



22nd Annual
South Texas Family Support Conference
Austin, Texas

July 19-21, 2016

22nd Annual
South Texas Family Support Conference
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WELCOME

to the 22nd South Texas Family Support Conference (STFSC), the only bilingual conference specifically designed to enhance knowledge of mental health services, heighten awareness of mental illness and developmental disabilities and identify resources and support systems for consumers and families within the South Texas region. The goal of STFSC is to provide culturally effective, responsive and appropriate resources for individuals living with mental health issues and developmental disabilities and gives attendees and presenters an opportunity to share stories of how mental health has impacted their lives.

The first conference was held in Corpus Christi in the summer of 1999. State designated Mental Health Authorities across Texas, consumers and families from each community came together to develop a conference that would provide education, encouragement and support throughout South Texas. Since its inception, the conference has remained focused on providing educational opportunities, peer support and a chance to come together to reduce stigma and increase access to care.

The STFSC Planning Committee has worked hard to put together an engaging and diverse program. This year, we welcome Dr. Luis Zayas, Rene Craft and Liza Park as our dynamic keynote speakers. These mental health leaders and advocates will inspire you and deepen your understanding of how mental health impacts our community and the ones we love.

On behalf of the Board of Directors and the South Texas Family Support Conference Planning Committee, welcome to Austin.

Sincerely,

David Evans, CEO, *Austin Travis County Integral Care*

BIENVENIDOS

a la 22^a Conferencia de Apoyo Familiar del Sur de Texas (STFSC por sus siglas en inglés), la única conferencia bilingüe dedicada principalmente a fomentar el conocimiento de los servicios de salud mental, hacer conscientes a las personas de lo que es la enfermedad mental y las discapacidades del desarrollo y al mismo tiempo identificar recursos y sistemas de apoyo para los consumidores y familias en la región del sur de Texas. . La meta de STFSC es de proporcionar recursos efectivos, apropiados a la cultura, y sensibles a las necesidades de las personas que viven con problemas de salud mental y de discapacidades del desarrollo y brinda a los participantes y ponentes la oportunidad de compartir sus historias de cómo la salud mental les ha afectado la vida

La primera conferencia tuvo lugar en Corpus Christi en el verano de 1999. Las autoridades de salud mental de todo el estado designadas por el gobierno, consumidores y familias de cada comunidad colaboraron para crear una conferencia que ofreciera educación, ánimo y apoyo por todo el sur de Texas. Desde su inepción, la conferencia se ha enfocado en proporcionar oportunidades educativas, apoyo de compañeros y la oportunidad de reunirse para disminuir el estigma y aumentar el acceso al cuidado.

El comité planificador de la STFSC se ha empeñado en elaborar un programa interesante y variado. Este año, damos la bienvenida al Dr. Luis Zayas, a Rene Craft y a Liza Park como nuestros dinámicos oradores principales. Estos líderes y defensores de la salud mental lo inspirarán y profundizarán su entendimiento de cómo la salud mental afecta a nuestra comunidad y a nuestros seres queridos.

Por parte de la Junta Directiva y del comité de planificación de la Conferencia de Apoyo Familiar del Sur de Texas, les damos la bienvenida a Austin.

Atentamente,

David Evans, CEO, *Austin Travis County Integral Care*

SCHEDULE AT A GLANCE / HORARIO DE ACTIVIDADES

TUESDAY / MARTES

11:00 AM – 4:00 PM Registration & Exhibitors Open / Registro y Sala de Expositores

1:00 PM – 2:30 PM Opening Session / Ceremonia de Apertura

2:30 PM – 2:45 PM BREAK / RECESO

2:45 PM – 3:45 PM Workshops / Talleres

3:45 PM – 4:00 PM BREAK / RECESO

4:00 PM – 5:00 PM Workshops / Talleres

****DINNER ON YOUR OWN / CENA POR SU CUENTA****

7:00 PM – 9:00 PM Welcome Reception & Dance / Recepción de Bienvenida y Baile
Sponsored by: Cigna-Healthsprings

WEDNESDAY / MIÉRCOLES

8:00 AM – 9:15 AM Breakfast / Desayuno

8:00 AM – 12:00 PM Registration Open/ Registro

8:00 AM – 4:00 PM Exhibitors Open / Sala de Expositores

9:30 AM – 10:30 AM Workshop Sessions / Talleres

10:30 AM – 10:45 AM BREAK / RECESO

10:45 AM – 11:45 AM Workshop Sessions / Talleres

12:15 PM – 2:00 PM Lunch / Almuerzo

2:15 PM – 3:15 PM Workshop Sessions / Talleres

3:15 PM – 3:30 PM BREAK / RECESO

3:30 PM – 4:30 PM Workshop Sessions / Talleres

4:30 PM – 5:30 PM Photo Booth / Cabina de Fotos

5:30 PM – 6:00 PM BREAK / RECESO

5:30 PM – 7:30 PM Dinner / Cena

THURSDAY / JUEVES

7:45 AM – 8:45 AM Breakfast / Desayuno

8:00 AM – 10:00 AM Registration Open / Registro

9:00 AM – 10:00 AM Workshops Sessions / Talleres

10:00 AM – 10:15 AM BREAK / RECESO

10:15 AM – 11:15 AM Workshops Sessions / Talleres

11:30 AM – 12:00 PM Closing Session / Sesión de Clausura

Tuesday Program / Programa del Martes

11:00 AM – 4:00 PM

Registration Open / Registro (Hill Country BC Foyer)

