2012 Adolescent Symposium
36th Annual

Thursday, April 26, 2012
8:00 a.m. to 4:30 p.m.
Garland ISD Special Events Center
4999 Naaman Forest Boulevard
Garland, TX 75040

Co-Hosts

Mental Health America of Greater Dallas

Cal Farley's Boys Ranch & Girls Town, U.S.A.
& Family Resource Centers
Featured Keynote Speaker: Brooks Gibbs

Brooks Gibbs is a national bestselling author and youth motivational speaker. For the last decade he has spoken to over 1 million students, hosted radio/tv shows, and been featured as an expert in publications like The Washington Post, Teen People Magazine, Inc. Magazine, and CBS.com. His career as a youth worker started shortly after the Columbine High School massacre in 1999. In the aftermath of that tragedy, Brooks traveled extensively with surviving Columbine students who shared their story of hope to audiences across the USA.

Since then, he has been called upon as a counselor and keynote speaker to other schools experiencing tragedy including the Santana High School Shootings in San Diego, and the recent South Hadley High School tragedy in Massachusetts. His latest book entitled LOVE is greater than HATE recently made a TOP 10 list on Amazon.com. “The Top 10 Books to Help Teens.”

8:30 a.m. – 10:00 a.m.
MORNING PLENARY SESSION

Keynote Presenter Brooks Gibbs, will present

Love is Greater Than Hate: The Ultimate Strategy to End Bullying

“The end of bullying begins with you! You make decisions every day to either hurt others by your negative words and actions, or help them by your genuine kindness and compassion.”

In this message Brooks tackles the issue of bullying head on, exposing the root of bullying (HATE) and providing the antidote (LOVE). Taking the audience on a journey through his own personal struggles with being bullied and bullying others, he helps them understand just how damaging our hurtful words and actions can be- and on the flip side, just how powerful our kindness can be.

Brooks educates the audience on the various methods of bullying that teens are involved in today including cyberbullying, and makes a solid case that students have the fundamental human right to be treated with kindness, compassion, and respect.

Harnessing the power of humor and making razor sharp turns towards the dramatic, Brooks takes the audience on a roller-coaster ride of emotions in this fast-paced but sobering presentation. Your audience will leave inspired to show genuine love towards their peers.

- Hate starts with a prejudice, then shows itself through discrimination, and finally acts out through intentional assault.
- We are all bullies. We need to change how we interact with each other.
- Hurting people, hurt people.
- If you want to change your feelings about someone, change your thoughts and actions towards them first.
- Love has the power to transform an enemy into a friend.
- How to forgive the bully and move forward with confidence

SCHEDULE FOR THE DAY

7:45 a.m. - 4:00 p.m. EXHIBITS OPEN
7:45 a.m. - 8:30 a.m. Check-in and On-Site Registration
8:30 a.m. - 10:00 a.m. MORNING PLENARY SESSION
Brooks Gibbs “Love is Greater Than Hate: The Ultimate Strategy to End Bullying”
10:00 a.m. - 10:15 a.m. Morning Break – Arena
10:15 a.m. - 11:45 a.m. MORNING WORKSHOPS - SESSION 1
11:45 a.m. - 1:00 p.m. Lunch Break (Served in the arena area)
1:00 p.m. - 2:30 p.m. AFTERNOON WORKSHOPS - SESSION 2
2:30 p.m. - 2:45 p.m. Afternoon Break – Conference Center
2:45 p.m. - 4:15 p.m. AFTERNOON WORKSHOPS - SESSION 3
10:15 a.m. – 11:45 a.m.
MORNING WORKSHOPS – SESSION 1 (Choose ONE of the following):

1. **Bully-Proofing Made Easy: A Quick, Powerful and Fun Way to Solve the Bullying Problem for Kids and Schools.**
   Brooks Gibbs
   Challenge your basic assumptions about bullying and even about yourself! The practical tools you will acquire will multiply your value to the schools and children you serve. You will learn how to turn victims from losers into winners in as little as one week. When kids know how not to be victims, no one can bully them, and they don’t need to wait for the world to change. (The same principles also work with adult bullying!) And teachers will be grateful when they can go back to being educators instead of police officers.

