

25th Annual South Texas Family Support Conference

June 25 - 27, 2019



Hosted by:



MENTAL HEALTH &
DEVELOPMENTAL DISABILITIES CENTERS
HILL COUNTRY

Inn of the Hills Hotel & Conference Center
1001 Junction Highway
Kerrville, TX 78028

WELCOME to the 25th Annual 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 give attendees and presenters an opportunity to share stories of how mental health has impacted their lives.

The first South Texas Family Support Conference was held in Corpus Christi in the summer of 1999. State-designated Local Mental Health Authorities from across South Texas come together each year to develop a conference curriculum that provides education, encouragement and support to individuals in services and their family members throughout the regions we serve. Since its inception, the conference has remained focused on providing educational opportunities, peer support and a chance to come together to reduce stigma and improve access to care. We hope you enjoy this engaging and diverse conference!

South Texas Family Support Conference

Board

Mr. Ross Robinson	Executive Director, Hill Country MHDD Centers
Mr. Terry Crocker	CEO, Tropical Texas Behavioral Health Center
Mrs. Maria Sanchez	Executive Director, Border Region Behavioral Health Center
Mr. Mike Davis	Executive Director, Nueces Center for Mental Health & Intellectual Disabilities
Mr. David Evans	Executive Director, Integral Care
Mr. Mark Durand	Executive Director, Coastal Plains Community Center
Ms. Melissa Gongaware	Superintendent, Corpus Christi State Supported Living Center

Planning Committee

Coni Diedrich Aguirre, Nancy Ochoa, Nikki San Miguel	Tropical Texas Behavioral Health Center
Laura Kim	Border Region Behavioral Health Center
Martha Toles, Carmen Martinez, Hector Vera	Hill Country MHDD Centers
Polly Ramirez	Corpus Christi State Supported Living Center
Christopher Tarango	Integral Care
Alicia Barreto	Coastal Plains Community Center
Danny Resendez	Nueces Center for Mental Health & Intellectual Disabilities

Other Contributors: Dr. David Luna, Jason Johnson, Wanda Ferguson, Perin Pearce, Mary Chavez-Harrington, Diane Alvarez-Gutierrez, Maria Baskett

25th Annual South Texas Family Support Conference

Schedule at a Glance

TUESDAY, JUNE 25, 2019

ROOM

10:00 AM – 4:30 PM	Registration	Lobby
3:00 PM – 5:00 PM	Workshops	Various Rooms
5:00 PM – 6:00 PM	Peer Support Group	B
7:00 PM – 9:30 PM	Karaoke & Dance	Grand Ballroom

~ DINNER ON YOUR OWN ~

WEDNESDAY, JUNE 26, 2019

ROOM

7:30 AM – 8:30 AM	Breakfast	Grand Ballroom
7:30 AM – 8:30 AM	Exhibitors Open/Door Prizes	Lobby
8:00 AM – 12:00 PM	Registration	Lobby
9:00 AM – 10:00 AM	Workshops	Various Rooms
10:00 AM – 10:30 AM	Break	
10:30 AM – 12:00 PM	Workshops	Various Rooms
12:15 PM – 1:30 PM	Welcome, Lunch and Awards	Grand Ballroom
1:30 PM – 1:45 PM	Break	
1:45 PM – 3:15 PM	Workshops	Various Rooms
2:00 PM – 3:00 PM	STFSC Board Meeting (Closed)	Hospitality Room (Casa 340)
3:15 PM – 4:00 PM	Break	
4:00 PM – 5:00 PM	Workshops	Various Rooms
6:00 PM – 8:00 PM	Dinner and Awards	Grand Ballroom

THURSDAY, JUNE 27, 2019

ROOM

7:30 AM – 8:30 AM	Breakfast	Grand Ballroom
8:30 AM – 9:00 AM	Break	
9:00 AM – 10:00 AM	Workshops	Various Rooms
10:00 AM – 11:15 AM	Closing Session (Tell us your opinion)	Grand Ballroom

25th Annual South Texas Family Support Conference

Detailed Program

TUESDAY, JUNE 25, 2019		ROOM
10:00 AM – 4:30 PM	Registration Exhibitors Open	Lobby Lobby
3:00 PM – 5:00 PM	What is Mental Health First Aid? By David Fouse Will give an overview of Mental Health First Aid and describe what about the course is important for youth and adults. Will talk about how MHFA can help reduce the stigma of mental illness, make people aware of signs and symptoms, and the ALGEE action plan for someone who may be exhibiting signs and symptoms. Will also cover how the curriculum is broken out into different curricula including Youth, Adult, Higher Education, Public Service, Veterans, etc.	Room B
	Autopsy of Anger by Susan Becmer The focus of this interactive workshop is to look deep into the subject of anger, what causes it, non-productive ways we handle it, how we "deal" with anger, how to cope with angry people, and more. Walk away with a better understanding and tools to use.	Room C
5:00 PM – 6:00 PM	Peer Support Group	Room B
	<i>~ DINNER ON YOUR OWN ~</i>	
WEDNESDAY, JUNE 26, 2019		ROOM
7:30 AM – 8:30 AM	Breakfast Exhibitors Open/Door Prizes	Grand Ballroom Lobby
8:00 AM – 12:00 PM	Registration	Lobby

