

FSCJ
7TH ANNUAL
COMMUNITY WELLNESS SUMMIT

FSCJ DOWNTOWN CAMPUS, BUILDING A

Six CEUs for full-day participation and Certificate of Attendance will be provided.

Florida State College
at Jacksonville

Breakout Sessions #1 9:00AM-10:00AM

PRESENTER	PRESENTATION TITLE/ABSTRACT	RM #
Stephanie Brown Director of Community Education Hubbard House	COMMUNITY WELLNESS THROUGH DOMESTIC VIOLENCE PREVENTION AND INTERVENTION With thousands of domestic violence-related offenses in Duval County each year, achieving a safer future needs to start at the very beginning. This presentation will explore best practices in violence prevention, including the factors that heighten risk, how a community can protect against domestic violence, and simple strategies attendees can take to promote a safer tomorrow. Attendees will also learn how to help a person who is experiencing domestic violence find safety.	A2044
Lillian Zeman Annie Wang Brianna Vega Health Planning Council of Northeast Florida	S.O.L.E. – STORIES OF LIVED EXPERIENCE The Stories of Lived Experience (S.O.L.E.) program, funded through the City of Jacksonville Opioid Proceeds Supplement Grant, is designed to amplify authentic voices and reduce stigma related to substance use disorder, mental health, and recovery. S.O.L.E. creates multimedia outreach tools, including video storytelling, empathy-based exhibits, and community events, that transform lived experiences into catalysts for understanding and change. This program currently serves residents in Duval County.	A2054
Brooke Altonaga, LCSW Alison Bohenke Mental Health Resource Center	ZERO SUICIDE IN PRACTICE: TRANSFORMING FRAGMENTED CARE INTO A SAFETY NET Every suicide death in care is preventable. Driven by this conviction, MHRC began its Zero Suicide journey in 2020. What started with a small grant has evolved over six years into a comprehensive safety net. By replacing fragmented care with mandated follow-ups, gap-closing protocols, and rigorous data evaluation, MHRC transformed its infrastructure to catch individuals in crisis. This session unpacks MHRC's operational transformation from a foundational belief into a life-saving reality. We will share hard-earned data lessons and demonstrate how everyday actions—like asking direct questions—can save lives. Join us to implement these strategies and take the Zero Suicide pledge.	A2045
Tamara Nash, NAMI Youth & Young Adult Program Coordinator	CHANGING MISCONCEPTIONS ABOUT MENTAL HEALTH: ENDING THE STIGMA This presentation is about ending the stigma about mental health. What does it mean to have mental health? Just like physical health, it is important for people to work at having a healthy mind. Being mentally healthy means being able to enjoy life and feel good: dealing with emotions, stress, and challenges in positive ways. Mental health conditions change the way people think, feel and act. They are common and treatable. Many people do not get help. The main reason why people do not get help is stigma. Stigma is a negative association with something. Stigma can make people feel ashamed and criticized, and it can lead to people not seeking help.	A2055

