mind your mind

Advancing Mental Wellness Across the Lifespan

Register Now & Save!

September 25 – 27, 2019
Valley River Inn | Eugene, Oregon

Conference Goals:

- Increase understanding about mental wellness across the lifespan & the connection to our overall health
- Research to practice:
  - Apply the science supporting effective strategies
  - Learn new tools and enhance current approaches
- Re-energize, reflect and connect

Featured Speakers

Frank A. Franklin, PhD, JD, MPH, Director, Community Epidemiology Svcs, Multnomah County
"Cause and Effect: Racism, Poverty, and Mental Health"

Mary E. Knysh, Founder, Rhythmic Connections
"Drumming Up a Better Brain: Tapping into Your Potential through Music"

Laura Van Dernoot Lipsky, MSW, Founder & Director of The Trauma Stewardship Institute
"Understanding Vicarious Trauma: How to do this Work & Sustain"

Pamela M. Peeke, MD, MPH, FACP, FASCM, Asst. Professor of Medicine, University of Maryland
"Slipping into Your Healthy Genes: How Lifestyle Choices & Environment Optimize Mental Wellness"

Michael Ungar, PhD, Founder & Director, Resilience Research Centre, Dalhousie University
"Nurturing Community Resilience: Strategies to Build Social Cohesion & Community Engagement"

Who Should Attend?

Anyone working to increase the health & well-being of their community, including:

- Physical health care and public health providers
- Behavioral health treatment and prevention providers
- Educators
- Legal and law enforcement professionals
- Social service providers
- Community navigators, advocates & caregivers

Continuing Education Credits will be provided

To register, go to: https://mindyourmindconference.eventbrite.com

For more information visit our website at www.mindyourmindconference.org

Questions? Contact Sandy Moses at coordinator@mindyourmindconference.org

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Trillium Community Health Plan

BUILDING PARTNERSHIPS FOR OLDER ADULT BEHAVIORAL HEALTH