Exhibitors Open / Sala de Expositores (Hill Country BC Foyer)

1:00 PM – 2:30 PM

Opening Session / Ceremonia de Apertura (Hill Country BC)

Welcome / Bienvenida

David Evans, CEO, Austin Travis County Integral Care

Invocation / Invocación

Rev. Will Wauters

Presentation of Colors / Presentación de Colores

ATX Elite Drill Squad

Keynote Speaker / Orador Principal

Dr. Luis Zayas, Dean, School of Social Work, University of Texas at Austin

Dr. Zayas will discuss his research on adolescent Latinas who have the highest rates of suicide attempts of any U.S. adolescent group / Dr. Zayas discutirá su investigación sobre las adolescentes Latinas que tienen los índices más altos de los intentos de suicidio de cualquier grupo de adolescentes de los Estados Unidos

2:30 PM – 2:45 PM

BREAK / RECESO

2:45 PM

Workshop Sessions / Talleres



Sessions marked with a star are offered on multiple days.

Las sesiones marcadas con un asterisco son ofrecidos varios días

Whole Health and Resiliency- A Peer-led Approach to Wellness / Salud Completa y Tenacidad – un Abordamiento Guiado por Compañeros para el Bienestar

Location / Salón: Hill Country A **Presenters / Ponentes:** Mary Slusher, Cynthia Alvarez, Sharon Evans and Muriel Rouse

Join the peer providers and a family partner from the Behavioral Health Center of Nueces County as they share their favorite wellness tips. The workshop explains "whole health & resiliency," a service available through your local certified peer specialist.

Venga a escuchar a los compañeros proveedores y a un compañero familiar del Behavioral Health Center del condado de Nueces para oír sus consejos de bienestar. El taller explica lo que es la "salud completa y tenacidad", un servicio ofrecido por especialistas locales que están certificados.

Improving Physical Health through Chronic Disease Management Programs / Cómo Mejorar su Salud Física por Medio de Programas de Manejo de Enfermedades Crónicas

Location / Salón: Hill Country D

Presenters / Ponentes: Amy Cosgrove, Dania Pineda and Rachael Press

People with serious mental illness (SMI) die 25 years sooner, are over twice as likely to smoke cigarettes and over 50% more likely to become obese than the rest of the population. This workshop explores Austin Travis County Integral Care's integrated Chronic Disease Management program, which identifies, treats and improves the health of people living with SMI and chronic disease conditions.

Las personas que sufren de enfermedad mental grave mueren 25 años antes que los demás, son más de dos veces más propensos a ser fumadores y más de 50% más propensos a ser obesos que el resto de la población. Este taller explora el programa integrado de manejo de enfermedades crónicas de Austin Travis County Integral Care que identifica, trata y mejora la salud de las personas que viven con enfermedad mental grave y enfermedades crónicas.

Shaping our Journey through Chaos: From a Whisper to a Roar / Navegando el Camino a través del Caos: de un Susurro a un Rugido

Location / Salón: Sycamore

Presenters / Ponentes: Barbara Granger

Families share how their personal journeys led them to a place of leadership by helping other families identify ways to use their voice to achieve successful outcomes. Participants will explore how sharing their experiences can positively impact the lives of others.

Algunas familias cuentan cómo su experiencia personal los llevó al liderazgo y a ayudar a otras familias a encontrar maneras de usar su voz para lograr buenos resultados. Los participantes pueden compartir sus experiencias para influenciar positivamente las vidas de los demás.

3:45 PM – 4:00 PM

BREAK / RECESO

4:00 PM

Workshop Sessions / Talleres

The Myth and Reality of Bipolar Disorder / El Mito y la Realidad del Trastorno Bipolar

Location / Salón: Hill Country A

Presenters / Ponentes: Roberto Elizondo

Bipolar disorder is viewed by many as a strange and unexplainable illness with many myths and misperceptions surrounding it. What people believe does not matter. In fact, what someone believes to be true about bipolar disorder may cause more problems than the condition itself. This workshop debunks false notions and gives participants accurate information.

