

# 15TH ANNUAL MENTAL HEALTH SYMPOSIUM

## AGENDA

|                    |                                    |
|--------------------|------------------------------------|
| 8:00 AM - 8:30 AM  | Registration/Continental Breakfast |
| 8:30 AM - 8:45 AM  | Opening Remarks                    |
| 8:45 AM - 9:45 AM  | Morning Session                    |
| 9:45 AM - 10:00 AM | Break                              |
| 10:00 AM -12:00 PM | Session                            |
| 12:00 PM -12:45 PM | Buffet Lunch                       |
| 12:45 PM -1:45 PM  | Session                            |
| 1:45 PM - 2:00 PM  | Break                              |
| 2:00 PM - 3:30 PM  | Session                            |
| 3:30 PM - 4:00 PM  | Q & A with Presenter               |

## PRESENTER:



Dr. Christopher Willard, PsyD  
psychologist, speaker/trainer, and author

**Planning Committee:** Daniel Potenza, MD; William Rider, BA; Kelly Urban, Elaina Pousland, MS; Rik Cornell, LICSW; Sandra Seney, MBA; Nathan Fink, MFA; Patricia Carty, MS, Charlene Kach, Hillary Pousland, BA

**TARGET AUDIENCE:** Mental Health Counselors, Social Workers, NAMI Members, Family Members, Case Managers, Psychiatrists, Psychologists, Physicians, First Responders, APRNs and Nurses, Consumers, Public Health and Wellness Providers, Educators, Law Enforcement, Corrections, or general audience interested in the topic.

\*Please note: When registering online, credit card registration address must match billing address; [www.mhcgcm.org/events/](http://www.mhcgcm.org/events/)

Dr. Christopher Willard (PsyD) is a psychologist and educational consultant based in Boston specializing in mindfulness. He has been practicing meditation for 20 years, and has led hundreds of workshops around the world, with invitations to more than two dozen countries. He has presented at TEDx conferences and his thoughts have appeared in the New York Times, The Washington Post, [mindful.org](http://mindful.org), and elsewhere. He is the author of *Child's Mind (2010)*, *Growing Up Mindful (2016)*, *Raising Resilience (2017)* and eight other books for parents, professionals and children, along with six sets of cards and therapeutic games, available in more than ten languages.

Willard currently serves on the board of directors at the Institute for Meditation and Psychotherapy, and is the president of the Mindfulness in Education Network. Dr. Willard teaches at Harvard Medical School.

**LEARNING OUTCOME STATEMENT:** At the conclusion of this activity, the learner will be able to discuss at least two mindfulness skills to incorporate into their youth and family practice.

## GOALS AND OBJECTIVES:

1. Define the basic definitions of mindfulness.
2. Describe neuroscience of mindfulness.
3. Identify the simple model of stress.
4. Explain mindfulness and mind-body techniques adapted for kids and teens and how it applies to ADHD, anxiety, and disruptive behavior.
5. Describe research behind the efficacy of mindfulness and its' application across settings, such as school, home, office, and everywhere.

**CONTINUING EDUCATION CREDITS:** This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Dartmouth-Hitchcock and The Mental Health Center of Greater Manchester. Dartmouth-Hitchcock is accredited by the ACCME to provide continuing medical education for physicians.

Dartmouth-Hitchcock designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**NH MENTAL HEALTH SYMPOSIUM – May 15, 2019 – 8:30 AM – 4:00 PM Noah's Event Venue, 379 S. River Rd., Bedford, NH**

~ Please use one registration form per attendee ~

**Registration Fee: \$165.00** includes continental breakfast & buffet lunch. (\$155 per person for groups of 5 or more registering at the same time)

Name and Credentials: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail (required): \_\_\_\_\_

Registration fee in the amount of \$ \_\_\_\_\_

**Make checks payable to: MHCGM**

Circle one:



Credit Card #: \_\_\_\_\_ CVV code: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

Please mail completed **Registration Form** to: **Charlene Kach, MHCGM, 2 Wall Street, 2nd fl., Manchester, NH 03101**

For more information contact: **Charlene at 603.854.8384, [training@mhcgcm.org](mailto:training@mhcgcm.org)**

**Register Online: [www.mhcgcm.org/events/](http://www.mhcgcm.org/events/)**

The MHCGM is committed to making this event accessible to persons with disabilities or special needs.



The Mental Health Center  
of Greater Manchester

401 Cypress Street  
Manchester, NH 03103

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The Mental Health Center of Greater Manchester (MHCGM) is nationally recognized for its treatment programs and leading edge system of care. The largest provider of outpatient behavioral health services in New Hampshire, MHCGM is a registered 501(c)3 organization that serves over 11,000 individuals each year.

An MHCGM sponsored event in collaboration with:



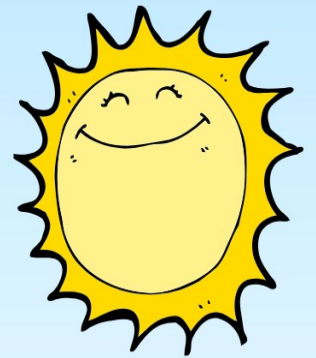
LEAD SUPPORTER:

**Netsmart**

15th Annual Mental Health Symposium

# Bringing Mindfulness to Youth & Families

Boosting Resiliency and Mental Health



Wednesday, May 15, 2019

Noah's Event Venue  
379 S. River Road  
Bedford, NH

8:30 a.m. - 4:00 p.m.

Presenter: Dr. Christopher Willard

