



nami

National Alliance on Mental Illness

Wood County

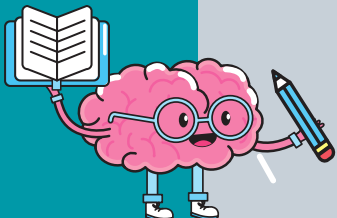
**Mental Health
Conference Series**

Recovery: More Than Just a Pill

Thursday, May 26, 2022

9:00AM-5:00PM

BGSU Levis Commons



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FUNDED IN PART BY:



**Wood County
ADAMHS**

Promoting Community Wellbeing

Alcohol, Drug Addiction and Mental Health Services Board

Conference Agenda

9:00AM-9:05AM

Welcome and Housekeeping

Jessica Hartman & Crystal Heft

9:05AM-10:35AM

Keynote- Holistic Approach

Deanna Chase, LPCC-S will discuss a comprehensive approach to treating mental health conditions. This includes treating the whole person based on the evidence-based Substance Abuse Mental Health Administration's (SAMHA's) 8 Dimensions of Wellness: spiritual, physical, emotional, financial, intellectual, environmental, occupational, and social. She will also talk about ways that people can complement their treatment team's plan to work on their spiritual self.

10:35AM-10:45AM

Break

10:45AM-11:30AM

Peer Panel

A panel of individuals will share their unique experiences of living in recovery with a mental health condition. After telling their stories, the panelists will provide a brief 'question and answer' session which will allow participants to ask questions.

11:30AM-12:00PM

Lunch (Provided)

12:00PM-1:30PM

NAMI Family and Friends

Jessica Hartman, a NAMI Family and Friends trainer, will discuss various mental health topics. These topics include: understanding diagnoses/treatment/recovery, using effective communication strategies, the importance of self-care, crisis preparation strategies, and NAMI and community resources.

1:30PM-1:40PM

Break

1:40PM-3:10PM

**Breakout Session 1: Clinical Track-
Connecting with Clients**

Dr. Ellen Anderson, E.E White, Psy. D., Dr. J.P. Oehrtman, LPSC, and Dr. Jared Rose, LPCC will discuss "hard to connect with" clients. These clinicians have various backgrounds, which include: working with children and adolescents, working with clients experiencing suicidality, and working with individuals involved in the criminal justice system.

1:40PM-3:10PM

**Breakout Session 1: Community Track-
Treatment Methods**

Dr. Howard Casey Cromwell, Sara Micham, MA, LPCC, and Dr. Rachel Jacoby, LPCC will discuss treatment methods and various therapies. Therapies that will be presented include (but are not limited to): Cognitive Behavioral Therapy, Solution-Focused Brief Therapy, Parent-Child Interaction Therapy, Trauma-Focused Cognitive Behavioral Therapy, Eye Movement Desensitization and Reprocessing, Play Therapy, and Alcohol and Other Drug Treatment.

3:10PM-3:20PM

Break

3:20PM-4:50PM

**Breakout Session 2: Clinical Track- Competency
and Implicit Bias as It Relates to Clinical Practice**

Dr. Ellen Anderson, E.E. White, Psy. D., Dr. J.P. Oehrtman, LPSC, and Dr. Jared Rose, LPCC will discuss best practices when working with clients from diverse backgrounds and cultures different from their own. In addition, there will be a discussion on transference, countertransference, and implicit bias.

3:20PM-4:50PM

**Breakout Session 2: Community Track- Advocating
for Appropriate Care for Your Loved One and You**

Dr. Howard Casey Cromwell, Sara Micham, MA, LPCC, and Dr. Rachel Jacoby, LPCC will discuss the importance of finding an appropriate provider to meet your own needs, as well as self-advocating and guidance on how to talk to providers.

4:50PM-5:00PM

Evaluation and Closing Remarks

Thank you for attending!