Muchos ven el trastorno bipolar como una enfermedad extraña e inexplicable rodeada de mitos e impresiones erróneas. Lo que piensa la gente no importa. Es más, lo que alguien cree que es cierto del trastorno bipolar puede causar más problemas que la condición misma. Este taller disipa las impresiones falsas y ofrece información correcta a los participantes.

Communicating Effectively with Providers: Overcoming Language Barriers / Cómo Comunicarse Efectivamente con los Proveedores: Cómo Superar la Barrera del Idioma

Location / Salón: Hill Country D

Presenters / Ponentes: Teresa Williams and Esther Diaz

Everyone has the right to receive services in their native language. This workshop will explain your rights to receive services if you have limited English proficiency (LEP) and how to advocate for yourself and your family. It will also teach participants how to ask for an interpreter and what to expect when working with an interpreter.

Todos tienen derecho de recibir servicios en su propio idioma. Este taller le explicará sus derechos si no domina el inglés y cómo luchar por sus derechos y los de su familia. También aprenderá cómo conseguir un intérprete y lo que puede esperar al usar un intérprete.

Managing Difficult Behavior / Cómo Manejar el Comportamiento Difícil

Location / Salón: Sycamore

Presenters / Ponentes: Everett Bush

This workshop explores how to define maladaptive behaviors, discover their origin and find possible solutions to reduce their frequency and intensity. It will also look at what motivates certain behaviors as well as how to determine what is driving the behavior. Discussion regarding using reinforcement to teach other behaviors will also be covered.

Este taller explica cómo se definen las conductas maladaptativas, cómo descubrir su origen y encontrar soluciones posibles para reducir su frecuencia e intensidad. También examinará lo que motiva ciertas conductas y cómo determinar lo que causa esa conducta. También se hablará del uso de refuerzos para enseñar otros comportamientos.

7:00 PM – 9:00 PM

WELCOME RECEPTION & DANCE / RECEPCIÓN DE BIENVENIDA Y BAILE

(ELM)

WEDNESDAY PROGRAM / PROGRAMA DEL MIÉRCOLES

8:00 AM – 9:15 AM

Breakfast / Desayuno (Hill Country BC)

8:00 AM – 12:00 PM

Registration Open / Registro (Hill Country BC Foyer)

8:00 AM – 4:00 PM

Exhibitors Open / Sala de Expositores (Hill Country BC Foyer)

9:30 AM – 10:30 AM

Workshop Sessions / Talleres

IEP? ARD? Supporting Your Child in Special Education / IEP? ARD? Cómo Apoyar a su Hijo en Educación Especial

Location / Salón: Hill Country A

Presenters / Ponentes: Maria Hernandez

IEP. ARD. BIP. So many acronyms, providers and paperwork. Being a parent of a child receiving special education services can feel overwhelming. This workshop will explore topics like "How can I help my child?", "What do all these acronyms mean and how do I understand the paperwork?", "How can I prepare for special education meetings (ARDs)?", and of course "How do I take care of myself, as a caregiver?"

Tantas siglas: IEP, ARD, BIP; tantos proveedores y papeles. Ser padre de un hijo que recibe servicios de educación especial puede ser muy abrumador. Este taller explorará temas como "¿Qué puedo hacer para ayudar a mi hijo?", "¿Qué significan todas estas siglas y cómo voy a entender estos papeles?", "¿Cómo me puedo preparar para las juntas de educación especial (juntas ARD)?", y por supuesto, "¿Cómo me puedo cuidar a mí mismo como cuidador?"

Improving Physical Health through Chronic Disease Management Programs / Cómo Mejorar su Salud Física por Medio de Programas de Manejo de Enfermedades Crónicas

Location / Salón: Hill Country D

Presenters / Ponentes: Amy Cosgrove, Dania Pineda and Rachael Press

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The Difference between Situational and Clinical Depression / La Diferencia entre Depresión de Situación Vital y Depresión Clínica

Location / Salón: Sycamore

Presenters / Ponentes: Roberto Elizondo

Feelings of depression, decrease or increase in appetite, sleeping problems, lack of energy, inability to concentrate and excessive guilt are symptoms related to both situational and clinical depression. Workshop participants will learn about characteristics that distinguish both.

Los sentimientos de depresión, aumento o disminución del apetito, problemas del sueño, falta de energía, dificultad para concentrarse y culpabilidad excesiva son síntomas relacionados con la depresión de situación vital así como la depresión clínica. Los participantes de este taller aprenderán las características que distinguen a cada una.

10:30 AM – 10:45 AM

BREAK / RECESO

Suicide Prevention: How to Help Keep Someone Alive / Prevención del Suicidio: Cómo Ayudar a Alguien a Vivir

Location / Salón: Hill Country A

Presenters / Ponentes: Laura Hernandez Gold

Over 40,000 people completed suicide in 2013. Suicide is a preventable yet serious public health problem that has lasting and devastating effects on friends, family and the community. This workshop examines the warning signs of someone thinking about suicide and provides specific steps on how to help someone want to live. Participants will receive information on local and national suicide resources.