	Words matter. Consider changing your language about mental health. We have the power to decrease and end the stigma. Positive coping strategies that improve and maintain mental health will be shared.	
Sheri Nicholson, Deirdre Dwyer, Sifu Dan Jones, Maureen Miller Tai Chi for Health & Wellness	CULTIVATE A HEALTHY LIFE MENTALLY, EMOTIONALLY & PHYSICALLY WITH TAI CHI Tai Chi is meditation...in motion, promoting serenity through gentle, flowing movements and slow breath-work. The ultimate purpose of Tai Chi is learning to release stress and anxiety while cultivating inner strength and calm. By bringing mind, body and breath together in each movement, the mind has a healthy focus, slow breathing regulates the nervous system, and the body learns to release tension. Thus, the body learns to maintain this “active calm” throughout the busyness and stresses of life. Moves are performed both seated and standing, and are suitable for all levels of well-being.	A1058 (small auditorium)
Sadie Schultheis, LMHC-QS & Stacey Farina, LMHC Balansera Therapy Group	OFF DUTY, STILL ALERT: EMDR AND SOMATIC RECOVERY IN FIRST RESPONDERS First responders are routinely exposed to repeated traumatic events, placing them at increased risk for Complex PTSD, chronic hypervigilance, and nervous system dysregulation. This presentation explores the integration of Eye Movement Desensitization and Reprocessing (EMDR) and somatic therapy interventions to address trauma held in both mind and body. Attendees will gain practical strategies for assessing and treating CPTSD symptoms, enhancing emotional regulation, and supporting post-traumatic growth. Through case examples and experiential learning, participants will leave with trauma-informed tools to promote resilience and recovery in first responder populations.	A2073
Jason Kimmins & Hannah Hackworth Possible Always	BELONGING PARADIGM: LIVED EXPERIENCE IN THE CRISIS CARE CONTINUUM This action-packed session will ask you to question the assumptions of our present crisis care continuum. Through the lens of belonging and human behavior change, it will challenge you to reflect on the meaning of your lived experience. It is an invitation to reimagine solving our greatest industry pain points including workforce wellbeing and retainment, vicarious trauma, compassion fatigue, and engaging high-risk community members in care and recovery. The workshop will equip participants with practical steps organizations and professionals can implement to integrate the light of lived experience into the fabric of operations and service design, discovering impact on both collective and individual wellbeing.	A2078
Joanne Hickox Seniors on a Mission, Inc.	G3 & ME – PURPOSEFUL LIVING: GIVING GOD GLORY In <i>G3 & me</i>, Joanne Kraemer Hickox shares a powerful, often humorous, and deeply moving memoir of a life surrendered to God’s unpredictable blueprint. Joanne’s story is a testament to the fact that	A2053

	God never wastes a single experience. After surviving earthquakes, a grueling bankruptcy, and personal family health crises, Joanne found herself at the end of a dock in Jacksonville, Florida, crying out for direction. What followed was a 27-year mission that has transformed the lives of thousands of older adults—proving that seniors aren't "needy"; they are <i>needed</i>.	
Dr. Rachael Sanchez, DO, FACOFP FASAM DABPM-ADM Peak Performance Peptides	THE SCIENCE OF SELF-DESTRUCTION IN ADDICTION AND EATING DISORDERS The Science of Self-Destruction in Addiction and Eating Disorders” explores the neurobiological, psychological, and behavioral overlap between substance use disorders and eating disorders through the lens of self-destructive coping mechanisms. Presented by a board-certified family and addiction medicine physician with a specialty in eating disorders, this session examines how dysregulation in reward pathways, trauma responses, compulsivity, shame, and emotional avoidance contribute to maladaptive behaviors that perpetuate both addiction and disordered eating. Attendees will gain insight into the shared brain-based mechanisms underlying these conditions, the impact of chronic stress and adverse experiences on self-regulation, and the importance of integrated, evidence-based treatment approaches. The presentation will also address stigma, medical complications, and practical strategies for identifying and treating co-occurring disorders in clinical settings.	A2079

----- TRAVEL TO NEXT SESSION AND VISIT VENDORS/BREAK 10:00-10:15 AM-----

BREAK 10:00-10:15 AM

Provided by



Breakout Sessions #2 10:15 AM-11:15 AM

PRESENTER	PRESENTATION TITLE/ABSTRACT	RM #
Li Loriz, PhD, GNP, BC Geriatric Nurse Practitioner Professor at the University of	END OF LIFE CARE: WHAT HAS CHANGED End-of-life care has changed throughout the years. Palliative Care and Hospice are increasingly used, although many don't know the difference between them. All patients are asked if they have Advanced Directives; however, nothing is really done to encourage those who don't. There are certifications for end-of-life coaching and for Death Doulos. Individuals now have the ability and help to choose how they die. Helping individuals through this process can also take a	A2045