9:00 AM – 10:00 AM

How an Unasked Question Almost Killed Me (Literally)

Room B

By Jason M Johnson

This workshop will be used to share my personal experience of finding my voice and how not knowing how to use it almost cost me my life. Emphasis will be placed on Voice & Choice and how seeing life experiences as human experiences rather than symptoms of a diagnosis were pivotal in my recovery.

Mental Health Diagnoses & How to Build Relationships with Community Leaders to Impact Mental Health Access

Room C

by Joel J. Johnson Jr

This workshop will build a foundation to explain symptoms of major mental health diagnoses in adults and children and how a diagnosis can be the point of access to mental health services. The workshop will also describe how multiple community leaders and community programs interface to ensure proper referrals to Local Mental Health Authorities.

Crisis & Hospitalization Myths vs. Realities

Room D

by Jorge De Los Santos & Debra Saenz

This workshop will include information regarding the hospitalization process for the youth and family population, outlining the details of the initial hospitalization process, what to expect with inpatient treatment, and continuity of services with outpatient providers, as well as comparing myths and realities of the process.

10:00 AM – 10:30 AM

BREAK

10:30 AM – 12:00 PM

Positive Control Over Our Own Lives

Room B

by Randy Consford, Lynne Friese & Jason Johnson

Lynne, Jason, and Randy will have an interactive discussion about what it is like to be a person receiving services, a parent of a child receiving services, and a child of a person receiving services (and also what it is like to become a director who provides services).

Positive Behavior Support

Room C

by Leslie Casiano & Patricia Barrientes

The way which caregivers interact with individuals who have IDD may sometimes increase the frequency of unwanted behaviors. Learn to identify ways which positive behaviors are reinforced and learn to practice techniques which will increase and promote long term positive behavior change.

Turning Challenges into Strengths

Room D

by Susan LaGrone

Are other people's behaviors challenging you? Do they affect your relationships? Is it hard for you to see their positive qualities? Learn to turn challenges into strengths using cognitive restructuring. Research shows that using this technique can result in caregivers having more positive and productive relationships with those whose behaviors challenge them.

12:15 PM – 1:30 PM

LUNCH

Grand Ballroom

Introduction – David Luna, Ph.D., Master of Ceremonies

Welcome – Ross Robinson, Executive Director, Hill Country MHDD Centers

Keynote Speech – Trina Ita, Associate Commissioner, Texas Health & Human Services Commission

El Sol Client Awards

El Sol Family Awards

Wood Group Scholarships

1:30 PM – 1:45 PM

BREAK

1:45 PM – 3:15 PM

Parent Empowerment

Room B

by Lynne Friese & Wanda Ferguson

This workshop will be given by two moms who each have a child with a mental health diagnosis. They will share their stories of the journey with their child and how along the way they became empowered. Currently both of these moms are Certified Family Partners with Hill Country MHDD and their children gave them the “gift of their job”. They will discuss the important skills gained along the way and how these skills signal empowerment.

Respite: An Oasis of Support for Youth & Families in your Own Backyard

Room C

by Melissa Ann Ramirez, Lauren Ashley Mitchell &
Teresa Thompson

With stressors, challenges, and obstacles facing youth and parents, where can a family turn for support? Join us in demystifying respite services and identify how respite can support youth and families in our community. This presentation will focus on the value of respite from the adolescents and adult wellness perspectives.

Recovery-Oriented Crisis Counseling

Room D

by Vicki Herndon

The audience will learn the importance of using psychoeducation for building the therapeutic alliance to support treatment engagement with individuals along a continuum of care needs. They will also learn the importance of individual crisis counseling from a person-centered approach to assess for and address impact of traumatic childhood and other experiences that may be negatively impacting the sense of self in their personal recovery process.

2:00 PM – 3:00 PM

STFSC Board/Planning Committee
Meeting (Closed)

Hospitality Room
(Casa 340)

3:15 PM – 3:45 PM

BREAK

Lobby

3:45 PM – 5:00 PM

Behavior Management

Room B

by Acelina Caselli

The presentation addresses behavior actions in response to Trauma, Crisis, or Communication. It would elaborate on behavior as a mode of communicating an unmet need or a want and help understand it. The audience will learn about Behavior Management strategies & functions and its advantages as well as learning techniques to manage challenging behaviors.