Más de 40,000 personas se suicidaron en 2013. El suicidio se puede prevenir, sin embargo es un problema serio de la salud pública que tiene efectos devastadores y duraderos sobre los amigos, familiares y la comunidad. Este taller examina las señales de alerta de alguien que piensa suicidarse y ofrece pasos específicos para ayudar a alguien a querer vivir. Los participantes recibirán información sobre recursos locales y nacionales para suicidio.

La Mariposa: New Beginnings – Transforming From Illness to Recovery / La Mariposa: Nuevos Principios – La Transformación de Enfermedad a Recuperación

Location / Salón: Hill Country D **Presenters / Ponentes:** Mary Slusher, Cynthia Alvarez, Sharon Evans and Muriel Rouse

Join Certified Peer Specialists from around South Texas as they share their stories of moving from mental illness to recovery and answer questions to instill hope in consumers and their families.

Venga a escuchar a compañeros especialistas certificados de todo el sur de Texas a compartir sus historias de cómo pasaron de la enfermedad mental a la recuperación. También contestarán preguntas para darles esperanza a los consumidores y a sus familias.

Understanding Youth & Young Adults with Intellectual Disabilities Who Have Experienced Trauma / Cómo Entender a los Jóvenes y a los Adultos Jóvenes con Discapacidades Intelectuales que han Sufrido Trauma

Location / Salón: Sycamore

Presenters / Ponentes: Candace Aylor

Participants of this workshop will gain an understanding of what trauma looks like and how traumatic experiences affect people with intellectual disabilities. Workshop participants will look at ways to respond to what happened to their loved ones and learn how to provide appropriate support for them.

Los participantes de este taller llegarán a entender cómo se ve el trauma y cómo las experiencias traumáticas afectan a las personas con discapacidades intelectuales. Los participantes del taller buscarán maneras de responder a lo que ha pasado con sus seres queridos y aprenderán cómo darles apoyo apropiado para ellos.

12:15 PM – 2:00 PM

LUNCH / ALMUERZO (HILL COUNTRY BC)

Emcee / Moderador

David Luna, Executive Director, LRGV Regional Advisory Council on Trauma

Keynote Speaker / Orador Principal

René Craft

Ms. Craft will share her story about parenting a child with autism and the importance of advocating for children / Ms. Craft compartirá su historia sobre la crianza de un niño con autismo y la importancia de abogar por los niños

Awards / Premios

David Luna

- El Sol Awards / Premios el Sol
- La Luna Award / Premio la Luna,

Stacey Otto, COO, The Wood Group

- The Wood Group Scholarship / Beca del Wood Group

2:15 PM – 3:15 PM

Workshop Sessions / Talleres

Mental Health 101: When Someone You Know Has a Mental Illness / Salud Mental 101: Cuando Alguien que Usted Conoce Tiene una Enfermedad Mental

Location / Salón: Hill Country A

Presenters / Ponentes: Margaret Milardo

Every year, one in five people in the United States will be diagnosed with a mental illness. This workshop provides a brief overview of the signs and symptoms for anxiety, major depression, bipolar disorder and schizophrenia. It will also provide specific steps on how to help someone who may be showing signs and symptoms of mental illness and where to go for help.

Cada año a una de cada cinco personas en los Estados Unidos se le diagnosticará una enfermedad mental. Este taller ofrece un breve resumen de los síntomas y señales de ansiedad, depresión grave, trastorno bipolar y esquizofrenia. También le ofrecerá pasos específicos para ayudar a alguien que pueda mostrar señales y síntomas de enfermedad mental y dónde acudir para recibir ayuda.

A Ray of Hope in Navigating the System: Challenges Faced by Individuals with Intellectual and Developmental Disabilities and Mental Health / Un Rayito de Esperanza al Navegar el Sistema: Retos que Enfrentan las Personas con Discapacidades Intelectuales y del Desarrollo y Salud Mental

Location / Salón: Hill Country D **Presenters / Ponentes:** Selina Catalá, Irma Canfield and Zaida Yzaguirre

This workshop explores the challenges of dealing with a dual diagnosis of intellectual or developmental disabilities and mental health issues. It includes the story of a mother's journey and information about the system of care needed to support individuals and families.

Este taller examina los retos de lidiar con un diagnóstico dual de discapacidades intelectuales y del desarrollo con enfermedad mental. Incluye la historia de la experiencia de una madre así como información acerca del sistema de apoyo necesario para apoyar a individuos y familias.