North Florida	toll on the caregivers involved. This brief presentation will describe these changes and how you can be part of this.	
Jessica Huffman Executive Pastor at Pneuma Life Church and founder of Your Biggest Fan, a social media and marketing business.	THE SOCIAL CURRENCY OF INFLUENCE: THE THREE VALUES THAT WILL MAKE YOU UNFORGETTABLE, UNSTOPPABLE, AND UNDENIABLE! Degrees might open the door to opportunity, but they will not keep you there. Lasting influence, trust, and opportunity are shaped less by what you know and far more by who you are. In this workshop, you will discover three life-altering values that separate those who are easily overlooked from those who become truly unforgettable. These values are not reserved for the most talented, educated, or connected. They are available to anyone willing to understand them, embrace them, and cultivate them daily. Simple to grasp yet powerful in practice, these principles will transform how others experience you and how far you can go. Master them, and you become unforgettable, unstoppable, and undeniable.	A2053
Sylvia Nixon Bibles & Beauty	WHO DECIDED THIS? YOU DIDN'T CHOOSE THIS VERSION OF YOU... OR DID YOU? <i>BREAKING THE PATTERNS YOU NEVER AGREED TO</i> Most people don't intentionally choose who they become—they adapt. Over time, patterns shaped by pressure, expectations, and past experiences begin to define how we think, respond, and show up. This session challenges participants to examine the version of themselves they are currently living in and ask one powerful question: "Who decided this?" Through guided reflection and practical tools, attendees will learn how to identify unexamined patterns, understand how those patterns were formed, and begin interrupting cycles that no longer serve them. This session creates space for awareness, ownership, and intentional growth—because who you are becoming should be a choice, not a default.	A2054
Frances McMiller Puzzled Peace, Inc	FROM SURVIVING TO THRIVING: A PATH TOWARD GROWTH This presentation explores how individuals recognize when they are operating in survival mode, what it truly means to thrive, and the practical steps required to transition between the two states. It defines survival mode as a protective response to prolonged stress that limits emotional capacity, decision-making, and overall, well-being. Thriving is presented as a state of balance, purpose, and sustained growth. The session outlines strategies for exiting survival mode—including self-awareness, nervous-system regulation, boundary-setting, and intentional lifestyle shifts—to help individuals move toward healthier, more empowered functioning.	A2055

Teri A Coutu IntrinsicEdge Solutions	HELPING CLIENTS UNDERSTAND THEIR BEHAVIORS THROUGH DISC INSIGHTS Understanding behavior is the foundation of meaningful change. This session introduces DISC as a practical framework that helps clients recognize their behavioral patterns, improve self-awareness, and strengthen emotional intelligence. Designed for coaches, counselors, and practitioners, this presentation explores how DISC can be integrated into existing client work without requiring certification or complex training. Attendees will gain insight into using DISC as a shared language that supports clearer communication, deeper client breakthroughs, and more effective outcomes. Whether working one-on-one or in group settings, participants will leave with a simple, adaptable approach to enhancing the impact of their work.	A2044
Angela Strain Executive Director WeCareJacks onville	THE ARCHITECTURE OF ACCESS: BRIDGING THE SPECIALTY CARE GAP IN JACKSONVILLE’S URBAN CORE "The Architecture of Access" addresses the "specialty care wall" that prevents our uninsured neighbors in Jacksonville’s Urban Core from achieving health equity. While primary care is foundational, complex chronic conditions require a coordinated network of volunteer specialists and hospital partners. This session explores the WeCareJax model, emphasizing the integration of clinical specialty care into community revitalization efforts across historic neighborhoods like the Eastside and LaVilla. By leveraging mobile health initiatives and creative placemaking, the session demonstrates how bridging the specialty gap drives economic productivity and social wellness, offering practitioners actionable strategies to build a more equitable, sustainable healthcare ecosystem.	A2064
Sheila E McMullen & David Bruce Aubuchon VyStar Credit Union	BETTER TOGETHER: BANKING ON YOUR PEACE OF MIND WITH VYSTAR Financial stress is real, and it’s about more than just numbers—it’s about how you feel when you lay your head down at night. When your money is a mess, your mental health takes the hit, affecting your family, your business, and your peace of mind. At VyStar, we believe you shouldn’t have to carry that weight alone. Our *1-on-1 sessions*focus on lowering debt and building real savings plans to stop the cycle of frustration. By getting your finances on track, we help clear the mental space you need to thrive. Do Good. Bank Better.	A2065
Theresa Rulien, PhD, LMHC, LMFT President & CEO & Jill	FAMILY CRISIS AND CARE This session will focus on the therapeutic treatment of families in crisis, specifically from a family system perspective. Focus will be on best resulting outcomes through family involvement. Our belief is that best results come with integrating the entire family into the system of care, ensuring caregivers are equipped with the resources and skill	A2078