Meet the Presenters

Sara Micham, MA, LPCC



Sara is a compassionate and caring counselor who prioritizes providing a safe space for people to share their stories. Her approach is one of respect and unconditional positive regard. Her desire is that people will feel heard and empowered to more successfully navigate through their struggles rather than fight against them or be reduced by them. Sara has been working with children, teenagers, adults, and families for over 15 years. Specific focus areas of her work are chemical dependency issues, trauma related concerns, attachment related issues, depression, anxiety, relational conflict, parent-child relationships, and adoption related concerns. To meet the individual needs of clients, Sara utilizes a variety of interventions and models including Cognitive Behavioral Therapy

(CBT), and Solution-Focused Brief Therapy (SFBT). Sara is trained in Parent-Child Interaction Therapy (PCIT), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Polyvagal Theory, and EMDR (Eye Movement Desensitization and Reprocessing). EMDR, as with most therapy approaches, focuses on the individual's present concerns. The EMDR approach believes past emotionally-charged experiences are overly influencing your present emotions, sensations, and thoughts about yourself. EMDR processing helps break through the emotional blocks that are keeping you from living an adaptive, emotionally healthy life.

Sara is dedicated to partnering with individuals on their healing journey. She is passionately committed to helping individuals and families on their journey towards healing and wellness.



E.E. White, Psy D.

E.E. White, Psy. D. is a licensed psychologist in Ohio and New York. She majored in Psychology and Criminal Justice at the University of Michigan, and earned her Doctorate in Clinical Forensic Psychology from The Chicago School of Professional Psychology- Los Angeles Campus. Dr. White began her career working for the New York State Office of Mental Health, where she facilitated competency restoration groups at Central New York Psychiatric Center. She then served as an Assistant Research Professor for the University at Buffalo, where she completed juvenile/adult competency evaluations and conducted mental health trainings. Dr. White moved to Ohio in 2019 where she joined the Court Diagnostic and Treatment Center (CDTC) in Toledo as a legal examiner. She is currently a full-time staff psychologist with the Netcare Forensic Center, and has been a Board Member for NAMI Wood County since February 2020.



Dr. Jared Rose, LPCC

Jared S. Rose, PhD, LPCC-S, NCC, EMDRC is an Ohio licensed professional clinical counselor and supervisor, a national certified counselor, and an EMDR certified therapist. He is an Assistant Professor and Program Coordinator for Bowling Green State University's Clinical Mental Health & School Counseling Programs and owner of a private practice. In public health and clinical mental health arenas, he has over 30 years of experience as a helping professional. His areas of clinical practice, research, and teaching include LGBTQ+ and Trans/Gender Expansive; human trafficking; HIV and AIDS; sex and sexual health; and advocacy and social justice in the counseling profession.



Dr. Rachel Jacoby

Dr. Jacoby is a Licensed Professional Clinical Counselor with Supervisory Endorsements, National Certified Counselor, Certified Family Life Educator, and Certified Trauma Practitioner, who passionately enjoys working with children, adolescents and families. Dr. Jacoby has held faculty roles working with undergraduate and graduate courses to counseling students at The University of Toledo, Bowling Green State University, New England College, and Yorkville University. She is currently a visiting faculty member at Palo Alto University. Dr. Jacoby has presented at several national conferences and held leadership positions in state and national professional organizations. Dr. Jacoby has held the role of president and founder of the the Association of Child and Adolescent Counseling of – Ohio

Chapter (ACACO). She will be transitioning soon into the role of president of the Association of Child and Adolescent Counseling (ACAC).

Dr. Jacoby values working with individuals on a personal and collaborative level; while building strong interpersonal relationships. With this consideration, Dr. Jacoby utilizes an existential-humanistic framework for her counseling relationships; while integrating evidence-based experiences through the use of cognitive behavioral therapy, play therapy, and narrative approaches. Dr. Jacoby's clinical experiences include working with individuals who have experienced anxiety, depression, trauma, autism, and self-esteem work. She values collaborative relationships to provide best care to her clients, including working closely with families, schools, and allied medical professionals.

As a counselor educator, Dr. Jacoby is passionate about enhancing the counseling field through leadership and advocacy. In addition to her leadership roles in the ACAC, Dr. Jacoby has held leadership positions in the Association of Humanistic Counseling (AHC), Chi Sigma Iota (CSI), Ohio Counseling Association (OCA), Ohio Association of Counselor Education and Supervision (OACES), and the Northwest Ohio Counseling Association (NWOCA). Dr. Jacoby has been awarded Outstanding Practitioner (CSI-Alpha Omega) and Outstanding Supervisor Awards (CSI-Alpha Omega & ACACO) through several professional organizations. Further she has received accolades as the Martin Richie Scholarship recipient (2018) the University of Toledo Doctoral Student of the Year (2021) and the prestigious Carol Bobby Pioneer Award for Visionary Leadership (CACREP; 2021).