Hill Country Mental Health Veteran Services / Servicios de Salud Mental para Veteranos de Hill Country Mental Health

Location / Salón: Sycamore

Presenters / Ponentes: Jose Saucedo and Hope Ware

This workshop presents the services Hill Country Mental Health offers veterans and their families in 19 area counties. Participants will have the opportunity to network with various organizations that help veterans and their families. This workshop will also introduce the Military Veteran Peer Network and Bring Everyone into the Zone organizations, which provide tools to support veterans and their families once veterans return home from combat.

Este taller presenta los servicios que ofrece Hill Country Mental Health para los veteranos y sus familias en 19 condados de la región. Los participantes tendrán la oportunidad de interactuar con varias organizaciones que ayudan a los veteranos y a sus familias. Este taller también presentará por primera vez a Military Veteran Peer Network (Red de Compañeros Veteranos Militares) y Bring Everyone Into The Zone (Que Todos Entren En La Zona), dos organizaciones que ofrecen herramientas para apoyar a los veteranos y a sus familias cuando los veteranos regresan del combate.

3:15 PM – 3:30 PM

BREAK / RECESO

3:30 PM – 4:30 PM

Workshop Session / Talleres

Ask-the-Doctor Panel / Pregúntale a los Doctores

Location / Salón: Hill Country BC

Presenters / Ponentes: Dr. John Froelich, Dr. Russel Bach and Dr. David Escamilla

Do you have questions you've always wanted to ask a doctor? This interactive panel of psychiatrists and primary care physicians will answer your questions and provide helpful information, tools and resources.

¿Tiene dudas que siempre le ha querido preguntar a un doctor? Esta presentación interactiva de panelistas psiquiatras y médico de atención primaria contestará sus preguntas y le dará información útil, herramientas y recursos.

4:30 PM – 5:30 PM

PHOTO BOOTH / CABINA DE PHOTOS

5:30 PM – 6:00 PM

BREAK / *RECESO*

6:00 PM – 8:00 PM

DINNER / *CENA* (HILL COUNTRY BC)

Emcee / Moderador

David Luna, Executive Director, LRGV Regional Advisory Council on Trauma

Keynote Speaker / Orador principal

Liza Park

Ms. Park will share her personal experiences advocating for individuals living with mental illness / Ms. Park compartirá su experiencia personal abogando por personas que sufren de enfermedades mentales

Awards / Premios

David Luna

- El Sol Awards / Premios el Sol

Ron Morales

- Ron Morales Scholarship / Beca de Ron Morales

THURSDAY PROGRAM/ PROGRAMA DEL JUEVES

7:45 AM – 8:45 AM

Breakfast / Desayuno (Hill Country BC)

8:00 AM – 10:00 AM

Registration Open / Registro (Hill Country BC Foyer)

9:00 AM – 10:00 AM

Workshops Sessions / Talleres

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When to worry about my Child's Worries? / ¿Cuándo debo Preocuparme de las Preocupaciones de mi Hijo?

Location / Salón: Sycamore

Presenters / Ponentes: Dr. Samantha Miller

This workshop examines the development and maintenance of anxiety and share evidence-based interventions. It is intended to help parents and professionals understand when anxiety has reached clinically significant levels and how they can best support the children who experience it.

Este taller examina el desarrollo y mantenimiento de la ansiedad y comparte intervenciones basadas en datos comprobados. Su propósito es el de ayudar a los padres y profesionales a entender cuándo la ansiedad ha alcanzado niveles clínicos importantes y la mejor manera de apoyar a los niños que la sufren.

10:00 AM – 10:15 AM

BREAK / RECESO

10:15 AM – 11:15 AM

Workshops Sessions / Talleres

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Whole Health and Resiliency- A Peer-led Approach to Wellness / Salud Completa y Tenacidad – un Abordamiento Guiado por Compañeros para el Bienestar

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11:30 AM – 12:00 PM

Closing Session / Sesión de clausura

Emcee / Moderador

David Luna, Executive Director, LRGV Regional Advisory Council on Trauma

Closing / Palabras de Clausura

David Evans, CEO, Austin Travis Country Integral Care

Awards & Scholarships / Premios y Becas

EL SOL AWARD

The first El Sol Awards were presented at the fourth annual conference in Edinburg, Texas. This award is presented to a family member and/or consumer who, in some very special way, has illuminated the lives of others through their gift of giving, generosity, compassion, and dedication to the overall improvement of mental health and developmental disability services. The STFSC is proud to present the “El Sol” award as a symbol of our deepest appreciation to consumers/family members.

LA LUNA AWARD

The first La Luna award was presented at the 10th Annual STFSC in San Antonio, Texas. This special award was selected to honor the contributions made by Mr. David Luna, one of the founders of the STFSC. Mr. David Luna is a shining example of promoting cultural diversity, cultural sensitivity and cultural competence in the area of mental health/developmental disability services in South Texas. Mr. Luna was instrumental in establishing the First South Texas Family Support Conference and, after 21 years of working with the conference planning committee, he continues to support Multicultural Services throughout South Texas. The award has a symbol of the moon, and on the edge sits the “Sun” symbolic of the light the recipient of this award brings to Multicultural services in the South Texas Region.