Broderick, LMHC Child Guidance Center	sets to recognize how their family as a working system contributes to each individual members' functioning, as well as each member's effect on the family's health.	
Dr. Jessica Grochowsky Core Essentials Physical Therapy & Wellness, LLC	YOU ARE NOT FRAGILE Movement is one of the most powerful — and most underutilized — tools for improving overall health, performance, resilience, and quality of life. In a world built around convenience, desk jobs, driving, and screen time, many people underestimate the profound impact movement has on every major system in the body. This presentation explores how exercise influences the brain, nervous system, cardiovascular system, immune system, and musculoskeletal system, and why the body adapts to the demands placed upon it. Learn practical, evidence-based strategies to better understand injury, movement, and long-term health — using one of the few truly free tools available to us all.	A1058 (small auditorium)

----- TRAVEL TO NEXT SESSION AND VISIT VENDORS-----

Breakout Sessions #3 11:15 AM-12:15 PM

PRESENTER	PRESENTATION TITLE/ABSTRACT	RM #
Arthur Jones Self-Fitness Instructor	MAINTAINING YOUR QUALITY OF LIFE THROUGH KNOWLEDGE, STRENGTH & BALANCE This session will provide important information that is science based on the value of physical activity, fitness, exercise, socialization, and physical capacity to perform daily activities. In addition, a discussion of the 10 Tips/Benefits of Resistance Training. Included in the presentation will be a discussion of the 10 tips for embracing longevity.	A2054
Sha-Londa Gary, LMHC Graceful Sanity, LLC	PREVENTION IS POWER: BUILDING A MENTALLY HEALTHY WORKFORCE THROUGH COMMUNITY WELLNESS As workforce demands evolve and health disparities persist, community wellness requires a proactive approach that prioritizes mental, emotional, and social well-being. This presentation explores how prevention, integrated behavioral health, and community collaboration can strengthen workforce resilience and improve overall wellness outcomes. Participants will examine the impact of workforce changes, social connection, and barriers to care while gaining practical, prevention-focused strategies that support healthier individuals, workplaces, and communities. Through a whole-person wellness lens, attendees will learn how early intervention and collective action can create lasting community impact.	A2053
Elisha Gumataotao and	THE POWER OF PEERS: STRENGTHENING RECOVERY AND WELLNESS THROUGH OIFSP	A2073

Renee Morrisette, LSF Health Systems	This presentation explores how LSF Health Systems' OIFSP training program builds strong workforce pathways through intentional curriculum design, apprenticeship partnerships, and the lived experiences of Peer Specialists who completed the program. Participants will learn how employer collaboration creates sustainable career opportunities, while graduate feedback highlights increased confidence, skill growth, and readiness to support opioid-impacted individuals and families. This session offers practical strategies organizations can use to strengthen peer workforce development and expand recovery-oriented systems of care.	
Nirvana Jennette	ARE WE ACTUALLY HELPING? SUICIDE, NEURODIVERGENCE, AND MENTAL HEALTH This presentation highlights how healthcare providers often systemically disadvantage neurodivergent people by treating neurodivergence as a mental health disorder rather than a neurodevelopmental disability, leaving many without appropriate support. This gap contributes to suicide being a leading cause of death within neurodivergent communities. Focusing on Autistic and ADHD experiences, the presentation will highlight missing biopsychosocial education, crisis support methods, and coping skills developed to address neurodivergent experiences. Drawing from professional, lived, and peer support experience, participants will explore neurodivergent-affirming understanding and strategies, practical supports, and ways to remove disabling barriers to promote safety, autonomy, meaningful connection, and well-being.	A2045
Kimberly Mraz Civic Communications, LLC	TOBACCO POINT OF SALE ZONING POLICIES: PREVENTING TOBACCO USE IN OUR COMMUNITY This session examines the health, economic, and community impacts of tobacco use and the tobacco retail environment in Duval County. Participants will review local retailer data, youth exposure to advertising, retailer proximity to schools and parks, and emerging concerns such as mobile tobacco shops. The presentation will explain tobacco point-of-sale zoning policies, including how communities can limit tobacco sales near youth-populated areas and reduce retailer density. Attendees will learn how these strategies can prevent youth tobacco use, support quitting, and create healthier, tobacco-free communities while identifying local resources for action and cessation support.	A2064
Dr. Eva Benevit, Ph.D. Unleash Your BEASTMODE, LLC	THE BEASTMODE BLUEPRINT: ENGINEERING RESILIENCE WITH GRACE True resilience is found at the intersection of relentless discipline and intentional self-compassion. In this session, Dr. Eva Benevit redefines "Beastmode" as a high-performance system that balances mental fortitude with the grace necessary for long-term	A2079

