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22

## SEEDS Conference



**MAY 24, 2022 • 8:00AM-4:00PM**

933 N. Lindsay Rd, Mesa, AZ

# SPONSORS

## 2022 SEEDS CONFERENCE

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# PROGRAM FLOW

## 2022 SEEDS CONFERENCE

- 7:30 AM** Registration
- 8:00-9:00 AM** Morning Keynote Speaker
- 9:00-9:15 AM** Break
- 9:15-10:15 AM** Breakout Session One
- 10:15-10:30 AM** Break
- 10:30-11:30 AM** Breakout Session Two
- 11:30-12:00 AM** Networking
- 12:00-1:00 PM** Afternoon Keynote/Lunch
- 1:00-1:15 PM** Break
- 1:15-2:15 PM** Breakout Session Three
- 2:15-2:30 PM** Break
- 2:30-3:30 PM** Breakout Session Four

### FOR INQUIRIES

EMAIL US: [MHAOFARIZONA@GMAIL.COM](mailto:MHAOFARIZONA@GMAIL.COM)

# PROGRAM FLOW

2022 SEEDS CONFERENCE

## Morning Keynote

**Brandon Lee** | Owner/CEO "Art Of Our Soul" Art Healing Program For Trauma Survivors

## Breakout Session One

Stronger Than You Think: Teens in Post-Pandemic Classrooms  
The ICU Imposter: Mental Health within the Medical Model  
Fostering Resilience through Housing  
Real Life Resiliency

## Breakout Session Two

Food and Mood: Using Nutrition to Impact Mental Health  
Life: This is a Cumulative Test!  
Building Resilience in Social Media Communities  
A Strength and Resiliency Exercise - Come Prepared to Participate

## Afternoon Keynote

**Dr. Margie Balfour** | Chief of Quality & Clinical Innovation at Connections Health Solutions

## Breakout Session Three

Resilience While Grieving  
Using Play to Build Resiliency  
How to Get Along with Everyone... Even Yourself  
ACE's: The Impact of Childhood Trauma

## Breakout Session Four

A Strength and Resiliency Exercise - Come Prepared to Participate  
Self Care for Parents/Mindful Parenting/Compassion It  
The Penny Pledge  
A Magical Rendition of the 12 Steps

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# BREAKOUT ONE

9:15-10:15 AM  
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## **Stronger Than You Think: Teens in Post-Pandemic Classrooms: Jennie Clausen**

Classroom observations of students grades 6-12 and their changed behaviors, attitudes, and learning experiences beyond COVID. From four school districts in the Southwestern United States. This presentation highlights the incredible resilience of middle and high school students, many of whom experienced trauma and mental health crises, when the landscape of schooling changed as a result of COVID-19.

## **The ICU Imposter: Mental Health within the Medical Model: Jennifer Fowler**

Nearly one-quarter of intensive care unit survivors have PTSD. Mental health professionals in ICU's and medical centers can mitigate the risk of a patient developing a psychiatric illness using screening and brief treatments and working closely with the patient's primary medical team. This presentation covers how to integrate mental health in the medical model and introduce strategies that work for the unconventional therapy environment.

## **Fostering Resilience through Housing: Vanessa Carthell**

Resilience is stronger when basic needs are met including shelter. Taking a housing first approach fosters resilience for those experiencing housing insecurity. Come gain a basic understanding of the housing services available to persons with behavioral health needs and/or persons experiencing homelessness. We will speak about how to access housing services and the basics of programs like permanent supportive housing, eviction prevention and others.

## **Real Life Resiliency: Rachel Rubenstein**

The dynamics of resiliency is complex and important to understand how our body and mind both respond to stressors and how to regulate and re-center ourselves (and others) during chronic stress and once stress has passed. This presentation will review tools that have assisted my clients as well as tools Rubenstein has experienced in her own personal journey toward real life resiliency.

# BREAKOUT TWO

10:30-11:30 AM  
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## **Food and Mood: Using Nutrition to Impact Mental Health:**

**Dr. Bonnie Brock**

This presentation will explore the dynamic interrelationship between nutrition, brain health and gut health. New research on the gut-brain axis suggests that not only does a bidirectional link between the central and enteric nervous systems exist, but it can be maximized through nutrition and other lifestyle practices to optimize mood. Practical tips on what specific nutrients and foods to include in a mood-supportive eating plan will be offered.

## **Life: This is a Cumulative Test! Dennette Ward**

How do walk through fire after fire and come out smoking hot but not burned? This presentation will focus on identifying, normalizing and honoring the challenges and pain we often experience through life's stages, providing acceptance and grace for the struggle that is often clunky and imperfect, and lifting the strength and beauty there is in simple everyday perseverance.