   Popular author and speaker Brooks Gibbs has partnered with renowned school psychologist Izzy Kalman to develop simple, powerful techniques that make basic psychology and the wisdom of the ages come alive — techniques that teach victims how to solve their problems without anyone else's help and without getting anyone in trouble, while enabling schools to function less as correctional facilities and more as educational institutions. In the process, you will discover the power of The Golden Rule, Freedom of Speech and a sense of humor. Whether your hero is Freud, Skinner, Albert Ellis, Martin Luther King, Jr., the Buddha, Jesus, Moses or Mohammed, you should love this seminar.

2. **The Adolescent Eating Disorder: Teens, Tweens, and Treatment**
   Lara Pence, PsyD, MBA, The Renfrew Center of Texas
   Michelle Berger, RD/LD, The Renfrew Center of Texas
   The eating disordered adolescent is becoming more common in school systems, hospitals, and treatment settings alike. While many eating disorders share certain commonalities, there are unique aspects of an adolescent eating disorder that treatment professionals need to be aware of. This workshop will help you understand adolescent development in the context of an eating disordered child. Assessment, treatment, and common struggles will be discussed. With the multi-disciplinary approach as a key component of treatment, additional information will focus on adolescent nutrition and the dietitian’s role in working with this population.

3. **“TAG, You’re It!” Teaching Parents and Teachers How to Help Teens in Crisis**
   Vanita Halliburton, President, Grant Halliburton Foundation
   Suicide is the third leading cause of death among youth aged 10 to 19. And yet, eight out of 10 youngsters who take their own lives give warning signs of their intent. “TAG, You’re It!” is a new educational program designed to educate parents, administrators, educators, and counselors about teen depression and suicide prevention and to teach effective help-seeking skills. Using the acronym TAG, which stands for Take it seriously, Ask questions, and Get help, participants will learn how to recognize the signs of a teen in psychological distress or suicidal crisis, how to respond and where to seek help.

4. **Teen Victims of Sexual Assault: Understanding the Impact and Identifying Interventions**
   Elisabet Martinez, LMSW, Parkland Victim Intervention Program/Rape Crisis Center
   Dondee Stone, Parkland Victim Intervention Program/Rape Crisis Center
   The impact of a sexual assault during adolescence not only intensifies feelings of confusion and vulnerability, but also affects a teen’s behavioral, cognitive and emotional development. It is important for service providers to be able to recognize common responses of victimized teens and identify appropriate interventions. Our workshop will explore crisis intervention and effective clinical approaches to help guide victimized teens and their families.
5. Restructuring & Re-Stabilizing Family Systems Through Indigenous Methodologies of Rites and Rituals
Kedar Brown, M.Ed., LPC, Phoenix Outdoor

We will examine the adolescent hunger for initiation and how if we do not provide intentional forms of rites of passage for our youth they will themselves create them through gang violence, substance abuse, sexual abuse, eating disorders, isolation, self-mutilation, and other forms of self-destruction. This workshop will offer a new paradigm for understanding adolescent needs for identity formation and belonging and modern therapeutic strategies based on ancient indigenous wisdom.

“If the fires that innately burn inside youths are not intentionally and lovingly added to the hearth of community, they will burn down the structures of culture, just to feel the warmth.” —Michael Mead

6. Get on My Level: Using Media to Engage Youth
Liz Ferrigno, LCSW, The Family Place
Courtney Butts, MSW Candidate, The Family Place
Jessica Moreno, LMSW, The Family Place

Presenters will focus on how the media influences youth attitudes and beliefs about relationships, including sexual and dating violence. You will learn how to “get on their level” and use media as a way to connect with teens, challenge the messages they receive and empower them to become critical consumers. Presenters will provide interactive tools you can use in your own practice.

7. 10 Strategies Proven to Inspire Even the Most Difficult Students
Christian Moore, LCSW, WhyTry

Want to engage even the most challenging students? This session will show you 10 strategies proven effective at building relationships, grabbing attention, and inspiring challenging students. Learn to speak the language of today’s youth using relevant multi-media, physical activities, and visual metaphors. The strategies are used to inspire students in K-12 schools, mental health and correctional organizations worldwide.

