

**CDT Conference Agenda**  
10th Annual Rural Behavioral Health Practice Conference:  
Fostering Resilience in Rural Families  
Oct 5<sup>th</sup>, 2018

**7:30 – 8:00 am** Sign in

**8:00 – 9:30 am** Fostering Resilience in Rural Older Adults and Their Families.

Maggie Black, PsyD, LP & Elizabeth J. Parker-O' Brien, LCSW-C

Learning Objectives:

1. Recognize cognitive and emotional approaches, which foster or tear down resilience.
2. Apply mindfulness-based exercises to help rural older adults and caregivers increase resilience in the face of life's challenges.
3. Recognize when older adult clients need memory screening, and be able to discuss and overcome reluctance rural older adults may have about trying unfamiliar strategies in day-to-day life.

**9:30 – 9:45 am** Break

**9:45 am – 11:15 pm** Suicide and Drug Overdose Deaths, how Postvention is Prevention. *Tanya Carter, BA & Kate Erickson, MSW.*

Learning Objectives:

1. Demonstrate and understanding that postvention is prevention.
2. Explore the commonalities of postvention work with suicide and drug overdose deaths.
3. Recognize posttraumatic growth while working through traumatic experiences both personally and professionally.

**11:15 – 11:45 pm** Break and Exhibits

**12:45 – 12:45 pm** Lunch and Poster Presentations

Learning Objectives:

1. Describe the research results in the posters.
2. Describe the practice implications from the poster research.
  - Integrated Behavioral Health in a Rural Pediatric Primary Care Setting: Challenges and Opportunities. Chelsea VanderWoude, M.A., Megan McCrary, M.A., & Karla K. Fehr, Ph.D
  - The Agrarian Distress: Factors Explaining the Will to Live Among Poor, Rural, and Distressed Farmers. Kandlur, R., Sardana, S., & Richardson-Vejlgaard, R.
  - Barriers to Mental Health Care: Investigating Location and Impact on Rural Communities. Jensen, E. J. & Beehler, S. J.
  - Expanding Care: Workshop Outcomes to Enhance Behavioral Health Care for Rural Patients with Chronic Respiratory Conditions. McClain, M., Schopp, L., & Kouba, M.
  - Are Cancer Survivors in Rural Hawaii Physically Active? Ramos, C.M., Gotshalk, L.A., Verseput, M., Cabarloc, C., Queen, L., Martinez, K., Cranswick, B., Tom, J., Carvalho, C., & Schmelz, K.
  - Differences in Psychological Flexibility and Inflexibility between Levels of Socioeconomic Status Stone, B.M., & Drake, C.E.

**12:45 – 2:45 pm** Keynote Address: Adverse Childhood Experiences: Practice Issues in Rural Healthcare. Afton Koball, PhD, LP, ABPP & Denyse Olson-Dorff, PsyD

Learning Objectives:

1. Explain how ACEs affects health over the life span.
2. Apply strategies for assessment of and discussion about ACEs in their medical or behavioral health practice.
3. Explain resiliency strategies to manage adversity for rural families.

**2:45 – 3:15 pm** Break and Exhibits

**3:15 – 4:45 pm** Ethics and Boundaries in Rural America-A Practical Approach. Jennifer Andrashko, M.S.W., LICSW & Kimberly Sommers, Psy.D., LP.

Learning Objectives:

1. List four concrete and proactive strategies for minimizing ethical dilemmas for children, adolescents and families.
2. Describe various models of ethical reasoning.
3. Describe those unseen and unexamined factors that may prevent us from attending to relevant data, alternative solutions, and foreseeable consequences in ethical decision-making.

**Conference End.** Please complete evaluations to receive certificates. Thank you!

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