## **Building Resilience in Social Media Communities:**

**Michelle Scifers, Xanthia Clow & Hannah Foote**

Participants will learn three marketing strategies that will enable them to connect with their community, align relationships, help others utilize mental health resources and gain tangible outcomes. They will learn how to use social media platforms to encourage social wellbeing, end stigma and educate about resources to establish positive mental health. They will leave this class with best practices in how to create appropriate, mental health-conscious content to engage their audience.

## **A Strength and Resiliency Exercise - Come Prepared to Participate: Natalie Summit**

While strength and resiliency can fall into recognizable categories, these same strength/resiliency traits can also present in unique, often missed, profoundly impactful ways. The facilitator will invite participants to an environmentally designed, safer space to explore, acknowledge, identify and share with others in small groups mindfully created. Participate to your level of comfort.

# BREAKOUT THREE

1:15-2:15 PM  
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## **Resilience While Grieving: Gigi Veasey**

Grief is insidious and most of us will experience a significant loss in our lives before we reach the age of 18. This presentation will discuss the complications and messiness of grief and how to move towards healing with resilience. It will discuss our adaptability and how some of us are able to withstand the tragedy of loss with less distress than others. Veasey will share a brief outline of The Five Written Expressions of Grief (TM), a tool to help move through the intensity of grief and find more peace and connection in life.

## **Using Play to Build Resiliency: Erica Tatum-Sheade**

Using the therapeutic powers of play, this presentation will be about how to incorporate play into strength building. It will cover how using play can enhance the crucial c's of childhood and leave attendees with practical ways to incorporate play into resiliency building skills for children.

## **How to Get Along with Everyone... Even Yourself: Ryan Sheade**

Understanding the behavior of others, and of ourselves, can unlock new ways of seeing the world and of viewing our circumstances and those of others. When we see that everyone makes sense in the context of their story, we can approach the world with more compassion and understanding, leading to a kinder world.

## **ACES: The Impact of Childhood Trauma: Natalia Chimbo-Andrade**

An in-depth look at the impact of Adverse Childhood Experiences, and other potential traumas experienced by youth. It addresses the differences between normal, day-to-day stress, and ongoing, harmful, toxic stress and identifies the increased risk of mental health challenges and substance use disorders of those exposed to toxic levels of stress in childhood and adolescence. This presentation also offers tips for ways we can build a more trauma-informed community, maintain and increase positive protective factors, prevent emotional burnout, decrease the impacts of ACEs and childhood trauma, and prevent exposure to ACEs and Trauma in youth today.

# BREAKOUT FOUR

2:30-3:30 PM  
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## **A Strength and Resiliency Exercise - Come Prepared to Participate: Natalie Summit**

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## **Self Care for Parents/Mindful Parenting/Compassion It: Urvi Shah**

Minimizing Mistakes: A Roadmap for Parents. A workshop on how take care of your own self on the parenting journey. An experiential workshop to create a parent road map on how to build connection, collaboration, communication and compassion in the parent-child relationship.

## **The Penny Pledge: Francine Sumner**

In this workshop participants will hear the tragic story of the loss of Zach Sumner to suicide and how stigma played a role. The organization's signature program "The Penny Pledge" is an individual call to action that teaches us how to reach out to others, take care of our own mental health and how to be a safe and caring person that others can talk to.

## **A Magical Rendition of the 12 Steps: Mitch Prager**

This presentation covers recovery from alcoholism, substance use disorders and process addictions. Attendees will leave with a clear understanding of the 12-step program and how it can be utilized to supplement a comprehensive treatment plan.



# SPEAKER BIOS

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**Dr. Bonnie Brock** is a registered dietitian and naturopathic medical doctor. She obtained a bachelor's in science in human nutrition from Cornell University, a master's in public health from Tulane University School of Public Health and Tropical Medicine and a doctorate in naturopathic medicine from National University of Health Sciences in Chicago. As a registered dietitian and a doctor of naturopathic medicine, Dr. Brock recognizes the body's inherent ability to heal itself once the underlying causes of illness are identified and removed. Dr. Brock possesses a thorough knowledge of gastro-intestinal physiology and understands that the body functions as a "whole", not just a collection of isolated symptoms. She has extensively studied the "brain-gut" connection and keeps abreast of the latest evidenced-based research and findings. Dr. Brock practices at Acacia Natural Medicine in North Scottsdale.

**Vanessa Carthell** has committed her professional career to serving her community bringing over a decade of experience in social services. She is currently the director of housing at Arizona Behavioral Health Corporation where she oversees housing programs for persons with behavioral health needs, serving over 4,000 households. Previously she was the housing manager at UMOM New Day Centers where she managed the Rapid Re-Housing Program serving families, survivors of domestic violence and single women experiencing homelessness. Carthell is a returned Peace Corps volunteer, who served two years in Ukraine specializing in youth development and leadership. She holds a bachelor's degree in family and human development and a master's degree of social work from Arizona State University. She is a strong believer in social justice, racial equity and housing first. Her mission is to innovate and develop programs that create resilient communities, where every person has access to affordable housing, livable wages and holistic health.