8. Peer to Peer Support and its Effect on Destructive Behaviors among Adolescents
Regina DeLoach-Bennett, LMSW, Lewisville ISD
Kim Hinkle, Journey to Dream

The purpose of this workshop is to discuss the impact that peer to peer support can have on helping students to avoid destructive behaviors. The discussion will be based on available research on peer to peer support as well as the experiences of the Journey to Dream program. We will highlight the community program as well as the school-based program. It is hoped that the workshop will allow participants to have a discussion about how they can implement similar programs in their environment.

9. Working with Parenting Teens in the Latina Community
Jessica Slie Trudeau, MPH, Child Abuse Prevention Center
Amy McShane, LCSW, Child Abuse Prevention Center
Stephanie Nickson, BSW, Child Abuse Prevention Center

This interactive workshop will provide participants with a broad overview of the prevalence of teen pregnancy and child maltreatment in Dallas County, specifically within the Latina community. Representatives of the CAP Center will discuss methods used in the Healthy Families Program to recruit, serve, and engage Latina teens in positive parenting education to prevent child abuse and subsequent teen pregnancies. A special emphasis will be placed on recruitment and program service components that are culturally appropriate and sensitive to the Latina community.
10. **ETHICS – Part 1: Ethics and Chemical Dependency**  
(Workshop continues with Part 2 at 2:45 to 4:15 – Workshop 19)  
Paula Heller-Garland  
Chemical Dependency counselors face issues that are ethical, moral and legal. Determining which is often the dilemma. This workshop will cover counselor licensure requirements, facility requirements, and engaging scenarios to debate and uncover the best course of action in commonly occurring situations.

11. **Adolescents and Sleep: Understanding the Yyy’s of Zzz’s**  
Dr. T. Masdon, Ph.D., Enjoy Your Life Family Services, Inc.  
According to research, the sleep needs of teenagers differ significantly than those of adults. But with the presence of some mental disorders such as PTSD or depression, sleep may be greatly disturbed. Further sleep deprivation can lead to worsening symptoms of mental illness which can lead to further sleep loss. Identifying sleep problems and getting the right treatment can help in improving a child’s mental health. This interactive workshop will give participants the information needed to identify sleep disruptions and to understand the role of sleep in an adolescent’s mental and physical health.

12. **The Game of Life (in Poverty)**  
Amy Pool, Region 10 ESC  
In this session, participants will learn how life in poverty can have an impact on the emotional and physical development of a child thus causing learning and behavioral difficulties. Attendees will participate in the game of poverty so they may have a better understanding of the frustrations and challenges families experience when they are living in poverty situations.

13. **Father Impact: Engaging Dads**  
Vincent Duran, Cal Farley’s  
The purpose of this workshop is to help agencies provide effective outreach strategies to engage fathers. Participants will learn core fathering skills in order to help men lead their families. This workshop will also introduce resources to help agencies provide a “father friendly” environment. This presentation will also give special attention to incarcerated fathers, single fathers, and military fathers.

14. **Generation Tech: What You Need to Know about Kids and Social Media, the Internet and Technology**  
Anna Lucchesi, M.Ed., LPC-S, Lakeside Life Center  
Nishendu Vasavada, MD, Lakeside Life Center  
This workshop provides the most current information on the many different ways today’s youth uses social media, technological devices and the Internet. Discover what you need to know that kids won’t tell you that is critical to keeping up with the changing trends in behavior within social media sites, including cyber-bullying. This workshop gives participants the knowledge to help parents make informed decisions about their child’s technology and activities. We will also explore the impact of technology on youth behavior and relationships.
15. *Clustered Interventions: The Win-Win Approach to Protecting Children’s Mental Health*

Karen Williams, Rainbow Days, Inc.