	sustainability. By moving beyond unreliable motivation, wellness professionals learn to engineer a mindset that treats self-care as a structural requirement rather than a luxury. Attendees will discover how to stop negotiating with their potential while allowing space for their own humanity. This session provides a powerful, compassionate blueprint to help leaders sustain themselves while empowering others to lead truly fulfilling lives.	
Julia Guazzo, LCSW - 988 Quality and Training Manager United Way of Northeast Florida	PARALLEL PROCESSES IN CRISIS CARE: SUPPORTING THE WELLBEING OF 988 CRISIS COUNSELORS This presentation explores how the same core principles used to support individuals in crisis can guide sustainable support for 988 crisis counselors, and all providers in high-acuity settings. Using a parallel process framework, we will examine practical approaches to workforce wellbeing within a high-intensity crisis setting, including fostering connection through team consultation and peer support, regularly assessing wellbeing, providing timely access to trauma-informed support and debriefing, and promoting ongoing education on clinical skills, grounding, and containment techniques. Attendees will gain understanding of organizational practices that strengthen resilience, promote psychological safety, and support crisis workers in providing effective, compassionate care.	A2078
Julia Edwards, MSW, RCSWI Seamark Ranch	THE HURT BENEATH THE BEHAVIOR: WORKING WITH TRAUMATIZED TEENS IN RESIDENTIAL CARE This presentation explores the impact of complex trauma, attachment disruption, and emotional dysregulation in adolescents within residential care settings. Drawing from clinical experience at Seamark Ranch, attendees will gain insight into how trauma often presents as aggression, defiance, withdrawal, and relational instability in youth. The session will highlight trauma-informed and attachment-based approaches used to build trust, improve emotional regulation, and support long-term healing. Participants will leave with a deeper understanding of the emotional needs of high-acuity adolescents and the importance of relationship-centered care in promoting resilience and recovery	A2055
Dr. Shelita McGowan Founder Soft Spaces Foundation	THE BODY REMEMBERS: RELEASING TRAUMA THROUGH STRETCHING AND NERVOUS SYSTEM RESTORATION In this engaging wellness presentation, Dr. Shelita McGowan explores how chronic stress and unresolved trauma can manifest physically within the body through tension, posture changes, pain, and nervous system dysregulation. Blending chiropractic insight, trauma-informed education, and guided seated stretching, attendees will learn practical techniques to support restoration, relaxation, and whole-body wellness. This interactive experience empowers participants to better understand the mind-body connection while introducing simple, accessible	A1058 (small auditorium)

	movements that encourage physical release, emotional awareness, and nervous system balance in everyday life.	
--	--	--

LUNCH BREAK 12:15-1:00 PM

El Agave Azul Food Truck will be on-site for lunch purchase options or bring your own lunch

