

MHA AZ VIRTUAL SEEDS CONFERENCE

**Coming Together to
Recover Together**

10.7.2020

Tools for Thriving During and After the COVID-19 Pandemic

Featuring Keynote Speakers:



KEVIN HINES

Kevin Hines is an award-winning brain/mental health and suicide prevention activist, entrepreneur, multiple award-winning filmmaker, best-selling author, international educator and speaker who reaches audiences with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (19 years of age), he attempted to take his life by jumping from the Golden Gate Bridge. He is one of only thirty-four to survive the fall. Today, Kevin dedicates his life to saving lives and encouraging others to seek help and spread empathy by spreading the message of hope and sharing his story.



LAURA VAN DERNOOT LIPSKY

Laura van Dernoot Lipsky is the founder and director of The Trauma Stewardship Institute and author of Trauma Stewardship and The Age of Overwhelm. Widely recognized as a pioneer in the field of trauma exposure, she has worked locally, nationally, and internationally for more than three decades. Much of her work is being invited to assist in the aftermath of community catastrophes - whether they are fatal storms or mass shootings. Simultaneously, she has long been active in community organizing and movements for social and environmental justice and has taught on issues surrounding systematic oppression, structural supremacy, and liberation theory.

Questions? Interested in Sponsorship? Looking to Request a Scholarship?
Contact: Erin Callinan, MSW, Mental Health America of Arizona
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MHA AZ VIRTUAL SEEDS CONFERENCE

October
7th 2020

COMING
TOGETHER TO
RECOVER
TOGETHER

Tools for Thriving
During and After
COVID-19

PRICING:

\$49 without CEU
\$69 with CEU

REGISTER AND
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WEBPAGE AT:

mhaarizona.org



Virtual Conference Agenda

9:00AM-9:30AM

OPENING REMARKS: THE STATE OF MENTAL HEALTH IN ARIZONA

Erin Callinan, MSW, Mental Health America of Arizona

9:30AM-10:30AM

MORNING KEYNOTE: CRACKED NOT BROKEN

Kevin Hines, Brain Health Advocate & Storyteller

10:30AM-10:45AM

BREAK #1

Virtual Networking Room

10:45AM-11:10AM

MENTAL HEALTH & RESILIENCE IN THE WORKPLACE DURING COVID-19

Erin Callinan, MSW, Mental Health America of Arizona

Vanessa Williams, Crisis Response Network

11:10AM-11:15AM

BREAK #2

Virtual Sponsorship Room

11:15AM-11:45AM

LAW ENFORCEMENT & CRISIS RESPONSE SERVICES FOR INDIVIDUALS LIVING WITH MENTAL HEALTH CONDITIONS

Matthew Moody, MC, Crisis Response Network

Detective Amanda Stamps, Mesa Police Department

11:45AM-12:15PM

WORKING LUNCH: OVERCOMING INSECURITIES

Chris Wallace, Multi-Platinum Producer/Songwriter

Virtual Networking Room

12:15PM-1:15PM

AFTERNOON KEYNOTE: NAVIGATING AMIDST OVERWHELMING TIMES: WHETHER BECAUSE OF TRAUMA, CRISIS OR REALLY, REALLY HARD DAYS

Laura van Dernoot Lipsky, The Trauma Stewardship Institute

1:15PM-1:25PM

BREAK #3

Virtual Networking Room

1:25PM-1:50PM

GRASSROOTS ADVOCACY IN 2020: HOW SUICIDE LOSS SURVIVORS TURNED TRAGEDY INTO CHANGE

Denise Denslow, The JEM Foundation

Carly Fleege, MPP, Hamilton Consulting

1:50PM-2:00PM

LEGISLATIVE UPDATE & CLOSING REMARKS

Erin Callinan, MSW, Mental Health America of Arizona

MORNING KEYNOTE: CRACKED NOT BROKEN

Kevin Hines, Suicide Prevention Activist, Storyteller and Best-Selling Author

Kevin shares his story of hope and celebration of life. Kevin Hines is a mental health advocate, global speaker, best-selling author, documentary filmmaker and entrepreneur who reaches audiences all over the world with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (at 19 years of age), he attempted to take his own life by jumping from the Golden Gate Bridge. He is one of only thirty-four (less than 1%) to survive the fall and he is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy around the globe.

MENTAL HEALTH & RESILIENCE IN THE WORKPLACE DURING COVID-19

Vanessa Williams, Crisis Response Network

Erin Callinan, MSW, Mental Health America of Arizona

We are living in a unique time where taking care of our mental health is absolutely vital. There is an urgent and growing need for employees and employers to recognize the importance of early identification of anxiety, depression and mental health problems in the workplace. This training will integrate tools for employee self-care, boundary setting, and overall wellness by identifying the impact of COVID-19 on productivity and absenteeism. We will discuss best practices for enhancing workplace culture that promote and increase access to mental health support and services.