# SPEAKER BIOS

## 2022 SEEDS CONFERENCE

**Natalia Chimbo-Andrade**, director of community education and outreach, has a strong background in program development and implementation, with 14 years' experience working in the non-profit sector. She has worked for Community Bridges since 2014 overseeing all prevention efforts, grants, and community development. She provides intervention and supportive resources within the schools and partnering organizations the department works with throughout Arizona and is a certified SafeTALK, Mental Health First Aid and ASIST trainer. She is trained in evidence-based curriculum, such as Botvin LifeSkills and Too Good for Drugs. She sits on several statewide boards addressing mental health. She currently coordinates and oversees a community coalition called the Mesa Prevention Alliance.

**Xanthia Clow** is a marketing and communications coordinator of Solari Inc. and focuses on internal communications including intranet management and employee engagement. After earning a dual bachelor's degree in communications and psychology, she earned her master's degree with an emphasis in education from Grand Canyon University. During her time there, Xanthia participated in the collegiate speech and debate team earning multiple national championships for persuasive and informative speaking. Xanthia began her career at Solari in the Human Resources department where she learned interpersonal communication and has transferred these new strengths into marketing strategies to promote organizational growth.

# SPEAKER BIOS

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**Jennie Clausen** is the director of the JA Inspire Program from Junior Achievement of Arizona. With almost 20 years of experience across K-12 education, she brings a different perspective to goal setting and career readiness. As a former English teacher, University professor, and multi-state educational consultant, Jennie's role at Junior Achievement of Arizona is grounded in the experience of students. With a Ph.D. in curriculum and instruction, she uses her best teaching practices to drive decisions around program implementation and platform development. Her focus is in keeping students at the center of all outcomes as they explore their own career pathways future plans.

**Hannah Foote** is a marketing and communications coordinator at Solari, Inc. and focuses on external communications. She is currently an honors student studying print journalism, pre-law and ethnic studies at Arizona State University. Recently, Foote's thesis research on COVID-19 testing has been adapted and published into the book "The Making of a COVID Lab," and more of her COVID research can be found at the Los Angeles Times' knowledge base. Foote has also been published in TIME Magazine, The Guardian, Kaiser Health News, Arizona PBS, the Society of Professional Journalists and more.

**Dr. Jennifer Fowler** is a clinical health psychologist at the Mayo Clinic. She began her career at the Arizona Burn Center, the 2nd largest burn center in the United States. As the lead psychologist, she served patients and their loved ones dealing with trauma, acute and chronic pain, and complicated grief/loss. Dr. Fowler earned her doctorate at the Wright Institute in Berkeley, CA and completed residency at the Charlie Norwood VA Medical Center in Georgia. Her work with both Veterans and burn-injured patients, led to specializations in posttraumatic stress disorder (PTSD), dementia, and chronic pain.

# SPEAKER BIOS

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**Mitch Prager**, founder and CEO, has been personally involved in assisting professionals and executives recover from alcoholism since 1998. Mitch lost his brother Jeff to an opioid overdose and his best friend Jerry to alcoholism. This fueled his passion to teach those suffering from substance use disorders how to enjoy life without alcohol or drugs. Previously, Mitch was a resort hotel general manager in Arizona for 12 years. He founded and managed Hospitality Career Services, which was highly regarded for performing executive search recruiting services exclusively for the hospitality industry. His hotel management experience contributed to developing Soberman's Estate as a clinically excellent residential treatment center, within a service-oriented, upscale boutique resort environment. He is an award-winning magician and worked his way through the University of Nevada Las Vegas as a Magical Entertainer.

**Rachel Rubenstein** is a LCSW is a private practice clinician and community advocate located in Scottsdale. She has been working to support children, adolescents, adults and families for over 20 years. Her clinical practice is client-centered, trauma-informed, and strength-based with the goal of empowering others to find their own solutions to life's most common challenges. Her first career as an artist shows up frequently in her work with clients. She sits on the board of the Scottsdale Youth and Community Coalition, supporting the mission of empowering youth and families.

**Michelle Scifers** is the marketing manager at Solari, Inc. She has been with the company for the past five years and was an integral member of the team that lead the rebrand from Crisis Response Network to Solari, Inc. in 2021. Her passion is digital marketing, which includes such things as content marketing, digital communications, social media, websites and SEO/SEM. Having worked on multiple marketing and communications teams in many different industries for the past fifteen years, working in the mental health space with the gratification of helping others has been the most rewarding by far. Michelle has a BA in Communications and an MBA with specializations in Marketing and Entrepreneurship.

