moments. We'll discuss how cultivating these traits isn't just about personal growth but is a professional imperative that allows one to show up with greater compassion and effectiveness for those who are served.

Drawing from psychology, neuroscience, and real-world case studies, we will provide a practical roadmap for building a resilient heart. By intentionally cultivating hope—the belief that the future can be better than the present, and that we have a role to play in making it so—we can learn to not just withstand the pressures of modern life, but to thrive because of them.

Learning objectives:

1. **Differentiate between resilience, anti-fragility, and strength** and apply these concepts to both professional practice and personal well-being, recognizing how each contributes to a holistic approach to behavioral and mental health.
 2. **Identify and implement practical strategies** for cultivating hope, fostering emotional strength, and transforming professional and personal stressors into opportunities for growth.
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Clarissa Carson, MSN, APRN, PMHNP-BC

Bio: <https://roguecommunityhealth.org/team/clarissa-carson/>

Session Title: Bridging Perspectives: Psychiatric-Mental Health Nurse Practitioners (PMHNP) and Mental Health Professionals in Collaboration

Session Description:

Effective care depends on strong teamwork across disciplines. In this interactive session, a board certified psychiatric-mental health nurse practitioner (PMHNP) will share insights from practice, highlight how the PMHNP role differs from other providers, and offer practical tools for clear, two-way communication. Participants will engage in case studies and Q&A to build stronger collaboration with PMHNP colleagues.

Learning Objectives:

By the end of this session, participants will be able to:

- Differentiate the role and scope of practice of PMHNPs from other mental health professionals.
 - Apply principles of effective communication with medical providers to strengthen collaboration with mental health professionals.
 - Identify strategies and shared practices that optimize interprofessional collaboration in behavioral health settings.
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Dee Carreon, MBA, BS, TESOL Cert., Certificate in Business Analytics–Harvard '20

Session Title: From Vision to Funding: Grant Writing that Stands Out

Session Description: Many organizations, including future nonprofit leaders, rely heavily on grants as a primary source of funding, yet struggle to create clear, compelling, and technically sound grant proposals. This workshop is designed to help attendees refine key elements of a successful grant application. We'll work together to understand strong mission statements, detailed program descriptions, clear budgets, and more, ensuring that your narrative resonates with funders and increases your chances of securing support. Whether you're new to grant writing or looking to improve your skills, this session will provide valuable insights and practical tools for developing grant proposals that stand out.

Session Objectives:

- Develop strong organizational mission statements
 - Create detailed program descriptions and executable functions
 - Establish clearly defined budgets that are directly tied to program definitions
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Lindsey Warwick, PhD, MA, LMFT, LPC

- **Session Title:** *A Deep Dive into Complex Trauma - Implications and treatment interventions*
 - **Session Description:** In this session you will receive a thorough overview of complex trauma blending both didactic learning and experiential components. Participants will explore the new APA guidelines for treating complex trauma and review emerging research on the links between emotional abuse and complex PTSD, including less commonly recognized symptoms that can support more accurate diagnosis. The session will also provide an overview of phase-based approaches to treatment, with a focus on clinical application. To conclude, participants will observe a demonstration of a Phase 2 approach to integrate somatic practices, Internal Family Systems, and EMDR to support clients in accessing and processing repressed trauma memories.
 - **Learning Objectives:**
 - By the end of this session, participants will be able to:
 - Describe the new APA guidelines for treating complex trauma, including phase-based approaches to treatment.
 - Identify the effects of emotional abuse on the development of complex PTSD and recognize lesser-known symptoms relevant to clinical assessment.
 - Observe and evaluate a Phase 2 treatment model combining somatic approaches, IFS, and EMDR for working with repressed trauma memories.
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Michelle Marikos, PEER™ Method Facilitator Cert., Cert. Chronic Pain Peer Support

Session Title: Navigating Chronic Pain with Lived and Professional Wisdom

Session Description: Living with chronic pain can be isolating, exhausting, and deeply misunderstood—even in clinical settings. In this session, I'll share my journey as both a person living with chronic pain and a certified peer support specialist. We'll explore what it means to navigate pain from the inside out, blending lived experience with professional insight to bridge the gap between patients and providers. Through personal story, shared wisdom, and practical strategies, participants will gain a deeper understanding of how to create more validating, collaborative, and compassionate care.