LAW ENFORCEMENT & CRISIS RESPONSE SERVICES FOR INDIVIDUALS LIVING WITH MENTAL HEALTH CONDITIONS

Matthew Moody, MC, Crisis Response Network

Detective Amanda Stamps, Mesa Police Department

This presentation covers the collaboration between Mesa Police Department and Crisis Response Network to better meet the needs of those in the community that are experiencing a mental health crisis. Discussion topics will include Mesa PD's co-responding counselor, diversion of callers with mental health issues to the crisis line, mental health training for 911 dispatchers, and more. There will be an open forum at the end of the presentation to talk about ways forward for law enforcement and crisis systems to better meet the needs of the community.

WORKING LUNCH: OVERCOMING INSECURITIES

Chris Wallace, Multi-Platinum Producer/Songwriter

Erin Callinan, MSW, Mental Health America of Arizona

View release of Chris Wallace's music video "Insecurities" and engage in live Q and A session with Chris Wallace to unpack how stereotyping and implicit bias create barriers to disclosure of mental health conditions, access to treatment and contribute to a culture of silence and stigma.

**AFTERNOON KEYNOTE: NAVIGATING AMIDST OVERWHELMING TIMES:
WHETHER BECAUSE OF TRAUMA, CRISIS OR REALLY, REALLY HARD DAYS**
Laura van Dernoot Lipsky, The Trauma Stewardship Institute

This presentation and discussion will offer practical tools to help us sustain, individually and collectively, in the face of the secondary trauma and overwhelm in our work, the pandemic, and the current national focus on systemic racism. Topics will include how vicarious trauma and overwhelm manifest as well as strategies for navigating what is unfolding.

GRASSROOTS ADVOCACY IN 2020: HOW SUICIDE LOSS SURVIVORS TURNED TRAGEDY INTO CHANGE

Denise Denslow, The JEM Foundation
Carly Fleege, MPP, Hamilton Consulting

Join us as we briefly review the Mental Health Parity and Addiction Equity Act, a.k.a. The Federal Parity Law and its impact on individuals living with mental illness. We will discuss the grassroots effort behind Jakes Law, which was passed during the 2020 legislative session. We will review the provisions and implementation timeline of Jake's Law and address the positive impact they will have on individuals and families seeking behavioral health care in Arizona.

CONTACT INFORMATION

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**Carly Fleege, MPP, Public Affairs Associate and Suicide Loss Survivor,
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Erin Callinan, MSW, Executive Director, Mental Health America of Arizona

Erin Callinan holds a Masters in Social Work from Arizona State University and serves as the Executive Director of Mental Health America of Arizona. In this role, she provides training, awareness and education about early intervention strategies, legislative advocacy, and workplace mental health. Erin believes in the power of lived experience and works to promote recovery based interventions, reducing stigma and enhancing messages of hope and possibility for individuals and families impacted by mental illness. In 2013, Erin authored and published her book, *Beautifully Bipolar: An Inspiring Look into Mental Illness*, which led her through a journey of sharing her story and proudly living her authentic truth. Erin is also a youth mentor at New Pathways for Youth and just celebrated 8 years with her mentee, who is now 14 years old and a Freshman at Sunny Slope High School.

Erin has 13 years of non-profit leadership experience in the mental health, domestic violence and sexual assault field. In addition to her work at MHA AZ, Erin is the Director of Training and Intervention Services at BLOOM365, a teen dating violence prevention organization that seeks to reduce barriers for teen victims and survivors of intimate partner violence. Erin leads the Youth Violence Intervention and Prevention Project to identify root causes of violence and increase protective factors for youth causing harm. From 2011-2018, Erin served as the Director of Domestic Violence Response Initiatives at the Arizona Coalition to End Sexual and Domestic Violence, and previously as a Domestic Violence Shelter Manager at a crisis shelter in Flagstaff, AZ. She has had the privilege of facilitating training in 23 different states for a variety of disciplines and settings including prisons, hospitals, crisis shelters, FBI headquarters, military bases and advocacy centers.

Denise Denslow, Co-Founder/President, The JEM Foundation

Denise is a business professional whose life experience led to Co-Founding The JEM Foundation, a suicide prevention and awareness charity. Denise lost to her son to suicide and faced many obstacles getting her son Jake mental health care. Due to that struggle, Denise and her husband Ben created The JEM Foundation and the Arizona Coalition for Insurance Parity (ACIP). ACIP's focus is to enact state legislation to ensure that health insurance companies cannot discriminate between physical health and mental health. Her passion is to end the epidemic of suicide, educate the public about suicide prevention and awareness, provide individual and family support, and end stigma surrounding mental illness. QPR, MHFA & ASIST certified. Trained in Signs of Suicide prevention curriculum. Denise has a background in Information Technology, a Bachelors in Business Systems Analysis, and a Masters in Theology.