# SPEAKER BIOS

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**Urvi Shah** is a mindful self-compassion educator and coach. She has extensive training and mentorship with mindfulness pioneer Dr. J.P. Dave. Prior to becoming a mindful educator, Urvi has spent 18+ years in corporate finance working with Fortune 500 companies. She is a graduate of applied compassion training CCARE at Stanford University. During this year-long training Urvi developed a curriculum on Mindful Money, which focuses on the parent-child values-based modeling around money. Urvi is an expert at building skills with adults that enable them to Relate Mindfully to daily experiences in their lives and reduce the impact of Chronic Toxic stress. Urvi skillfully guides adults that are seeking to have a deeper positive connection with the children and teens. She teaches scientifically backed and trauma informed mindfulness skills in elementary and middle schools. Urvi also teaches mindful parenting to teens and emerging adults.

**Erica Tatum-Sheade** is a licensed clinical social worker, certified Daring Way facilitator and the owner of Integrated Mental Health Associates, a private practice in Scottsdale whose mission is to provide open, professional and effective mental health services to those in need. Tatum-Sheade provides individual sessions to children and adolescents and specializes in Shame Resiliency, CBT, EMDR, and Play Therapy. She provides groups Daring Greatly and Rising Strong for women and created a group curriculum called G.E.M.S. ® (Girls Empowered, Motivated, and Strong), where she teaches concepts of confidence, empowerment, self-esteem, and authenticity to girls from elementary through high school. In addition to providing psychotherapy Erica also provides training to other professionals and speaks regularly about mental health.



# SPEAKER BIOS

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**Ryan M. Sheade, LCSW** has been involved with the public behavioral health system in Maricopa County since 1998. He has overseen residential and in-home programs for adults with serious mental illness, been a case manager for the same population, acted as a clinical coordinator for the RBHA, been clinical director for the Southwest Center for HIV/AIDS, and founded a private psychotherapy practice which includes twelve diverse therapists that in 2021 did over 10,000 sessions of Ryan's particular brand of open, professional, and effective psychotherapy. Sheade spent five years as faculty in the graduate school of social work at Arizona State University, teaching seven different classes including CBT, Family Therapy, and Assessment of Mental Disorders and currently acts as a subject matter expert in curriculum development for Grand Canyon University. He was named the Social Worker of the Year in 2020 by the National Association of Social Workers – Arizona.

**Natalie Summit LPC**, is the owner and therapist of Within Reach Summit Consulting. In 2019, she retired from Scottsdale Police Department helping individuals and families in their time of need and often "on the worst day of their life." Natalie is no stranger to working with victims of crime, individuals with mental illness, substance abuse, and trauma histories. Natalie is offering to lead us in a strength and resiliency exercise.

# SPEAKER BIOS

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**Francine Sumner** started Kid in the Corner when she lost her son Zach Sumner to suicide. Over the following days and weeks, she heard dozens and dozens of stories from all corners about how Zach always looked out for and reached out to the “kid in the corner,” the kid who was alone and needed a friend. Zach touched more lives in his sixteen years than most people do in a lifetime. Zach was a giver who had a keen eye for those in need, but sadly his kindness was not reciprocated when Zach himself became a kid in the corner. Kid in the Corner is a non-profit organization that is dedicated to shattering the stigma that surrounds mental illness by helping kids, teens and young adults feel connected to and supported by the community as well as find a path to hope and positivity.

**Gigi Veasey, LCSW, LISAV, CCBT** has worked with thousands of patients across the country and is a renowned psychotherapist and consultant in private practice in Phoenix, Arizona. Over the last 40 years, Veasey has worked in hospitals, inpatient treatment facilities and with families helping individuals manage their experiences with grief and loss and understand that while grief and loss can create foundational changes in their lives, there is always hope for growth and healing. Veasey is also the founder of Alcohol Recovery Solutions, Inc. helping those struggling with substance use find their way through addiction, depression, anxiety, and trauma to rediscover self and move toward a hopeful, full life.

**Dennette Ward, MA, LPC** earned her bachelor's in rehabilitation counseling in 1997 and her master's in professional psychology and community counseling in 2003 from the University of Northern Colorado. Ward is a licensed professional counselor and is certified as a trauma therapist and in critical incident stress management. With broad experiences from over 25 years in behavioral health and human services, she is grateful to have been able to serve so many people and organizations. Ward has worked in traditional outpatient counseling, inpatient psychiatric facilities, emergency crisis assessment, child protection, parent coaching and more. Ward has extensive volunteer experience and has served as a member of numerous community organizations and boards. She is currently a Clinical Supervisor for Ascend Telehealth and serves as President of the Board of Directors for STAR Centers (Stand Together and Recover).