Breakout Sessions #4 1:00 PM-2:00 PM

PRESENTER	PRESENTATION TITLE/ABSTRACT	RM #
Amanda Frankenfield Director of Peer Services Here Tomorrow	IT'S BEYOND TOMORROW Here Tomorrow is a nonprofit dedicated to suicide prevention through peer support. Using Certified Recovery Peer Specialists, we help individuals find hope and the strength to keep going through shared experiences and true understanding. The program is recovery-oriented and people-centered, offering up to a year of no-cost, no-wait support. Services are available for youth, adults, military members, first responders, and family members supporting loved ones facing mental health challenges, suicidal thoughts, or loss. Here Tomorrow's mission is to help people build a life worth living and ensure no one must face their struggles alone.	A2045
Valerie Brink, LMHC Private Practice	BACK TO THE FUTURE: HOW MULTIGENERATIONAL TRAUMA SURVIVORS CAN HELP US NAVIGATE THE COLLECTIVE TRAUMA OF THE CURRENT PRESIDENCY Our ancestors survived wars, political instability, unrelenting violence and oppression. Today's successful and well-adjusted survivors are the product of Post Traumatic Growth. By examining the skills, beliefs, and practices of our "people" we can navigate unsettled times to minimize the traumatic impact on ourselves, and future generations.	A2054
Dr. Jekeva Moss, DNP, APRN, PMHNP-BC, DipACLM Winings Wellness/ Duval Family Health Center	CARING FOR YOUR MIND- BEFORE THE STRUGGLE GETS REAL Mental health care doesn't have to start in a crisis. There are meaningful ways to support your mind early—before stress and burnout take over. This session explores evidence-based mental health strategies beyond prescriptions, using the ACLM 6 Pillars of Lifestyle Medicine as a framework. Attendees will learn how daily habits shape mood, focus, sleep, and emotional regulation—and how small, realistic changes can make a powerful difference.	A2055
Dr. Ashlyn Schwartz, PhD The Collective Om Sheryl Johnson	BUILDING MENTAL WELLNESS TOGETHER: TOOLS FOR STRESS, CONNECTION, AND RESILIENCE This interactive session integrates education, lived experience, and experiential practices to support mental wellness across diverse populations. Participants will explore stress, emotional regulation, and the impact of anxiety and depression on daily functioning. Through brief, evidence-informed education and hands-on activities,	A2078

Hearts 4 Minds	attendees will learn practical tools for real-time stress reduction, including guided breathing, journaling, and movement. By blending storytelling, stigma reduction, and science-informed strategies, this session fosters reflection, connection, and the development of actionable skills to manage stress, enhance relationships, and support long-term mental well-being.	
Stephanie D. Thomas Bold Purpose Ventures, LLC DBA FitBuddyBiz, LLC	BURNOUT TO BALANCE: REAL WELLNESS FOR REAL LIFE Stress and burnout often disrupt healthy routines, eating habits and emotional well-being. This session shares practical strategies to restore balance using mindful eating principles, stress awareness, and realistic daily habits. Participants will learn how to reduce auto-pilot behaviors, improve energy and make supportive choices without rigid rules or perfection. The focus is sustainable wellness for real people living real lives. Attendees will leave with simple tools they apply immediately to improve physical, mental, and emotional well-being at home & work.	A2064
Mia L. Jones, CEO AGAPE Family Health	THE POWER OF PROXIMITY: TRANSFORMING COMMUNITY WELLNESS THROUGH INTEGRATED CARE MODELS Real wellness extends beyond the exam room. This session explores how Agape Family Health utilizes a "whole-person" approach to bridge healthcare gaps in Jacksonville. Participants will examine the integration of primary care, behavioral health, and social determinants of health to drive sustainable community outcomes. We will discuss the impact of innovative delivery models—such as mobile health and school-based centers—in overcoming transportation and trust barriers. Attendees will leave with a framework for building resilient community health ecosystems that prioritize equity, advocacy, and clinical excellence to ensure every citizen in the urban core has the opportunity to thrive.	A2073
Leland Taylor Clay County Humane Society	DIFFERENCE BETWEEN SERVICE, THERAPY AND EMOTIONAL DOGS There is a difference between therapy, service and emotional support dogs. Therapy dogs are 1 on many and visit many different people in various locations. They can only go where they are invited and must be well-behaved and registered through an official organization. Service dogs are 1 on 1 with its handler to provide a specific task (guide dog) and has full access to public places under the Americans with Disabilities Act (ADA). They are not to be petted to avoid distraction. Emotional Support is a pet that helps you feel better and prescribed by a mental health professional.	A1058 (small auditorium)
Angelica Kendrick, MS, LMHC-QS, LPC Tea Therapy by ALK	PURPOSE: EVOLVING OUR PERSPECTIVE FOR HOLISTIC WELLNESS This presentation explores how evolving our perspective on purpose can support holistic wellness in today's work-driven culture. Many individuals feel pressure to define purpose through career success, often leading to stress, frustration, and burnout. This session challenges that belief by separating purpose from work and expanding it to include personal values, relationships, and well-being. Attendees will examine how rigid ideas about purpose impact mental	A2053