Carly Fleege, MPP, Public Affairs Associate and Suicide Loss Survivor, Hamilton Consulting

Carly is a public affairs professional who recently concluded her 8th session at the Arizona State Legislature. She is a suicide loss survivor who advocates for mental health and suicide prevention policies. Carly's interest in public affairs began at age 14 when she first visited Washington, D.C. and the United States Capitol on a business trip with her father. A future career in government and politics was further cemented three years later when she had the honor to walk the hallowed halls of the United States House of Representatives as a congressional page. A small-town Idahoan turned desert dweller, Carly moved to Tempe, Arizona in 2005 to attend Arizona State University where she graduated Summa Cum Laude from the Barrett Honors College with degrees in journalism and political science. She is proud to be a double [Sun] Devil with a master's degree in public policy. Carly still resides in Tempe with her husband, 21-month-old son, and two rescue pups.

Kevin Hines, Brain Health Advocate & Storyteller

Kevin Hines is an award-winning brain/mental health and suicide prevention activist, entrepreneur, multiple award-winning filmmaker, best-selling author, international educator and speaker who reaches audiences with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (19 years of age), he attempted to take his life by jumping from the Golden Gate Bridge. He is one of only thirty-four to survive the fall, and the only one to regain full physical mobility. He is one of only thirty-four (less than 1%) to survive the fall and he is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy internationally.

Through his tireless advocacy and policy efforts of over fifteen years, Kevin has been a leading champion for constructing a suicide prevention net on the Golden Gate Bridge and was instrumental in success of the approved funding on June 2014. In the summer of 2013, Kevin released his bestselling memoir titled *Cracked Not Broken, Surviving and Thriving After a Suicide Attempt*. In 2016, Mental Health America awarded Kevin their highest honor, The Clifford W. Beers Award for his efforts to improve the lives of and attitudes toward people with mental illnesses. Previously, he was awarded a Lifetime Achievement Award by the National Council of Behavioral Health in partnership with Eli Lilly. Kevin has also been awarded by SAMSHA as a Voice Awards Fellow and Award Winner, an Achievement Winner by the US Veterans Affairs and received over 50 U.S. military excellence medals as a civilian.

In 2018, Kevin executive produced and directed his multiple award-winning documentary film, *Suicide: The Ripple Effect*, about the impact of suicides on families and loved ones. He was awarded a Lifetime Achievement Award by

the National Council of Behavioral Health. Kevin has also been awarded by SAMSHA as a Voice Awards Fellow and Award Winner, an Achievement Winner by the US Veterans Affairs and is a recipient of over 50 military Medals. Kevin sits on the advisory boards of The International Bipolar Foundation, The Crisis Text Line, The Bridge Rail Foundation (BRF), and The National Suicide Prevention Lifeline's Consumer Survivors Sub-Committee.

Kevin has spoken and testified in congressional hearings alongside Patrick Kennedy in support of the Mental Health Parity Bill. He has been a powerful voice for the lived experience movement for over 15 years. Kevin's will to live and stay mentally well has inspired people worldwide. His compelling story has touched diverse, global audiences within colleges and universities, high schools, corporations, clergy, military, clinicians, health and medical communities, law enforcement organizations, and various conferences. Thousands have communicated to Hines that his story helped save their lives.

His story was featured in the 2006 critically-acclaimed film "The Bridge" by the film director and producer Eric Steel. He has been featured on CNN, Fox, Time Magazine, New York Times, NBC's The Today Show, Newsweek, Vanity Fair, The Today Show, Good Morning America, ABC's PrimeTime Live, BBC World, among several other international media outlets. Kevin believes in the power of the human spirit and in the fact that you can find the ability to live mentally well. His mantra: "Life is a gift, that is why they call it the present. Cherish it always."

Laura van Dernoot Lipsky, Founder, The Trauma Stewardship Institute

Laura van Dernoot Lipsky is the founder and director of The Trauma Stewardship Institute and author of Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others and The Age of Overwhelm. Widely recognized as a pioneer in the field of trauma exposure, she has worked locally, nationally, and internationally for more than three decades. Laura found her calling at age 18, when she regularly spent nights volunteering in a homeless shelter. She went on to work with survivors of child abuse, domestic violence, sexual assault, acute trauma of all kinds, and natural disasters. Simultaneously, she has long been active in community organizing and movements for social and environmental justice and has taught on issues surrounding systematic oppression and liberation theory.

