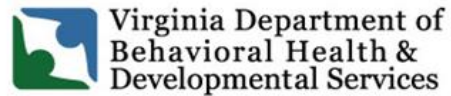


The Commonwealth's Annual
Behavioral Health Symposium
2019



*Strengthening Trauma-Informed Care in Virginia:
Positive Connections & Resiliency Across the Lifespan*



Join 350 clinicians and providers of behavioral health services for Virginia's 2019 Annual Behavioral Health Symposium, sponsored by the Virginia Department of Behavioral Health and Developmental Services (DBHDS).

The symposium will be held June 6, 2019 and will focus on strengthening trauma-informed care throughout Virginia, including creating positive connections and building resiliency across the lifespan. This event is open to service providers in public and private settings. Please see below for more information and a link to register.

Registration Link

Deadline for registering for the 2019 symposium is **April 20, 2019**

Please use the following link to register: <https://www.surveymonkey.com/r/7CZF68N>

Note: There is a nominal fee of \$50 per participant (includes lunch) to help cover costs associated with this event. More information is included in the above registration link.

**Make checks payable to: The Treasurer of Virginia
DBHDS
Attention: Lisa Street
PO Box 1797
Richmond, VA 23218-1797**

Location

Parking is complimentary

[DoubleTree by Hilton Hotel Richmond - Midlothian](#)

1021 Koger Center Boulevard, Richmond, Virginia 23235

Phone: (804) 379-3800

[Directions](#)

A block of rooms has been reserved under the DBHDS Annual 2019 Behavioral Health Symposium with a special rate available until May 15. Use the following [link to receive the preferred rate](#).

Event Schedule

8:15 a.m. Registration Opens

9:00 a.m. Welcome and Introductory Speakers

10:15 a.m. Break

10:30 a.m. Keynote Speaker

Joan Gillece, PhD – Director the Center for Innovation in Behavioral Health Policy and Practice, National Association of State Mental Health Program Directors (NASMHPD)

Dr. Gillece has over 30 years of experience working in the behavioral health field including specialization in trauma and prevention of seclusion and restraint. Dr. Gillece promotes the use of trauma-informed care in multiple settings including mental health, substance use disorders, adult and juvenile justice and homeless services.

12:00 p.m. Lunch and Luncheon Presentation: Snapshots of Recovery

1 p.m. Breakout Sessions – During registration, participants will choose three sessions to attend

Breakout 1: Childhood Trauma and Our Response – Chronic toxic stress (trauma) in childhood has the potential to disrupt an otherwise successful trajectory and have lasting impact throughout the lifespan. Understanding how to intervene with individuals, systems, and communities to build resilience helps overcome negative outcomes associated with childhood adversity. Come learn about trauma-informed care and how to be a champion for the resilience of Virginia’s children.

Breakout 2: Understanding Generational Trauma in African Americans – This session will address the cultural factors that lead to and perpetuate generational trauma in African Americans and discuss clinical strategies for understanding and deconstructing its impact. Best practices for addressing generational trauma will be discussed, such as managing mental health stigma in the clinical relationship and understanding how intersecting identities shape perceptions and treatment of trauma.

Breakout 3: Assessing and Treating Combat Stress and PTSD in Veterans: What You Need to Know – There are over 21 million Veterans in the U.S., and 700,000 live in Virginia. Because only 9 million are eligible for VA services, the majority seek treatment in the community. Many served in a combat role and experience a form of combat stress, including PTSD. This session will provide an overview of combat stress and PTSD in Veterans. It will also discuss common assessment tools and evidence-based treatments that will help you heal psychological combat stress injuries in Veterans.

Breakout 4: Engaging Mental Health First Aid in Virginia’s Communities – Mental Health First Aid (MHFA) is a national program to teach the skills to respond to the signs of mental illness and substance use disorders (SUD). Virginia has made a robust investment in MHFA to reduce the stigma of mental illness and SUDs and to create greater access to appropriate services. Many communities have been creative in using MHFA to make a local impact. This session will highlight Virginia’s MHFA efforts and hold a panel discussion on infusing MHFA into local communities.

Breakout 5: Addressing the Connection between Trauma and Substance Use Disorders – There is an established link between having a history of trauma and developing a substance use disorder. Also, during active addiction, individuals are exposed to significantly more traumatic events. This session will provide an overview of the connection between trauma and addiction, and provide information about evidence-based practices and best practice models for addressing trauma beginning with engagement into treatment, in various levels of care and into recovery.

4:30 p.m. Adjourn

CEUs

This conference has been designated to provide continuing education (CEU) credits. Certificates for participants will be awarded following conference adjournment.

Questions? Contact Lisa Street at lisa.street@dbhds.virginia.gov or (804) 371-7760