

HELP... HOPE... HEALING

Do you envision a world where differences are the norm and a healthy brain is just as important as a healthy body? So do we!

Many of us come face-to-face every day with those who are in need or at-risk in our schools and communities. These individuals and their families are often working through many life issues that lead them to challenges like alcohol, substance abuse, grief, depression, school, peer group, and behavioral issues... even thoughts of suicide. Sometimes, no matter how much we care and really want to help, we just don't know what to do.

This conference is designed to provide valuable information and training to help caring professionals and community members, like you, become equipped to help these individuals and families. You can help them overcome and meet these challenges head on so that they can move on to happy, healthy and productive futures.

WHO SHOULD ATTEND?

- Teachers & Parents
- High School & College Students
- Pastors, Ministers & Church Leaders
- Mental Health Consumers
- Healthcare Professionals
- Mental/Behavioral Health Professionals
- Law Enforcement/Legal Professionals
- Health Dept./Social Services Professionals
- Community Members who work with or live in at-risk populations
- Anyone directly affected by a suicide

HELP... HOPE... HEALING

Empowering Ordinary People to Save Lives

Thursday, August 3, 2017
8:00 a.m.—4:00 p.m.

Southwest Virginia Higher Education Center
One Partnership Circle
Abingdon, VA 24210

Registration Information

Registration Fee: \$25.00
Registration Opens: June 5, 2017

Register ONLINE

<https://hopehelphealing2017.eventbrite.com/>

No registrations or payments accepted at the door, must be completed on Eventbrite.

For more Information, contact:

Conference Coordinators

1-888-443-1804

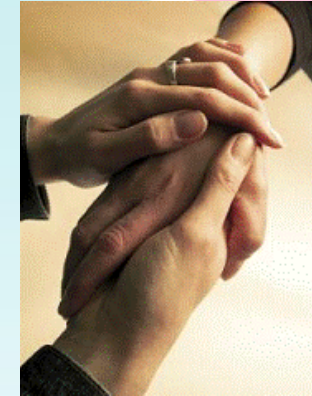
Or

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Or

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Southwest Virginia
Higher Education Center
Abingdon, VA



REGION III WEST
Wellness Council

Our community...Our responsibility.

CONFERENCE AGENDA

- 7:30a.m.—8:30a.m. **Registration & Breakfast**
- 8:30a.m.—8:45a.m. **Welcome**, Samantha Crockett
- 8:45a.m.—9:15 a.m. **Opening Plenary**, Kevin Hines
- 9:15a.m.—9:45a.m. **Jacob's Story**, Jacob Moore
- 9:45a.m.—10:15a.m. **Elizabeth's Story**, Elizabeth Clare
- 10:15a.m.—10:30a.m. **Lauren's Story**, Lauren Breen
- 10:30a.m.—10:45a.m. **Break**
- 10:45a.m.—10:55a.m. **Video**, David Covington & Kevin Hines
- 10:55a.m.—11:15a.m. **Post Video Chat**, Margaret Hines, Lauren Breen, and Kevin Hines
- 11:15a.m.—12:00p.m. **Strengths Based Approaches to Suicide Prevention & Wellness**, Lauren Breen
- 12:00p.m.—12:45p.m. **Lunch**
- 12:45p.m.—1:45p.m. **Wellness Partner**, Jacob Moore and Elizabeth Clare
- 1:45p.m.—2:00p.m. **Break**
- 2:00p.m.—2:45p.m. **My Strength, Our Love**, Margaret & Kevin Hines
- 2:45p.m.—3:00p.m. **Hearing Voices**, Lauren Breen
- 3:00p.m.—3:45p.m. **Fireside Chat**, Kevin Hines, Jacob Moore, Elizabeth Clare, Margaret Hines, and Lauren Breen
- 3:45p.m.—4:00p.m. **Closing Remarks**, Samantha Crockett

Region III West Wellness Council

Department of Behavioral Health & Developmental Services
Cumberland Mountain Community Services
Dickenson County Behavioral Health Services
Highlands Community Services
Mount Rogers Community Services Board
Planning District 1 Behavioral Health Services/Frontier Health
VA Department of Behavioral Health & Developmental Services
Appalachian Substance Abuse Coalition for Prevention & Treatment
Bristol/Washington CO Program Managers Team
Buchanan County Youth Incorporated
Concerned About Our Community Coalition (CAOC)
Crisis Center Inc.
Dickenson County Partners for Prevention
LENOWISCO Suicide Prevention Coalition
Russell County Prevention Coalition
SATIRA Coalition of Tazewell County
Twin County Prevention Coalition
Wythe/Bland County Substance Abuse Prevention Coalition
Washington County Prevention Coalition

About the Conference...

The **Region III West Wellness Council** strives to build each year's conference based on community need and feedback from previous year attendees. The 2017 Help ... Hope ... Healing Conference will focus on **Strength-Based and Evidenced-Informed Approaches** to suicide prevention, **Self-Care for Caregivers/Caregiving**, and **New Lived Experience Stories** from international leaders in the suicide prevention community.

Featured speakers for this year's conference come from the **CNQR Collective**, a global, social impact organization whose programs are evidence informed. CNQR presentations focus on strength based approaches and strategies which can help individuals, families and community members significantly improve their wellness and brain health.



The four **CNQR principles** are:

Courage: Have the courage to accept, be honest, and challenge the norm — no matter what that is for you.

Normalize: It is time to normalize the conversation.

Question: Don't ever be afraid to question. Ask the hard questions, be curious, and take action.

Recovery: Recovery is a journey. It is possible, and it is plausible.

New Lived Experience Stories

Jacob Moore is a filmmaker, public speaker, and the founder of NoStigmas.org, a social movement for mental health equality. After losing his father to suicide at age six, Jacob grew up plagued by debilitating anxiety and depression. He now understands the importance of peer supported programs and initiatives in the role of saving lives.

Elizabeth Clare is a survivor of sexual abuse and rape. Living with PTSD has given her the difficult opportunity to navigate mental wellness and experience stigmas. Working alongside Jacob Moore and NoStigmas, she is taking her story far and wide in hopes of raising awareness.

Strength Based Approaches to Suicide Prevention and Wellness

Lauren Breen is a CNQR Co-Founder. She was thrust into the suicide and behavioral health world in 2008, after the death of her brother, Aidon, by suicide. Lauren has over 9 years of experience in the mental health and suicide prevention sectors. Alongside her own charity, laurenbreen.com.au, Lauren hopes CNQR will create an innovative twist in the way behavioral health is funded and facilitated.

Self-Care, Wellness, and the Caregiver Role

Jacob Moore and Elizabeth Clare will present **Wellness Partners: Self Care and Wellness**, emphasizing and recognizing the importance of caregiver efforts, what it takes to be that support structure in someone's life and championing the peer perspective of these amazing individuals.

Margaret and Kevin Hines will present **My Strength, Our Love**, taking you through the trials and tribulations, as well as joy and magic of their 10-year marriage. They discuss their techniques for self-care and couple-care, share the contents of their wellness toolkit, and reveal some secrets that are not always discussed in the public eye. Margaret will share her tips and tricks for keeping her home a happy and healthy place. As a spouse of someone with severe mental illness, she will share the honest and painful story of a love that grew through the cracks and created its own strong foundation.