



MISSOURI
DEPARTMENT OF MENTAL HEALTH

SPRING
TRAINING INSTITUTE

APRIL 15-17, 2026

Margaritaville Lake Resort
Lake of the Ozarks
494 Tan Tar A Drive
Osage Beach, MO 65065

Thank you!



— Missouri Department of —
MENTAL HEALTH

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Spring Training Institute

Conference Objectives

1. Review fundamental knowledge of behavioral health (mental health and substance use) disorders
2. Describe established approaches and emerging trends in the services required to support individuals, families, and caregivers with behavioral health management needs
3. Discuss the particular strategies used in the support of, persons experiencing behavioral health concerns
4. Review a variety of therapeutic approaches to meet the behavioral health needs of clients, families and caregivers

Conference Description

The Missouri Department of Mental Health provides the Spring Training Institute (STI) for staff, providers, and consumers of behavioral health services and supports. STI attracts staff from the Division of Behavioral Health, Division of Developmental Disabilities, Department of Corrections, Department of Youth Services, Department of Family Services, other statewide organizations, and individuals in private practice. STI historically brings over 1,000 behavioral health professionals together to learn about the latest research in the field regarding medications, evidence-based treatment, and other issues related to populations served. This year STI will have three days (half day, full day, half day) of workshops with over 40 separate sessions that will broaden knowledge and enhance the understanding of the critical services provided to the citizens of Missouri. Sessions will be grouped into subject matter tracks.

Schedule at a Glance

Wednesday, April 15, 2026

1:00 PM - 5:20 PM.....	Registration, Exhibits (Windgate Hall)
2:00 PM - 3:00 PM.....	Breakout Sessions
3:00 PM - 3:15 PM.....	Break, Exhibits
3:15 PM - 4:15 PM.....	Breakout Sessions
4:15 PM - 4:20 PM.....	Break
4:20 PM - 5:20 PM.....	Keynote Session
5:20 PM.....	Adjourn

Thursday, April 16, 2026

8:00 AM - 9:00 AM.....	Breakfast, Exhibits, and Registration
9:00 AM - 10:15 AM.....	Keynote Session
10:15 AM - 10:30 AM.....	Break, Exhibits
10:30 AM - 12:00 PM.....	Breakout Sessions
12:00 PM - 1:15 PM.....	Lunch, Exhibits
1:15 PM - 2:15 PM.....	Breakout Sessions
2:15 PM - 2:45 PM.....	Break, Exhibits
2:45 PM - 3:45 PM.....	Breakout Sessions
3:45 PM - 3:50 PM.....	Break
3:50 PM - 4:50 PM.....	Breakout Sessions
4:50 PM.....	Adjourn

Friday, April 17, 2026

8:00 AM - 9:00 AM.....	Breakfast, Exhibits
9:00 AM - 10:00 AM.....	Keynote Session
10:00 AM - 10:30 AM.....	DMH Awards
10:30 AM - 10:45 AM.....	Break, Exhibits
10:45 AM - 12:15 PM.....	Breakout Sessions
12:15 PM.....	Adjourn

2:00 PM – 3:00 PM - BREAKOUT SESSIONS (3 of 6)

TRACK: BEHAVIORAL HEALTH AND THE LEGAL SYSTEM

BLIND SPOTS IN JUSTICE: RECOGNIZING AND REDUCING COGNITIVE BIAS IN FORENSIC PSYCHOLOGY

Speaker(s): Kritika Chauhan, PsyD

Room: Windgate 60-61 | 1 CE; A Hour

Objectives:

1. Define common cognitive biases observed in forensic psychology settings
2. Explore individual, organizational, and contextual factors that contribute to the development and reinforcement of cognitive biases
3. Identify practical strategies and interventions to reduce the impact of cognitive biases in forensic practice

TRACK: ALCOHOL

QUITTING VS. THRIVING: FLIPPING THE SCRIPT ON ALCOHOL REDUCTION EDUCATION

Speaker(s): Fred Rottneck, MD, MAHCM

Room: Paradise A | 1 CE; PC Hour

Objectives:

1. Identify specific health benefits of reducing alcohol consumption
2. Discuss that any reduction in drinking provides health benefits
3. Ask individuals about their goals in changing their alcohol
4. Implement or support medications to reduce alcohol use

TRACK: CANNABIS

CANNABIS USE AND THE DEVELOPING MIND: EFFECTS, RISKS, AND MENTAL HEALTH IMPACT

Speaker(s): Rebecca Preston, PhD

Room: Paradise B | 1 CE; PC Hour, Addictions Counseling

Objectives:

1. Review the association between cannabis use during brain development and cognition, emotional functioning, and the risk of developing mental health disorders, particularly psychosis
2. Highlight the developmental, acute, and long-term effects of cannabis use
3. Raise awareness that regular THC use during brain development is not a benign activity and can impact brain, behavior, and mental health trajectories

2:00 PM – 3:00 PM - BREAKOUT SESSIONS (6 of 6)

TRACK: HOUSING AND TRANSPORTATION

DEPARTMENT OF MENTAL HEALTH HOUSING PROGRAMS

Speaker(s): Johna Trapani, MEd, LPC

Room: Windgate 62-63 | 1 CE; A Hour

Objectives:

1. Provide an overview of DMH housing programs
2. Highlight the Continuum of Care model for addressing homelessness in Missouri communities
3. Give an overview of the Person-Centered approach to housing

TRACK: RURAL HEALTH

UNDERSTANDING THE RURAL HEALTH TRANSFORMATION PROGRAM

Speaker(s): Kerri Tesreau, MBA

Room: Parasol I | 1 CE; A Hour

Objectives:

1. Review RHTP grant funding awards
2. Discuss RHTP grant timelines
3. Describe RHTP grant allowable expenditures

TRACK: CLINICAL PSYCHIATRY

NEUROCOGNITIVE DYSFUNCTION IN SCHIZOPHRENIA: AN UPDATED REVIEW

Speaker(s): Mariana Edwards, MD

Room: Nautical Wheeler | 1 CE; PC Hour, CME; CNE

Objectives:

1. Highlight data and statistics about schizophrenia, and its cognitive symptoms
2. Present case of a patient with schizophrenia with prominent cognitive symptoms
3. Discuss cognitive symptoms and social difficulties in schizophrenia
4. Discuss the overall negative impact of cognitive symptoms in the lives of patients with schizophrenia
5. Review evidence-based treatments of cognitive symptoms in schizophrenia

3:00 PM – 3:15 PM - BREAK

Wednesday, April 15, 2026

3:15 PM – 4:15 PM - BREAKOUT SESSIONS (2 of 4)

TRACK: BEHAVIORAL HEALTH AND THE LEGAL SYSTEM

DMH FORENSIC MOBILE TEAM

Speaker(s): Nikki Reitz, BSW, MSW, LCSW & Bethany Van Lant, MSW, LCSW, LSCSW

Room: Windgate 60-61 | 1 CE; A Hour

Objectives:

1. Review Local and National Trends of Competency Restoration
2. Discuss the roles of the mobile team members
3. Describe how the mobile team intersects with courts, jails and community

TRACK: ALCOHOL

GET COMFORTABLE BEING UNCOMFORTABLE: CONVERSATIONAL APPROACHES TO CHANGING ALCOHOL BEHAVIOR

Speaker(s): Fred Rottneck, MD, MAHCM

Room: Paradise A | 1 CE; PC Hour, CME, CNE, Addictions Counseling

Objectives:

1. Review evidence-based and best-practice approaches to support alcohol reduction
2. Apply screening and motivational techniques effectively
3. Utilize the talents of professional team members in promoting healthy habits
4. Identify community and policy strategies that work

3:15 PM – 4:15 PM - BREAKOUT SESSIONS (4 of 4)

TRACK: RURAL HEALTH

MISSOURI'S RURAL HEALTH TRANSFORMATION PROGRAM (RHTP): WHAT'S INCLUDED

Speaker(s): Kerri Tesreau, MBA

Room: Parasol I I | 1 CE; A Hour

Objectives:

1. Describe Missouri's RHTP Application
2. Explain Missouri's RHTP budget
3. Discuss how to get involved in RHTP

TRACK: CLINICAL PSYCHIATRY

WHEN REALITY BREAKS AFTER BIRTH: POSTPARTUM PSYCHOSIS

Speaker(s): Madeline Cusimano, MD

Room: Nautical Wheeler | 1 CE; PC Hour, CME, CNE

Objectives:

1. Describe the epidemiology, clinical presentation, and diagnostic framework of postpartum psychosis (PPP)
2. Differentiate PPP from postpartum OCD, severe postpartum depression, and primary psychotic disorders
3. Review evidence-based acute treatment and relapse-prevention strategies, including lithium, antipsychotics, and electroconvulsive therapy (ECT)
4. Recognize suicide and infanticide risk using a prevention-focused, evidence-based framework
5. Apply systems-level and family-centered strategies to the care of patients at high risk for PPP

