

# *The Training Network Committee of Chicago Presents its 3rd Annual Symposium*

## **Youth and Mental Health: Understanding, Engaging and Destigmatizing**



**CHICAGO, IL**  
**FRIDAY, APRIL 22, 2016**  
**9:00 am—5:00 pm**

### ***Featuring Keynote Speakers:***

**Marc Fagan, Psy.D.**, VP, Clinical Operations & Youth Services, Thresholds  
**Mary Johnson, AM**, Strategy & Operations Specialist, Department of Pediatrics, UIC

This two-part keynote will feature a general overview of youth and mental health, and look further at the exploration of supporting youth and young adults with mental health needs as they transition to adulthood. Through stories, examples, and discussion to support the research, the audience will learn engagement strategies, barriers to treatment, best practices, and resources to assist youth and young adults with mental illness as they prepare for adulthood, while keeping a trauma lens in mind.

Following the overview, attendees will be introduced to two innovative, tech-based child & adolescent-focused mental health intervention models currently being tested, researched and implemented within the Department of Pediatrics at the University of Illinois at Chicago. The presentation will touch on opportunities for academic/community partner collaborations in mental health research and will also highlight national academic research innovations. There will be an opportunity for Q&A.

### **BREAKOUT SESSIONS**

### **PRESENTER**

A1	<b>Hearing Voices</b> —This experiential workshop provides a unique opportunity for participants to learn about auditory hallucinations through a simulation in which they hear voices while progressing through sample daily experiences. This workshop includes an overview of mental illnesses that cause hallucinations. Mental health professionals will acquire understanding and a frame of reference when speaking with individuals who experience hallucinations.	Gia Washington, Sertoma Centre
A2	<b>Co-Occurring Disorders</b> —Mental illness and addiction overlap at the rate of fifty percent. This workshop will look at how to address substance abuse and common psychiatric disorders. Diagnoses include, complex trauma, ADD, Conduct disorder, Depression, etc. Evidence based approaches to adolescent co-occurring disorders treatment will also be discussed.	Mark Sanders, LCSW, CADC
A3	<b>Mental Illness and Cultural Competence with the LGBTQ population</b> —this workshop will look at how the LGBTQ community faces the reality of increased negative outcomes related to a mental health conditions due to prejudice, stigma, and discrimination. LGBTQ youth are at higher risk for suicide, substance abuse, homelessness, high risk behavior, STI's and HIV, and higher risk for depression. Youth can face additional barriers related to emotional and physical abuse by family members and institutions, in addition to experiencing emotional and physical victimization. The importance of early intervention, treatment and support are key to helping LGBTQ youth.	Jeff Zacharias, LCSW, CSAT, CAADC
B1	<b>Mental Illness and the Impact on Families</b> —When dealing with mental illness, we often lose sight on the impact it has on family members and caregivers. This workshop will cover barriers to treatment, stigma, and lack of support experienced by family systems. Join us as we share a personal narrative from a family on their experience coping and supporting their loved one through recovery. Led by Alexa James, ED of NAMI Chicago... Alexa will discuss stages that families experience when confronted by a diagnosis of mental illness.	Alexa James, LCSW, MS NAMI
B2	<b>Homeless Youth and Mental Illness</b> — this session will focus on new approaches to working with homeless youth – specifically mobility, gaming, social media, and geolocation. Participants will get an understanding of the epidemiology of mental health issues among homeless youth. The risk posed by substance use and risky sexual behavior will also be discussed. This session will look at the opportunities that social media and geolocation can offer to interact with homeless youth and use of motivational techniques for engagement.	Niranjan Karnick, MD, PhD Rush University Medical Center
B3	<b>Mental Health and Child Sexual Abuse: Finding Paths to Hope and Healing</b> Child sexual abuse is an abuse of trust, power and authority that may cause serious short-term and long-term problems for a child. Research shows that sexual abuse can be associated with adverse physical and mental health outcomes, and those negative effects can last a lifetime, especially if left untreated. About one in ten children in the U.S. will be sexually abused during childhood. Many of these children will never tell anyone about what happened to them, often as a result of threats or manipulation by the perpetrator. The impact can be profound, but healing is possible. This session will discuss the impact of child sexual abuse on mental health and a variety of methods for helping children and families heal.	Jan Waters, LCPC Chicago Children's Advocacy Center

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## ADDITIONAL DETAILS

**Location:** Northside Prep High School  
5501 N. Kedzie Ave.  
Chicago, IL 60625

**Time:** 8:00 am—9:00 am—Registration  
9:00 am—5:00 pm—Symposium

**Breakfast:** a light continental breakfast will be served. **Lunch:** bagged lunches will be available to all participants. You may specify your choice during the online registration process.

**Parking:**  
Free lot parking available onsite

8:00 am—9:00 am	Registration
9:00 am—12:00 pm	Keynote speakers
12:00 pm—12:45 pm	Lunch
12:45 pm—2:15 pm	Breakout Sessions (A)
2:15 pm—2:30 pm	Break
2:30 pm—4:00 pm	Breakout Sessions (B)
4:00 pm—4:15 pm	Break
4:15 pm—5:00 pm	Erase Crazy—CLOSING

## REGISTRATION INFORMATION

Please register online at :

[http://events.constantcontact.com/register/event?  
llr=5ammnpwab&oeidk=a07eca9cvg75c959263](http://events.constantcontact.com/register/event?llr=5ammnpwab&oeidk=a07eca9cvg75c959263)

Registrants will be required to pick one "A" and one "B" breakout session following the keynote speakers.

**Cost:** \$75.00

No partial fee options or student discounts provided

**CEs awarded - 6.0 (for full attendance)**

Credits will be issued to the following:

LSW, LCSW, LPC, LCPC. Please provide your license number during the registration portion of the event.



## Pillars ERASE CRAZY

"You're crazy!" This phrase is commonly heard and often said in jest. Yet even when used without malice, these words perpetuate stigma. Individuals who are living with mental illness and mental health issues face stigma every day.

Pillars will be presenting Erase Crazy, which promotes anti-stigma as it relates to mental health. Mental health issues, like physical health issues occur on a spectrum. Certain situations (like handling a loss) are like the common cold—we can deal with them on our own. Other conditions, like severe depression, are more like treating diabetes or cancer—they require more significant treatment. Because of the stigmas associated with mental illness, many of us do not seek out the help we need. Come learn how you can help people you know who are dealing with either short term or long term mental health issues and how you can help "Erase the Stigma of Mental Illness" - it could change someone's life and help build a healthier community.

Presenters are Anna Padron Sikora and Cheryl Anderson.  
This closing will be an interactive forum.

*The Training Network Committee of Chicago is a consortium of service providers who collaborate and share training and staff development resources in order to best meet the needs of those served by community-based behavioral health organizations. For more information to become involved, please email [dpodmore@lawrencehall.org](mailto:dpodmore@lawrencehall.org).*



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