Two major studies are reframing the dialogue on children’s mental health: 1) the 2009 study by the National Research Council (NRC) and the Institute of Medicine (IOM) which identified the “clustered interventions” most effective in preventing mental, emotional and behavioral disorders among young people; and 2) the ACE Study, a joint 25-year research project by Kaiser Permanente and the Center for Disease Control and Prevention, which established a set of causal factors for a range of common behavioral health problems known to be preventable. Together these studies identify the causes and preventive interventions that form a framework for community action.

16. *Effective Legislative Advocacy*

Janie Metzinger, Mental Health America of Greater Dallas
Amanda Sheridan Kimball, Children at Risk

The most recent Legislative session reminded us that public policy in Texas directly determines the services available to the kids we serve and their families, and that often, they don’t have anyone else to speak up for them but us. Learn about the key public policy issues and simple ways that you can be a more effective legislative advocate for adolescents, especially in the areas of juvenile justice, adolescent mental health, and education.

17. *Interactive Tools for Engaging Youth in Preventing Sexual Violence*

Ted Rutherford, Texas Association Against Sexual Assault

Attendees will participate in interactive activities and exercises that they can do with youth to help young people see the connections gender, power, privilege and social problems such as sexual and dating violence. Participants will also receive an overview and a full set of program materials for the Texas PEACE Project – a peer education initiative designed to engage and support youth activists, and their adult allies, in creating positive social change and equality. This workshop employs a “train the trainer” model and is intended for any adult who wants to support and empower youth.

18. *Mediating the Bully Problem*

Susan Armoni, Ph.D., paxUnited – The National Mediation Center
Robert Gonzales, MRE, M.Div., paxUnited – The National Mediation Center

Mediating the Bully Problem takes a comprehensive look at the dangers of bullying. This interactive session will show how mediation and mentoring can empower both the bully and the bullied to effectively talk through and set action plans for resolving their problems. The best way to lessen the influx of bullying is to listen and care to all parties and increase student responsibility

2:30 p.m. – 2:45 p.m.

BREAK – Conference Center
2:45 p.m. – 4:15 p.m.

AFTERNOON WORKSHOPS – SESSION 3 (Choose ONE of the following):

19. ETHICS – Part 2: Ethics and Chemical Dependency
   (Workshop continued from Part 1 at 1:00 to 2:30 – Workshop 10)
   Paula Heller-Garland

20. Why Can’t They Just Behave!?! Domestic Violence, Childhood Trauma, and the Fear Response
   Craig Corder, Texas Juvenile Justice Department
   Early childhood trauma from an abusive, chaotic, or violent home life is an important, sometimes overlooked factor when addressing a child’s current behavior patterns. Professionals need to be aware that children raised in a harsh or dysfunctional environment become survivalists and they may be playing catch-up – emotionally, behaviorally, and developmentally.
   This session will focus on the developmental deficits and chronic fear that evolves in children who are raised in these environments. Participants will learn to look beyond the child’s difficult behavior and develop strategies to begin disarming the primitive fear responses that have lead them into the juvenile justice system.

21. TMAP – Teen Mentoring and Prevention
   Heather Hussong, LBSW, Hope Cottage Pregnancy and Adoption Center
   Christina Easton, Hope Cottage Pregnancy and Adoption Center
   Texas ranks third in the nation for teen pregnancy. It is not enough to hope that our teenagers simply “know better” and understand how to prevent an unplanned pregnancy. Teen Mentoring and Prevention (TMAP) is a presentation aimed to guide parents and helping professionals into a non-confrontational dialogue with teenagers about sex and the challenges of teen pregnancy. TMAP focuses on discussing the importance of these conversations, delivering ways to effectively initiate and maintain these conversations, and how to positively influence adolescent decision making in regards to sexual behavior. Participants are provided referral information for accessible resources.

   Dr. Abel Tomatis, LP, LSSP, Dallas ISD Psychological and Social Services Department
   This workshop is intended for parents, educators, professionals and others who would like to develop more positive methods of child and adolescent behavior management. Learn the various reasons why children and adolescents misbehave, which is crucial in identifying appropriate and effective behavioral interventions. Discover how and why teaching positive behaviors is more successful (and less stressful) than punishing misbehaviors. Understand and improve your ability to both promote prosocial behavior and manage misbehavior using the P.A.R.E.N.T. Approach. This workshop will provide you with the information you need to leave with a variety of practical, effective and helpful behavior management strategies and techniques.