Session Objectives:

Participants will be able to:

- Recognize the emotional, social, and systemic challenges faced by individuals living with chronic pain.
 - Understand how lived experience can complement clinical knowledge in chronic pain care.
 - Identify practical strategies for building trust and open dialogue between patients and providers.
 - Explore the role of peer support and patient-centered tools in long-term pain management.
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Panel Description

Panelists: **Rob Kramer**, MFA, BA, PCC | **Riah Safady**, MSW | **Andrew Gay**, MFA, BFA, BA

Panel Facilitator: Peter Buckley

- **Panel Title:** *The Act of Care: Creativity, Leadership, and Advocacy in Action*
 - **Panel Objectives:** By the end of this session, participants will be able to:
 - Describe how leadership, creativity, and advocacy can serve as tools to strengthen behavioral health efforts across sectors.
 - Identify at least one new strategy or perspective they can apply in their own behavioral health practice or setting.
 - **Panel Description:** This conversation will explore how leadership, creativity, and advocacy—each powerful in their own right—can be harnessed to support and transform behavioral health in our communities. Panelists will reflect on their area of expertise and offer insights into how their work intersects with behavioral health, how care shows up in their practice, and what others might carry forward into their own roles.
 - **Panel Questions:**
 - From your perspective—whether as a leadership expert, artist, or advocate—what do you see as one of the most pressing challenges or opportunities in behavioral health today?
 - What does “care” look like in your work, and how do you sustain it? (*This could mean in your work with clients, or for yourselves as practitioners*)
 - How does your area of expertise—leadership, creativity, or advocacy—function as a tool for behavioral health support or transformation? (*This might pertain to your work with behavioral health programs or systems, or even just the impact that your work has on mental health and individuals*)
 - What’s one way someone working in behavioral health might use your lens—creative practice, systems leadership, or advocacy—as a strategy in their own work?
 - What gives you hope right now in this space of collective care and behavioral health?
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Paul Condon, PhD, MA, BA

Session Title: *The Arc of Care: Practices for Sustainable Compassion*

Session Description: In this session, participants will examine how the ability to engage in empathy and compassion for others is optimized by experiencing ourselves as nested within nourishing social and physical spaces. By training our attention on experiences of care that are accessible from within our life histories or our social, cultural, and natural environments, participants will learn practices that support sustainable compassion. Foundational concepts and practices in the session draw from Tibetan Buddhism, Attachment Theory, and cognitive science for participants from a wide range of diverse spiritual and secular backgrounds.

Session Objectives:

- Describe the relational starting point of compassion and how diverse forms of social connection support replenishment, empathy, and care.
 - Combine scientific and contemplative inquiry to discover resources for sustainable compassion.
 - Establish the foundation for a regular practice of sustainable compassion.
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Prakash Chenjeri, PhD, MA, BA

Breakout Session Title: Listening Across Lines: Dialogue and Reconciliation in Practice

Session Description: How can we communicate across deep differences in belief, values, and worldviews—especially when these differences threaten trust, collaboration, or care? This session invites participants into a dynamic exploration of communication and ethical frameworks that enable connection and understanding across divides.

Drawing on the Socratic method, Habermas’s theory of communicative action, and truth and reconciliation models, participants will reflect on real-life tensions in therapeutic and collaborative settings. Through dialogue, experiential learning, and critical reflection, this session seeks to equip practitioners with tools to move beyond gridlock, foster empathy, and uphold human dignity, even amid disagreement.

Session Objectives:

- Learn and practice methods for dialoguing across those differences ethically and effectively.
 - Develop an understanding of communicative ethics (Habermas), dialogical practice, and truth and reconciliation models.
 - Explore how value differences can impact relationships and professional collaboration.
 - Engage in reflective practice through guided Socratic questioning and structured dialogue.
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Terry Longshore, DMA, MA, BS, BM

After lunch kinesthetic session

Rise & Recharge: Recreational & Empowerment Drumming with Dr. Terry Longshore

Recreational Drumming is an interdisciplinary, percussion-based music activity that fosters participation for people of all abilities and age levels in settings including education, personal and group social development, wellness, and leisure.

Empowerment Drumming is a complementary strategy that can be incorporated into an individual's whole person approach for maintaining or reestablishing the gift of a healthy life. Empowerment Drumming is not about performance. The approach is to extend the benefits of group drumming as a form of Recreational Music-Making to people regardless of musical experience. According to Merriam Webster, the term "recreational" is derived from the word, "recreation," which actually means "restoration to health."

Learning Objectives

Engage in an interdisciplinary, percussion-based music activity that fosters participation for people of all abilities and age levels in settings including education, personal and group social development, wellness, and leisure.

Experience a complementary strategy that can be incorporated into an individual's whole person approach for maintaining or reestablishing the gift of a healthy life.

Encounter the benefits of group drumming as a form of Recreational Music-Making, regardless of musical experience.