THE WOOD GROUP SCHOLARSHIP

The Wood Group, a long-time supporter of the STFSC, helps bridge the gaps for people living with mental illness in the community. The Wood Group Scholarship is made possible through the generous financial contribution from Mr. Jerry L. Parker, CEO. This scholarship provides a consumer the opportunity to continue their education in an institution of higher learning, trade school, and or other type of educational program. Mr. Parker presented the first scholarship at the 8th STFSC held in Corpus Christi, Texas, and continues to be an active participant in awarding this scholarship.

RON MORALES SCHOLARSHIP

The first Ron Morales scholarship was awarded at the 8th Annual STFSC held in Corpus Christi, Texas. The STFSC Planning Committee established this scholarship in recognition of Mr. Morales’s vision of providing consumers/families throughout South Texas with an opportunity to receive mental health education through a culturally sensitive program. This scholarship provides a member of the DSHS system an opportunity to compete for a one-time award of \$500 to be used toward enrollment in an institution of higher learning/or other type of educational program.

Congratulations to this Year’s Recipients!

Keynote Speakers / Oradores Principales:



Dr. Luis Zayas was born in Coamo, Puerto Rico. He attended college and graduate school in New York City. His social work career spans 35 years and includes expertise in the areas of clinical practice, supervision, administration and research. Dr. Zayas has held social work faculty appointments at Columbia, Fordham, and Washington Universities and a family medicine faculty appointment at the Albert Einstein College of Medicine. Dr. Zayas was appointed as Dean of the University of Texas's School of Social Work in January 2012. Presently, Dr. Zayas is focusing his work on the plight of citizen-children with deported parents and is examining the effects of deportation on the psychosocial functioning of US-born children of undocumented Mexican immigrants.



René Craft is an Austin-based blogger, communications professional, and an advocate for the rights of the disabled. Her writing has appeared in the Austin American-Statesman and livemom.com. Ms. Craft has spent 10 years providing parent testimony on disability issues at the local, state, and national level and is focused on improving the lives of those with developmental disabilities. She lives in Austin with her husband and two kids. When she's not advocating, speaking out, writing or working for clients, she's parenting and longing for a nap.



Liza Park is Vice President of the board for the National Alliance on Mental Illness (NAMI) in Austin, the largest grassroots organization dedicated to building better lives for millions of Americans affected by mental illness. She is passionate about educating her community about mental illness and volunteers much of her time to many of NAMI's free community programs. Ms. Park is a peer-to-peer mentor and teaches a 10 week educational program for adults. She is also a mental illness support group leader and certified state trainer. Ms. Park is a prolific public speaker and often shares her story of living with bipolar disorder with many different groups in an effort to end the stigma associated with biological brain disorders. When she's not busy working as an accounts examiner for the State of Texas she enjoys spending time with her family and traveling.

Presenters / Ponentes:

Cynthia Alvarez has been a Certified Family Partner for BHBNC Youth Services since January 2015. She graduated from TAMUCC and holds a Bachelor's degree in Studio Art. Cynthia enjoys designing and creating accessories and teaching art to children and adults in her free time.

Candace Aylor currently serves as the Parent Representative on both the Health and Human Service Behavior Health Advisory Committee and the Texas Children Recovering from Trauma Initiative. Ms. Aylor is also the Co-Chair for the Texas Family Voice Network. She sees the future of mental healthcare for children in Texas as compassionate, respectful, coordinated and informed.

Dr. Russell Bach is the Psychiatric Team Lead at Austin Travis County Integral Care. Prior to that, he has served as the agency's Clinical Services Medical Director and the Associate Medical Director. Dr. Bach has supervised medical staff, was part of the oversight board and was in charge of clinical appeals for medical decisions. Dr. Bach has served as Medical Director for Paladin Community Mental Health and as part of the Board of Directors for the Capital Area Behavioral Health Corporation.

Everett Bush has over 25 years of experience with the Mental Health and Intellectual Disability populations and has worked in public and private sectors in three different states. He is a Licensed Psychological Associate and a Board Certified Behavior Analyst.

Irma Canfield is a Board Member for the Autism Society of Central Texas, serves as Chair of the Planning Network Advisory Committee and is on the Texas Parent to Parent Project Advisory Committee. Her journey into the autism and disability community began when her youngest son was diagnosed with Down syndrome and severe autism. She is passionate about raising awareness and acceptance of individuals with developmental disabilities so that those who once lost their voice can finally reclaim it through supportive services.