23. An Ounce of Prevention Equals a Pound of Cure
   Amee Nash, LPC, Green Oaks
   Judge John Payton, Justice of the Peace, Precinct 3-2, Collin County
   We take an older concept and bring it off the shelf to address a new era of youth in need. The concept is to get to the problem at the early stages before the problem causes so much disruption in a nuclear families life; that we, as a community, can assist the individual in making a change. Using NEW early detection techniques, an ounce of prevention, will provide a platform for developing the foundation to solving other potential familial problems that are subsequent to the abuses of substances, pound of cure.
24. **Cyber Safety**
Chase Torres, LCSW, Texas Health Springwood Center Southlake

While the cyber world provides information, connection, and tools to the teen, it can also be a source of danger and addiction. This presentation will explore the current state of the internet and the trends of the adolescent use of this media. The benefits of online surfing which can be a valuable tool will be identified. The risks and signs of cyber addiction will be discussed. Other potential dangers related to internet use will be explored. Those working with teens and their families will learn guidelines to help the family safeguard against the dangers of our online world.

25. **A Development Perspective: African American Urban Adolescents and Dating Violence**
Debra Mitchell-Ibe, MSSW, The Family Place

This workshop utilizes experiential activities and discussion to examine the issues of inner city African American female adolescence who are in abusive relationships. This interactive workshop will focus on the intersection of teen dating violence and adolescent development. The session will provide information on the connection between cultural teen and community norms and how these norms impact the teens “worldview” on relationships. Information on practical intervention strategies and resources will be provided.

Larry Fisher, Ph.D., ABPN, Neurobehavioral Systems, a division of Universal Health Services, Inc. (UHS)

Twenty-first Century discipline strategies have changed, along with dramatic changes in diagnostic methods. We have come a long way from “spare the rod and spoil the child,” and from the use of “paper and pencil” diagnostic tests. This workshop will discuss the new approaches to discipline being used in psychiatric hospitals, schools and parent training programs, including elements of “Positive Discipline” and “Collaborative Problem Solving.” The workshop will review some of the latest trends in diagnosis for troubled teens. This brief update will be taught at a level that can be understood by parents, teachers or mental health professionals.

27. **Current Drug, Alcohol & Tobacco Trends**
Natalie Buxton, The Council on Alcohol and Drug Abuse

The marketplace for new synthetic and designer drugs in America is exploding. Some of these trendy drugs are falsely marketed as “incense” or “bath salts”, which is misleading to our youth. Others are marketed “for adults”, but are packaged in kid-friendly flavors and designs, like Adult Chocolate Milk and Whipahol. This workshop will provide an overview of new drug, alcohol and tobacco trends, their dangers and what actions are being taken to prevent their use.
The mission of Mental Health America of Greater Dallas is to lead the community in improving mental health through advocacy and education.

A Special Thank You to our Co-Hosts
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GENERAL INFORMATION

**Registration:** Registration is available online at www.mhadallas.org and will include a keynote presentation, lunch, choice of workshops, and access to Sponsor and Exhibit areas.

*Before April 13, 2012* – $75 (6 CEUs) Individuals/Professional:
  - Agencies: $70 per person (for 5 or more attendees)
*Note:* For groups/organizations of 10 or more, or anyone wishing to pay via a Purchase Order, please contact Sarah Bayley – 214.871.2420 ext. 106

*After April 13, 2012* – $85 (6 CEUs)
  - Agencies: $80 per person (for 5 or more attendees)

*After April 20, 2012* – $85 (6 CEUs) per person for ALL attendees.

Registration will not be available online and will only take place at the event.

**Workshop Information:** Seating is limited in all of the workshops. Workshop attendance will be assigned in the order that registrations are received.