**It Takes a Village: Collaborative Efforts
Toward Mental Health and Wellness**

Room C

by Anthony Winn, Brandon Kludt, Maureen Schein, Chad Lawson, Michelle Salmon & Jennifer Nieto

A panel discussion about collaborative efforts and the resulting system of care, in Rural Comal County. The panel will be comprised of representatives from multiple community collaborators to speak to a variety of barriers and benefits related to collaborative community care and support.

The Benefits of Group Home Living & Day Habilitation

Room D

by Ruben Garcia & Liza Bradley

This workshop will be an interactive presentation regarding the benefits of group home living. Active residents of a group home will participate in the discussion to share their experiences. Day habilitation plays an important role in the lives of group home residents as they strive to develop/improve independent living skills and become productive members of the community.

6:00 PM – 8:00 PM

DINNER

Grand Ballroom

Introduction – David Luna, Ph.D., Master of Ceremonies

Welcome – Ross Robinson, Executive Director, Hill Country MHDD Centers

Keynote Speech – Haley Turner, Associate Commissioner of IDD Services, Texas Health & Human Services Commission

La Luna Award

Ron Morales Scholarship

THURSDAY, JUNE 27, 2019

ROOM

7:30 AM – 8:30 AM

BREAKFAST

Grand Ballroom

8:30 AM – 9:00 AM

BREAK

9:00 AM – 10:00 AM

The Creative Link

Room B

by Kendall Pasko & Anthony Winn

Feeling heard with self-advocated needs through innovative collaboration and linkage to unexpectedly helpful resources.

**Basic Behavioral Strategies for Individuals
with IDD and their Families**

Room C

By Stacy Ostrander-Tezlaff & James Garrett-Baker

Caregivers of individuals with Intellectual disabilities or a related diagnosis can learn general tools and strategies in order to reduce or prevent challenging behaviors. Some of the tools that will be discussed include data collection, the "ABCs" of behavior, antecedent strategies, positive behavior supports and leaning language in the natural environment.

Moments of Silence

Room D

by Randy Consford

What is it like to speak to your mom in silence? Love expressed in actions and not words. Clinical words like paranoia, delusions, non-compliance, and manipulative distort the communication. Join Randy Consford as he presents excerpts from his life and his experiences with his mom who was diagnosed with schizophrenia.

10:15 AM – 11:15 AM

Closing Session (Tell us your opinion)

Grand Ballroom

See you in Austin for STFSC 2020!

AWARDS & SCHOLARSHIPS

EL SOL AWARD

The first El Sol Awards were presented at the 4th annual conference in Edinburg, Texas. This award is presented to an individual in services or family member 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 South Texas Family Support Conference is proud to present the El Sol Award as a symbol of our deepest appreciation to consumers or family members.

LA LUNA AWARD

The first La Luna Award was presented at the 10th annual conference in San Antonio, Texas. This special award was selected to honor the contributions made by Dr. David Luna, one of the founders of the South Texas Family Support Conference. Dr. David Luna is a shining example of promoting cultural diversity, cultural sensitivity and cultural competence in mental health or developmental disability services in South Texas. Dr. Luna was instrumental in establishing the first South Texas Family Support Conference and, after 25 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 South Texas Family Support Conference, 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 Parker, CEO. This scholarship provides an individual in services the opportunity to continue his/her education in an institution of higher learning, trade school, or other type of educational program. Mr. Parker presented the first scholarship at the 8th South Texas Family Support Conference in Corpus Christi, Texas.

RON MORALES SCHOLARSHIP

The first Ron Morales Scholarship was awarded at the 8th Annual South Texas Family Support Conference in Corpus Christi, Texas. The Conference Planning Committee established this scholarship in recognition of Mr. Morales' vision of providing individuals in services and their families throughout South Texas with opportunities to receive mental health education through a culturally sensitive program. This scholarship provides a family member of an individual in services an opportunity to receive a one-time award of \$500 to be used toward enrollment in an institution of higher learning, trade school, or other type of educational program.

*Many thanks to all of our
2019 conference sponsors!*

PLATINUM-LEVEL SPONSORS



"Serving Humanity to Honor God"



GOLD-LEVEL SPONSOR



Baseload Power
Back online...Every time

SILVER-LEVEL SPONSORS



MHID

Since 1969

Nueces Center for
Mental Health and Intellectual Disabilities



DHRHealth

Behavioral Hospital

CORPORATE-LEVEL SPONSORS

The Wood Group



Serving the Behavioral Health Community Since 1980

teva

NOTES