Selina Catalá is a long-time community advocate and mental health provider. Ms. Catalá has two Master's Degrees in Clinical Counseling and Public Health and is licensed as a Child Placing Agency Administrator and Clinical Dependency Counselor. She has worked for over 30

years addressing the significant impact that mental health, substance abuse, domestic violence, and HIV/AIDS have on our community. Ms. Catalá works at The Center for Health Care Services (CHCS) as a Program Planning and Implementation Manager.

Amy Cosgrove has been a social worker for 18 years and has worked with both adult and juvenile criminal justice systems. She has worked with Austin Travis County Integral Care for 3 years and is the Chronic Disease Management Program Team's Service Coordinator Supervisor. Ms. Cosgrove is very passionate about the field of mental health and is a strong advocate for people experiencing serious mental health issues. She is also a big proponent for treating the whole person, both mind and body.

Dr. David Escamilla is CommUnityCare's Associate Medical Officer and Chief Medical Officer-Interim. He has been Board Certified in Family Medicine since shortly after finishing his Residency in Social Medicine – Family Medicine in 1998 at the Albert Einstein College of Medicine – Montefiore, Bronx, NY. He is a graduate of UTMB Galveston Medical School. Dr. Escamilla has been employed by CommUnityCare since its transition in 2009 from the City of Austin – Department of Primary Care, where he'd started work in 1998. Dr. Escamilla has dedicated his career to providing care to the safety net population and has sought solutions to this challenge by utilizing a team approach to care.

Mary Esther Diaz received her Bachelor of Arts in Spanish and Master of Education in Adult Education and Human Resource Development Leadership from the University of Texas at Austin. She is a self-employed translator and interpreter trainer who serves as the Chair of the Advisory Committee on Qualifications for Translators and Interpreters in Texas, is a founding member of the Texas Association of Healthcare Interpreters and Translators, and former Medical Division Administrator for the American Translators Association. Ms. Diaz worked as an in-house medical translator, disability examiner, and training director for the Texas Rehabilitation Commission and taught medical terminology for 19 years.

Roberto Elizondo earned an undergraduate degree from the University of New York in Albany and two Masters Degrees from Cornerstone University and Liberty University in Pastoral and Professional Counseling. He joined the Air Force and served for over 20 years. Mr. Elizondo is a licensed professional counselor, enjoying his retirement teaching three separate Bible Home-study Groups.

Sharon Evans has an Associate Degree in Mental Health Addiction. She has lived a life of substance use and debilitating mental health illness. Ms. Evans has been in recovery from mental illness for 15 years and has been sober 18 years. She accepted her illness as a gift and is not embarrassed to laugh, love freely with no fears and is happy to move along in her daily adventures.

Dr. John Froelich is a psychiatrist working at Austin Travis County Integral Care's Dove Springs Clinic. He obtained a bachelor's degree in Psychology from the University of Texas at Austin, and graduated from medical school at the University of Texas Health Science Center at Houston. He completed his residency in psychiatry at the Tulane University Medical Center in New Orleans and has been practicing medicine since 1983. His experience includes working with children, adolescents, and adults in both hospital and outpatient settings. Dr. Froelich also offers support to military personnel suffering from traumatic brain injury and PTSD and is fluent in Spanish.

Laura Hernandez Gold is a Licensed Clinical Social Worker Supervisor and the Prevention Services Program Manager at Austin Travis County Integral Care. She has over 20 years of experience working with children, families, and the community. She obtained her Master's Degree in Social Work from Our Lady of the Lake University. Ms. Gold currently oversees Mental Health First Aid (MHFA), Suicide Prevention, and Disaster Preparedness & Response initiatives for Integral Care. She co-leads the Austin Central Texas Suicide Prevention Coalition, and is also spearheading the Zero Suicide in Texas (ZEST) Initiative at Integral Care.

Barbara Granger facilitates best practices for family leadership and development as the Family Coordinator for Via Hope in Beeville, TX. Ms. Granger is also the Texas System of Care's Family Involvement Specialist and assists in identifying and cultivating strong partnerships between families and community systems. A mental health advocate for over a decade, she has had the privilege of working with multiple states in their efforts to transform Children's Mental Health. Ms. Granger is the Co-Chair for both the Texas Family Voice Network and the Child and Youth Behavioral Health Subcommittee for Health and Human Services.

Maria Hernandez graduated with a Master's Degree in Communication Sciences and Disorders from University of Texas at Austin. Her experience working with underserved families fueled her drive to create an organization to fill educational, resource and support gaps. In 2010, Ms. Hernandez founded VELA, a nonprofit organization focused on creating a community where all families of children with special needs can thrive. She serves on Austin ISD's Special Education Advisory Council, Intellectual & Developmental Disability Alliance of Central Texas, Panel of Professional Advisors for Autism Society of Central Texas, and the Diversity Task Force of One Voice Central Texas.