4:15 PM – 4:20 PM - BREAK

Wednesday, April 15, 2026

4:20 PM – 5:20 PM - KEYNOTE SESSION

TRACK: KEYNOTE

SLEEP AND MENTAL HEALTH

Speaker(s): Angeline Stanislaus, MD

Room: Paradise Ballroom | 1 CE; PC Hour, CME, CNE

Objectives:

1. Review physiology and functions of sleep
2. Discuss the role played by neurotransmitters in sleep
3. Describe changes in sleep patterns that occur in mental illnesses

5:20 PM - ADJOURN FOR THE DAY

Thursday, April 16, 2026

**8:00 AM - 9:00 AM - BREAKFAST, VISIT EXHIBITS
IN WINDGATE HALL**

9:00 AM – 10:15 AM - KEYNOTE SESSION

TRACK: KEYNOTE

DUCT TAPE & DETERMINATION: THE POWER OF SMALL WINS

Speaker(s): Elaine Hill (Kochanowicz), BA

Room: Paradise Ballroom | 1 CE; A Hour

Objectives:

1. Identify unrealistic expectations that contribute to stress and emotional fatigue in professional practice
2. Reframe negative or self-critical thought patterns into constructive, healing perspectives
3. Recognize and document small wins as indicators of meaningful impact in client care
4. Apply practical strategies for incorporating appropriate humor and perspective to reduce personal stress
5. Implement a daily mindset shift practice that reinforces resilience and professional sustainability

10:15 AM - 10:30 AM - BREAK, VISIT EXHIBITS

10:30 AM – 12:00 PM - BREAKOUT SESSIONS (3 OF 6)

TRACK: BEHAVIORAL HEALTH AND THE LEGAL SYSTEM

PREVENTING RELAPSE OF SERIOUS MENAL ILLNESSES

Speaker(s): Angeline Stanislaus, MD

Room: Windgate 60-61 | 1.5 CEs; PC Hours

Objectives:

1. Review the rates of relapses in schizophrenia and bipolar disorder
2. Identify the early symptoms of relapse
3. Discuss strategies that improve medication compliance

TRACK: MISCELLANEOUS, BHIDD

PREVENTING BURNOUT THROUGH THE POWER OF FUN

Speaker(s): Le'Anne Schlotzhauer, BS

Room: Windgate 62-63 | 1.5 CEs; A Hours

Objectives:

1. Discuss burnout and it's effects
2. Describe how to prevent burnout
3. Review fun and how it works to prevent burnout
4. Discover ways to find and prioritize fun

TRACK: SPECIAL POPULATIONS

WHEN RECOVERY SUPPORT SERVICES MEET THE JUSTICE SYSTEM

Speaker(s): Jerica Bowman, MSW, LMSW and Roy Farmer

Room: Nautical Wheeler | 1.5 CEs; A Hours

Objectives:

1. Describe how peer support can improve treatment engagement and improve recovery outcomes
2. Identify strategies for integrating peer support within the correctional, court, and crisis intervention settings
3. Utilize practical ways to build strong collaboration with recovery support providers

10:30 AM – 12:00 PM - BREAKOUT SESSIONS (6 OF 6)

TRACK: DIRECT CARE

VIBRATION TO REGULATION: THE SCIENCE OF SOUND HEALING FOR NERVOUS SYSTEM HEALTH

Speaker(s): Candice Swee, MS, ATC, RYT-200 & Stacey Throckmorton, MEd, RYT-200

Room: Paradise C | 1.5 CEs; PC Hours

Objectives:

1. Describe the neuroscience and physiological mechanisms by which sound and vibration regulate the nervous system and support mental health
2. Identify evidence-based findings and emerging research on the effectiveness of sound therapy in reducing symptoms of anxiety, depression, and trauma
3. Experience and apply practical sound-based techniques that can be integrated into therapeutic practice, prevention strategies, or personal self-care

TRACK: ETHICS

ADULT INTIMATE PARTNER VIOLENCE: HOW PRACTITIONERS IN MEDICAL SETTINGS FEEL ABOUT BREACHING CONFIDENTIALITY

Speaker(s): Dr. Amberly Pritchard, DBH, LPC, CCTP, NCC

Room: Paradise B | 1.5 CEs; A Hours, Ethics

Objectives:

1. Define intimate partner violence
2. Discuss the impact intimate partner violence has on society
3. Review the existing gaps in treatment for victims of intimate partner violence
4. Discuss how licensed medical professionals feel limiting confidentiality could help and harm victims of intimate partner violence