Deanna Chase, LPCC-S

Deanna L. Chase joined the Wood County Alcohol Drug Addiction and Mental Health Services Board as the Executive Director in October 2019. Deanna earned her Bachelor's in Psychology and Master's in Rehabilitation Counseling at Bowling Green State University and is a Licensed Professional Clinical Counselor with Supervision endorsement. Her 27 years of professional experience prior to this position include working at several not-for-profit agencies in roles as Therapist, Coordinator, and Manager working with people with Substance Use Disorders and Mental Health concerns. Deanna finds inspiration in helping people achieve the best version of themselves through recovery.



Dr. J.P. Oehrtman

Dr. J.P. Oehrtman is a licensed professional school counselor and an Assistant Professor and school counselor educator in the School of Counseling and Special Education at Bowling Green State University located in Bowling Green, Ohio. J.P. graduated with his Ph.D. in counselor education from The Ohio State University (OSU) in 2018.

He has co-authored several peer-reviewed journal articles and has numerous National and State presentations. Prior to coming to BGSU, J.P. has over 20 years in K-12 education both as a school counselor and educator and has worked with students from all levels. Dr. Oehrtman's primary research interests focus on school counselors' collaboration within schools, school counselor supervision, and evidence-based data driven school counseling practices.



Dr. Howard Casey Cromwell

Dr. Howard Casey Cromwell is an associate professor in the Department of Psychology at Bowling Green State University. His research interests include how emotion and motivation interact both behaviorally and biologically during reward comparisons, functional neuroanatomy of the basal ganglia, and different forms of reward relativity



Ellen J. Anderson, Ph.D., LPCC-S

Ellen J. Anderson, Ph.D., LPCC-S. Dr. Anderson has spent 38 years in the mental health field, first as a school psychologist and school counselor. She spent 14 years at a children's mental health center, and moved to private practice and consultation in 2000. She received her Master's degree in Counseling from the University of Montana in 1980, and her doctoral degree in Counselor Education and Supervision from the University of Toledo in 1999. She has experienced the loss of two clients to suicide and wrote her dissertation on the impact of client suicide on master's level mental health professionals.

She was the consultant to county suicide prevention coalitions, first for the Ohio Department of Mental Health and recently for the Ohio Suicide Prevention Foundation, for 12 years. During this time she helped start up 75 county coalitions, and has developed eight gatekeeper trainings for the coalitions to use to increase community awareness and the ability to intervene for clergy, teachers, criminal justice workers, eldercare workers, physicians, and clinicians.

Dr. Anderson has provided numerous trainings to professionals and others on suicide prevention; suicide impact, risk assessment and management, understanding trauma and many other topics. She works at Person To Person Resources in Perrysburg as a clinical counselor, focusing on trauma treatment, PTSD, sexual abuse survivors, children and adolescents, and domestic violence in families. She is trained in EMDR, Ego State Therapy and Sensorimotor Psychotherapy.

Her office is full of toys, as she believes everyone needs a chance to play!



Jessica Hartman

Executive Director Jessica Hartman has been with NAMI Wood County in various capacities for over 12 years. Jessica has coordinated and taught Mental Health First Aid and Crisis Intervention Team training for more than 7 years. She is a member of the NAMI Ohio board and the Ohio Suicide Prevention Foundation board of Directors. Jessica continues to enjoy her time at NAMI Wood County and watching the organization grow in ways she never imagined. Making a difference in the lives of people struggling has been the most rewarding.

Additional Resources:

For a video on Eye Movement Desensitization and
Reprocessing (EDMR), visit:
<https://youtu.be/Pkfln-ZtWeY>

Assurance Health System
<http://assurancehealthsystem.com/>

Arrowhead Behavioral Health
<https://arrowheadbehavioral.com/>

Children's Resource Center
<https://crcwoodcounty.org/>

The Cocoon
<https://thecocoon.org/>

Janseen Pharmaceuticals
<https://www.janssen.com/>

United Way 211
<https://www.unitedwaytoledo.org/get-help/united-way-2-1-1-support/>

Stay Connected with NAMI Wood County!

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