Laura has worked with groups as diverse as zookeepers and reconstruction workers in post-Hurricane Katrina New Orleans, community organizers and health care providers in Japan, U.S. Air Force pilots, Canadian firefighters, public school teachers, private practice doctors, tiny non-profits, massive state agencies, libraries, the Pentagon, alternative colleges, and Ivy League universities. Much of her work is being invited to assist in the aftermath of community catastrophes whether they are fatal storms or mass shootings.

Her book, *Trauma Stewardship*, was written at the request of fellow colleagues. In 2005, she traveled to post-Katrina New Orleans to help in the aftermath. As Laura was coming to the end of her time there, residents asked if she had anything in writing to leave for them. She did not, but the palpable need for resources on trauma exposure compelled her to collaborate with others to write and independently publish *Trauma Stewardship* in 2007. Several thousand copies were sold out of her basement. The book immediately was nominated for and received international award recognition and went on to become a bestseller.

In *The Age of Overwhelm*, published in 2018, Laura builds on her work in trauma to offer a resource to those who are experiencing a sense of overwhelm that may stem from inherent external or internal forces; families, school, or work; or the unique environment in which they're living. Drawing from three decades of experience, her own research, and personal observations, Laura has prepared an inclusive and practical guide to help people recognize, navigate, and ease the burden of overwhelm in their daily lives.

Laura founded and served as director of a Spanish-language preschool guided by a curriculum in social and environmental justice. She is on the advisory board of ZGiRLS, an organization that supports young girls in sports. She is a founding member of the International Transformational Resilience Network, which supports the development of capacity to address climate change. Laura also served as an associate producer of the award-winning film *A Lot Like You*, and was given a Yo! Mama award in recognition of her work as a community-activist mother.

Matthew Moody, MC, Manager, Contact Center Operations, Crisis Response Network

Matthew Moody serves as the Manager, Contact Center Operations at Crisis Response Network. In this role, he oversees 100 employees in a crisis contact center that fields over 25,000 calls per month. He also provides oversight to Arizona 2-1-1, which offers information and referral services to the state of Arizona. He has over ten years of experience in the behavioral health field, specializing in case management, crisis, and counseling services. Matthew is passionate about veteran support, increasing public knowledge of mental health issues, and reducing mental health stigma. With a strong desire to prevent suicide, Matthew leads innovative change to improve the lives of those with mental illness. Matthew is a licensed counselor in Arizona, earned a Bachelor of Psychology degree and a Master of Science degree in Counseling from Arizona State University. Matthew also serves on the Board of Directors for Mental Health America of Arizona as President.

Detective Amanda Stamps, Crisis Team Intervention Coordinator, Mesa Police Department

Detective Amanda Stamps has been with the Mesa Police Department almost 20 years. During her career, she has worked as a patrol officer, a field training officer, a detective with the Special Victim's Unit, in Community Engagement and Youth Development, and most recently as the department's Crisis Intervention Team Program Coordinator.

Detective Stamps is recognized as a subject matter expert in Mental Illness and Crisis Intervention. Detective Stamps teaches mental illness and crisis intervention to all officers both at the academy level and in their continuing training and provides training to communication and detention personnel. In 2015, Detective Stamps became the 1st full-time CIT Program Coordinator for the Mesa Police Department and began working with the East Valley CIT Program Collaboration to build a model program that has been replicated across the state.

In 2016, Mesa hosted its first Mental Health Community Fair and established a Mental Health Advisory Board to provide guidance to the department on mental health policies, training, and community issues. Detective Stamps' passion for improving interactions between law enforcement and those in mental health crisis is a career-long endeavor and extends to her personal life. Detective Stamps has been a CIT officer since 2004 and has a BA in Psychology from the University of Alabama-Huntsville and a M.Ed. in Counseling and Human Relations from Northern Arizona University.

Chris Wallace, Multi-Platinum Producer/Songwriter

Multi-Platinum Producer/Songwriter and Top Billboard Charting Artist. Chris has written and produced records for Meghan Trainor, Keith Urban, Sean Paul, Bazzi, The Vamps, Sheppard, and A\$AP Ferg. He is most widely recognized as the frontman of the pop-rock band The White Tie Affair and as a solo artist with three Top-40 Billboard records. He also works with Simon Cowell on America's Got Talent and X Factor.

Vanessa Williams, Crisis Response Network

Vanessa Williams is currently employed at Crisis Response Network as the Warm Line Supervisor. Vanessa has worked on the Warm Line in several positions since 2010. Vanessa consistently advocates for Peers and for those who experience homelessness. She has been in recovery for over 12 years and continues to find new ways to help others find their passion. Recently, she earned her MS in Leadership at Grand Canyon University. She is currently working on a PhD in Industrial/Organizational Psychology at Grand Canyon University.