Margaret Milardo is a Licensed Clinical Social Worker who is currently the SAMHSA Grant coordinator at Austin Travis County Integral Care. She has been working with Integral Care for over 6 years. Ms. Milardo began her work in this field at Psychiatric Emergency Services. She has a wealth of knowledge in regards to psychiatric crisis resources, mental health education, and on-going service linkage for under-

represented populations. Margaret is a certified Youth and Adult Mental Health First Aid (MHFA) Instructor as well as a trained Instructor for the Safety Planning Intervention tool.

Dr. Samantha Miller is a Clinical Psychologist licensed in the States of Texas and in New York. Dr. Miller has expertise in clinical services and comprehensive diagnostic evaluations for children and adolescents, behavioral parent training and family therapy. Dr. Miller served as the Director of Training at the Child Mind Institute and the Director of Behavior Management at the League Treatment Center, both in New York. Dr. Miller earned her doctorate in clinical forensic psychology from the Graduate Center at the City University of New York. Her educational background includes a Master's in Criminology from the University of Oxford and Master's and Bachelor's degrees in Psychology from Stanford University.

Dania Pineda is originally from Honduras and is the proud mother of three children. She came to America pursuing a dream for a better life and has overcome many hardships throughout her journey. Ms. Pineda is actively involved in the Women's group at her church and enjoys doing community outreach to support other women in need. As a survivor of domestic abuse, she hopes to support others in finding strength and courage within themselves.

Rachael Press is a Registered Dietitian and has always had a passion for discovering the many roles that food plays in our culture and lives. After completing her undergraduate education at The Ohio State University and her Dietetic Internship at Mount Carmel College of Nursing in Columbus, Ohio, Ms. Press started her career as a clinical dietitian with Austin State Hospital, specializing in Children and Adolescent Psychiatric Services, Specialty Services, and Adult Psychiatric Services. Ms. Press is the Registered Dietitian for the Chronic Disease Management Team with Austin Travis County Integral Care. She believes that a balanced diet and a healthy relationship with food plays a large role in mental and physical health.

Muriel Rose is a Certified Peer Specialist at the Coastal Plains Community Center. A mother of a veteran and grandmother, she is a Wellness Recovery Action Plan (WRAP) facilitator and a Military Peer Network Coordinator, two roles that are very important to her and her family. Ms. Rose oversees a Peer Group and started the NAMI Greater Corpus Christi chapter in order to help others advocate for themselves and help their family members understand the recovery process.

Jose Saucedo has been working for Hill Country Mental Health as a Veteran Coordinator since 2014. He retired from the military after serving for 22 years in the United States Army and found a perfect opportunity to continue helping veterans through Hill Country Mental Health. He served in the Gulf War in 1991, Iraq in 2003-2004 and 2008-2009 and is familiar with the reintegration process. Mr. Saucedo is responsible for creating a functioning relationship with the County Veteran Service Officer's in Uvalde, Val Verde, and Real County, expanding peer services to identify veterans and family members who need comprehensive community WRAP around behavior health services.

Mary Slusher is a Peer Support Supervisor for the Behavioral Health Center of Nueces County. Ms. Slusher describes her life as a roller coaster with many twists and turns. She has experienced homelessness and mental, physical and emotional abuse. Ms. Slusher was diagnosed with a mental illness at the age of 52 and has been sober for 8 years. She is the mom of three beautiful children, grandchildren and great grandchildren and shares her personal experiences with others suffering from the same situations.

Melissa Tijerina is the Vice President of the Children's Behavioral Health Division of The Center for Health Care Services (CHCS). She has worked with and advocated for children and families in Bexar County since 1990. Prior to joining CHCS in 2012 she worked for the Department of Family and Protective Services in Child Protective Services for 17 years. She is a certified Mental Health First Aid trainer and is committed to improving the lives and behavioral health of children and families.

Hope Ware is the Veteran Support Coordinator for Hill Country Mental Health and Developmental Disabilities for Llano and Blanco Counties and acts as a support system for area veterans, service members, and their families. Ms. Ware has firsthand experience witnessing her son's transition to civilian life after serving in the Marines in Afghanistan.

Teresa Williams is a Practice Administrator at Austin Travis County Integral Care and oversees a number of wellness programs including Chronic Disease Management, Whole Health Peer Support and Tobacco Cessation. She has worked in rural and urban community mental health centers for over 12 years and is dedicated to making systemic changes that benefit large numbers of people. Ms. Williams also oversees the suicide prevention hotline and call center.

Zaida Yzaguirre earned her degree in San Antonio at UTSA. She is a program director for the CHCS-Early Childhood Intervention program and the Dual Diagnosis Expansion waiver program at the Center for Health Care Services. Ms. Yzaguirre has been in the ECI field with the Center for Health Care Services since 1991 and oversaw the Dual Diagnosis expansion waiver program. She advocates for babies, toddlers, children and adults with developmental disabilities by helping families and adults connect to resources needed to ensure that each consumer served reaches their maximum potential in life.

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