	and emotional health and learn practical strategies to reduce pressure and reconnect with meaningful living. By redefining purpose in a more flexible and realistic way, individuals can improve resilience, reduce burnout, and enhance overall wellness.	
Rosaria Cammarata This Chick Can Cook	SAVORING THE PROCESS: THE ART OF INTENTIONAL PREPARING AND DINING Intentional cooking and Eating are less of medical or goal driven and more about slowing down, feeling the ingredient, the technique and listening to your own needs. It's more about the joy, the soul, and learning to savor in moderation. A great way to share with family, friends and neighbors.	A2065

----- TRAVEL TO NEXT SESSION AND VISIT VENDORS 2:00-2:15 PM-----
BREAK 2:00-2:15 PM

Provided by



Breakout Sessions # 5 2:15-3:15 PM

PRESENTER	PRESENTATION TITLE/ABSTRACT	RM #
Lori Evans Techvisor	ROADMAP TO WELLBEING & RESILIENCY: THE BOUNCE BACK INDEX People are navigating increasing levels of stress, uncertainty, and disruption, yet our systems are often not designed to help them recover, adapt, and truly thrive. What if we had a clear, measurable, and actionable roadmap—one that not only identifies where individuals and communities are struggling but also shows exactly how to help them <i>bounce back</i>? Let me introduce you to the Bounce Back Index—a practical, field-tested model designed to measure, strengthen, and sustain wellbeing and resiliency across diverse populations and settings. This model has been successfully applied in nonprofit, faith-based, healthcare, education, and community-based environments, helping organizations move beyond reactive care toward proactive, whole-person wellbeing. At its core, this work recognizes a simple but powerful truth: Wellbeing is not one-dimensional—and resilience is not accidental. Both can be built, measured, and scaled when we focus on the right factors.	A2065