**Food:** Registration includes morning coffee, a boxed lunch, and an afternoon snack.

**Exhibit Information:** Businesses and organizations are invited to exhibit services, products, and materials at the Adolescent Symposium. For information or to reserve a table, please go to our website www.mhadallas.org for information. Exhibit Fee includes: 6 foot table, 2 chairs and lunch ticket for one person only. NOTE: Workshop Registration is NOT included with Exhibit Fee. Exhibits will be open from 7:45 a.m. – 4:00 p.m. Space is limited.

**Continuing Education Credits:** BSix (6) contact hours or .6 CEUs will be available for LCDC, LPC, LMSW, SW, and LMFT continuing education. CEU certificates will be distributed after each workshop. SIGN IN AT THE REGISTRATION DESK IN ORDER TO RECEIVE CEU CREDIT FOR THE KEYNOTE SESSION.

**Cancellation Policy:** If you are unable to attend the conference, you may cancel your registration by submitting your cancellation in writing (fax, postal mail or email) to MHA by April 1, 2012. VERBAL CANCELLATIONS WILL NOT BE ACCEPTED. Refunds will be granted, less a $25 processing fee. Substitutions for registered attendees MUST be made in writing. No refunds will be made for registrations received after April 1, 2012.

**Location:** Garland ISD Special Events Center is located at 4999 Naaman Forest Blvd., Garland, Texas 75040.

**For directions and information:** http://www.specialeventscenter.com/visiting_the_center/index.cfm
Changing minds through EDUCATION

The Aging and Mental Health Program provides education and awareness programs on aging and mental health to persons in Dallas County. Specialized programs are presented to diverse community groups, social service personnel, senior center staff, nursing home personnel and other professionals in the geriatric field. Additionally, educational programs are provided for mental health service providers about healthy aging and aging services.

The Adolescent Symposium annually provides professionals in the field of children’s mental health with information and education on mental health through a one-day symposium.

WHO® (We Help Ourselves) is an educational/prevention program that teaches problem-solving techniques and communication skills to keep children and adolescents from becoming victims of emotional, physical, or sexual abuse. Children learn to recognize inappropriate and dangerous behaviors, to develop a plan of action to avoid being victimized, and finally, to learn what to say and whom to tell when victimization occurs. Age-appropriate curricula are provided for pre-school through high school. The WHO® Program is currently offered in schools throughout Texas and 3 other states.

Consumer Programs service mental health consumers through education, advocacy, and support groups.

- We host 6 Support Groups at our facility and help others bring peer support and education to individuals coping with mental illness.
- MHA Dallas offers WRAP (Wellness Recovery Action Plan) a multi-course, evidence-based class for consumers on the importance of medication and treatment adherence.

Operation Healthy Reunions is a program that links U.S. veterans of the Afghanistan and Iraq wars and their family members with mental health treatment on a limited basis; and provides referral and information on other support and social services. To date, this program has served 180 veterans and family members, connecting them to over 1100 no-cost therapy sessions.

Achievement Through the Arts which we support educates, motivates and empowers artists with mental illness. The group meets weekly and exhibits their work with various galleries in Dallas.

Changing minds through ADVOCACY

- MHA’s Public Policy Program works to change policies and to increase services, facilities and funding by educating public policy makers and elected officials at all levels of government.
- MHA’s Boarding Home Initiative which works to eradicate abusive boarding homes through inspection and quality improvement by helping communities implement the new law concerning boarding home standards.
- MHA supports the community’s Crisis Intervention Training. This training equips police and sheriff’s department personnel with the knowledge to identify and address a psychiatric crisis.
- Coalition on Mental Illness (COMI) is a community-based coalition made-up of mental health advocates, elected officials, stakeholders, treatment providers, and consumers which addresses issues affecting mental health treatment.

Changing minds to REMOVE THE STIGMA OF MENTAL ILLNESS

- Community Awareness Activities are outreach efforts to increase the community’s knowledge about mental illnesses and mental health issues. A variety of approaches are utilized including:
  - Community Outreach through health fairs, newsletters, brochures, and national mental health awareness days and screenings; and
  - Media Events resulting in newspaper contributions, television interviews/stories, radio interviews, including interviews in Spanish.