Risa G. District 3 Al-Anon Family Groups, Inc.	AL-ANON AND ALATEEN'S ROLE IN FAMILY RECOVERY Alcoholism affects families, friends, and loved ones as profoundly as it affects the drinker. This presentation introduces Al-Anon & Alateen, peer-support programs that help individuals cope with the effects of another person's drinking through shared experience, the Twelve Steps, & mutual support. Mental health professionals will learn how these free, community-based fellowships can complement clinical care and provide ongoing support for clients & families affected by alcoholism. Attendees will gain practical information about identifying appropriate referrals & connecting individuals with local recovery resources.	A2064
Dr. Jacqueline Welch Mr. Christian Bowers Ms. Hannah Burns Ms. Lina Dumesle Ms. Denayizsa Fance Edward Waters University Psychology Faculty and Students	BEING SILENT OR SILENCED: PERCEIVED TEAM SUPPORT & MENTAL HEALTH AMONG BLACK STUDENT NCAA-DIV II ATHLETES This study examines whether perceived team climate & social support protect the mental health of Black Division II collegiate athletes. Prior research shows that athletes who perceive greater support from their environment report better psychological well-being and fewer symptoms of anxiety, depression, and distress (Gray et al, 2022; Liu et al, 2023). Using data from the NCAA 2022-2023 Health & Wellness Study, this secondary analysis will assess the relationship between team support and mental health outcomes. It is expected that higher perceived team support will be associated with lower levels of psychological distress and better overall mental health among athletes.	A2073
Vanessa Salmo and Kathleen Roberts Community Coalition Alliance	FROM RISK TO RESILIENCE: POPULATION-LEVEL PREVENTION AND INTEGRATED BEHAVIORAL HEALTH FOR COMMUNITY WELLNESS This presentation examines mental health and substance use risk and protective factors through a public health lens, combining local environmental scan findings with recent surveillance data. Environmental scans assess products and substances available in local businesses, highlighting community-level exposures that influence risk. Surveillance data contextualize trends in use, harm, and inequities across populations. The session also features a presentation and live demonstration of Credible Mind, a digital platform that strengthens protective factors by improving access to vetted mental health resources, skills-building tools, and community supports. Together, these components illustrate data-informed strategies to reduce risk, enhance resilience, and support prevention-focused decision-making.	A2079
Julie Baker-Townsend Brittany Nettles Shavondra Huggins University of North Florida and University of Florida	POSTMENOPAUSAL HEALTH: STRATEGIES FOR LONGEVITY, VITALITY, AND WELL-BEING This presentation focuses on promoting women's health and healthy aging through education. Topics include mental health, gynecologic and urologic health, and the benefits of regular physical activity, and balanced nutrition to empower aging women. Evidence-based interventions and patient-centered teaching strategies will be presented to encourage appropriate and proactive self-care. The goal of this presentation is to support improved health outcomes, enhance quality of life, and promote sustained well-being across diverse populations.	A2078

Angie Still, LCSW Clinical Supervisor in the Behavioral Health Program at Agape Family Health.	“I HAVE ANXIETY ABOUT TREATING MY ANXIETY!” UNDERSTANDING THE ‘RULES’ OF BEING <i>IN</i> THERAPY Should I hug my therapist? Is it rude to eat my snack here? Can I put my feet up, or leave to use the bathroom? Many people come into therapy with unspoken questions about what is acceptable in the session room. Holding rigid beliefs about the dos and don’ts of therapy can increase anxiety and sometimes prevent people from reaching out for support altogether. In this segment, we’ll break down common myths about therapy “rules” & talk about what is actually okay—& why. We’ll also explore the key ethical and legal guidelines therapists must follow, so you can better understand the boundaries that exist to keep therapy safe, respectful, and effective.	A2044
Ashley Forest & Wendy Mercer American Foundation for Suicide Prevention	TALK SAVES LIVES: AN INTRODUCTION TO SUICIDE PREVENTION Talk Saves Lives: An Introduction to Suicide Prevention is a community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to help save lives.	A2045
Maggie M Sullivan Walk Along Wellness	THE SCIENCE OF SMALL: HOW MICROSHIFTS CREATE LASTING BEHAVIOR CHANGE Why do most health changes fail? Because they rely on extremes instead of consistency. In this session, Maggie Sullivan introduces “The Science of Small,” a habit-based approach to lasting wellness through Microshifts—simple, strategic behavior changes that build momentum over time. Participants will learn how to break down overwhelming goals into manageable actions, improve adherence, and create sustainable routines. This interactive session bridges the gap between knowledge and action, offering practical tools that can be applied immediately. Attendees will be introduced to “Extracise,” a movement concept that integrates physical activity seamlessly into daily life.	A2053
Tabitha M. Taylor Restored (formerly Ashes to Beauty Ministries)	RESTORED IDENTITY: HEALING BEYOND TRAUMA AND RECLAIMING WHO YOU ARE This session explores how trauma, life experiences, and harmful environments—including spiritual spaces—shape identity. Participants will learn how to recognize false identity patterns, separate truth from internalized beliefs, and begin building identity from a place of healing. Drawing from lived experience and trauma-aware principles, this presentation provides a practical, compassionate framework for understanding identity formation and restoration. Attendees will leave with tools to support personal healing and to better assist others navigating similar journeys, grounded in both emotional awareness and a healthier understanding of self and purpose.	A2055

**3:15-3:30 pm Complete Survey and Receive Certificate of Completion/CEU
information - Main Building A Lobby Area**