TRACK: CHILDREN, YOUTH

“SAID NO TEEN EVER”—BEGINNING THE HARD CONVERSATIONS WITH YOUTH

Speaker(s): Nia Estes, MEd

Room: Paradise A | 1.5 CEs; PC Hours

Objectives:

1. Discuss how to create a safe and supportive environment where difficult conversations can occur
2. Review active listening and communication skills needed for successful and meaningful conversations
3. Describe ways to guide teens towards sensible and responsible decisions

Thursday, April 16, 2026

**12:00 PM - 1:15 PM - LUNCH, VISIT EXHIBITS
IN WINDGATE HALL**

1:15 PM – 2:15 PM - BREAKOUT SESSIONS (2 OF 6)

TRACK: BEHAVIORAL HEALTH AND THE LEGAL SYSTEM

COMMUNITY BASED COMPETENCY RESTORATION, PART 1

Speaker(s): Dr. Angela Torres, PhD, ABPP

Room: Windgate 60-61 | 1 CE; A Hour

Objectives:

This session is Part 1 of a 3-part series. This portion will focus on foundational concepts related to competency to stand trial and introduce key principles of competency restoration.

1. Review the foundation competency to stand trial
2. Define the basics of competency restoration, with a special focus on community-based restoration
3. Describe the role of restoration providers in the continuum of care and the criminal-legal system
4. Address stigma about common perceptions about forensic consumers
5. Review strategies to address barriers to community-based restoration

TRACK: MISCELLANEOUS, BHIDD

CLUBHOUSE: A NATURAL COMMUNITY CONNECTION FOR YOUNG ADULTS WITH EARLY PSYCHOSIS

Speaker(s): Mike Abrams, MSW

Room: Windgate 62-63 | 1 CE; A Hour

Objectives:

1. Define the Clubhouse model utilized by Clubhouse International and Independence Center
2. Summarize how Independence Center's CSC and Clubhouse programs work together to achieve shared member outcomes
3. Examine how the unique aspects of the Clubhouse model benefit young adults experiencing early psychosis
4. Connect with Clubhouses in their area to analyze if a partnership will benefit the young people they serve

1:15 PM – 2:15 PM - BREAKOUT SESSIONS (4 OF 6)

TRACK: SPECIAL POPULATIONS

REVEALING THE HIDDEN DYNAMICS OF DIFFICULT CASES

Speaker(s): John Carpenter, MSW, LCSW

Room: Nautical Wheeler | 1 CE; PC Hour

Objectives:

1. Describe new experiential techniques for assessing client situations
2. Review one's case in an experiential manner
3. Use visual props to illustrate relationships
4. Discuss how a therapist position might be blocking progress
5. Review how to use this model for supervising staff's cases

TRACK: DIRECT CARE

SILENCING THE PATHOLOGICAL CRITIC: THE MINDFUL RESPONSE TO UNHEALTHY SELF-TALK

Speaker(s): James Smith, PhD, LPC

Room: Paradise C | 1 CE; PC Hour

Objectives:

1. Describe the 3 core principles of Mindfulness
2. Review the meaning and origin of the "Pathological Critic"
3. Apply the 3 core principles of Mindfulness to creating effective responses to the Pathological Critic
4. Consider the application of creating Mindfulness-based responses to the Pathological Critic with clients in clinical setting

Thursday, April 16, 2026

1:15 PM – 2:15 PM - BREAKOUT SESSIONS (6 OF 6)

TRACK: ETHICS

TRAUMA-INFORMED CARE - LOOKING FOR THE STORY BEHIND THE BEHAVIOR/PRESENTING ISSUES

Speaker(s): Tracy Tackett, MEd, LPC

Room: Paradise B | 1 CE; PC Hour, Ethics

Objectives:

1. Define trauma and identify common signs and symptoms associated with trauma in behavioral health settings
2. Describe ethical considerations when working with individuals who have experienced trauma, including cultural responsiveness, client dignity, and avoidance of re-traumatization
3. Identify trauma-informed strategies that support client autonomy, empowerment, and safe therapeutic environments
4. Apply trauma-informed principles to ethical decision-making in behavioral health practice

TRACK: CHILDREN, YOUTH

THROUGH COMMUNITY COLLABORATION, STL CHILDREN'S HOSPITAL TAKES BEHAV HEALTH BEYOND HOSPITAL WALLS

Speaker(s): Rachel Cramsey, MSW, LCSW

Room: Paradise A | 1 CE; A Hour

Objectives:

1. Identify and secure funders as key partners for financial sustainability
2. Identify barriers to child mental health services in Missouri
3. Utilize school partnerships to eliminate barriers to child mental health

**2:15 PM - 2:45 PM - BREAK, VISIT EXHIBITS
IN WINDGATE HALL**

2:45 PM - 3:45 PM - BREAKOUT SESSIONS (2 OF 6)

TRACK: BEHAVIORAL HEALTH AND THE LEGAL SYSTEM

COMMUNITY BASED COMPETENCY RESTORATION, PART 2

Speaker(s): Dr. Angela Torres, PhD, ABPP

Room: Windgate 60-61 | 1 CE; A Hour

Objectives:

This session is Part 2 of a 3-part series and builds on the foundational content introduced in Part 1, with a focus on competency restoration models and practical applications.

1. Review the foundation competency to stand trial
2. Define the basics of competency restoration, with a special focus on community-based restoration
3. Describe the role of restoration providers in the continuum of care and the criminal-legal system
4. Address stigma about common perceptions about forensic consumers
5. Review strategies to address barriers to community-based restoration

TRACK: MISCELLANEOUS, BHIDD

FALLING THROUGH THE CRACKS: THE LIVES WE OVERLOOK

Speaker(s): Hannah Meyer, MSW, LCSW

Room: Windgate 62-63 | 1 CE; PC Hour

Objectives:

1. Discuss the prevalence and recognizing the signs of trauma in the BHIDD population
2. Describe therapeutic approaches, including biases and adaptations, to treatment (specifically DBT, EMDR and Trauma Recovery)
3. Introduce the EMPOWER model- a compassionate framework developed to guide providers in supporting individuals within the BHIDD population
4. Review the value of "outside the box" thinking, adaptability and teamwork to provide the best outcomes

2:45 PM - 3:45 PM - BREAKOUT SESSIONS (4 OF 6)

TRACK: SPECIAL POPULATIONS

FROM RESEARCH TO PRACTICE: DIVERSE APPROACHES TO UNDERSTANDING AND ADDRESSING SUBSTANCE USE

Speaker(s): Rachel Winograd, PhD and Kanila Brown, MA, MS

Room: Nautical Wheeler | 1 CE; A Hour, Addictions Counseling

Objectives:

1. Describe recent changes to Missouri's overdose death trends by region, demographic group, and substance type
2. Discuss the importance of assessing demographic and structural risk factors in individuals substance use outcomes
3. Describe how community advisory boards (CABs) of people with lived experience with drugs may help to enhance substance use research and community-informed practice
4. Recognize the importance of measuring stigma surrounding people who use drugs and associated interventions to better understand its nature, impact, and potential leverage points
5. Define implementation science and describe its primary goals in bridging the gap between substance use service research and practice

TRACK: DIRECT CARE

PREVENTING BURNOUT THROUGH THE POWER OF FUN

Speaker(s): Le'Anne Schlotzhauer, BS

Room: Paradise C | 1 CE; A Hour

Objectives:

1. Describe burnout and it's effects
2. Discuss how to prevent burnout
3. Examine fun and how it works to prevent burnout
4. Discover ways to find and prioritize fun

Thursday, April 16, 2026

2:45 PM - 3:45 PM - BREAKOUT SESSIONS (6 OF 6)

TRACK: ETHICS

ETHICAL APPROACHES TO VICARIOUS TRAUMA, SELF- CARE, AND PROFESSIONAL CONDUCT - PART 1

Speaker(s): Terri Cooley Bennett, MSW, DSW

Room: Paradise B | 1 CE; A Hour, Ethics

Objectives:

1. Examine the research and enhance understanding of the different aspects of Vicarious Trauma
2. Describe ethical approaches for managing Vicarious Trauma
3. Identify prevention techniques and evidence-based self-care practices

TRACK: CHILDREN, YOUTH

MISSOURI'S YOUTH BEHAVIORAL HEALTH LIAISONS

Speaker(s): Amber Stockreef, MEd, DHS

Room: Paradise A | 1 CE; A Hour

Objectives:

1. Define a Youth Behavioral Health Liaison
2. Identify how to locate a Youth Behavioral Health Liaison
3. Describe the multiple systems and supports a Youth Behavioral Health Liaison provides

3:45 PM - 3:50 PM - BREAK

3:50 PM - 4:50 PM - BREAKOUT SESSIONS (2 OF 6)

TRACK: BEHAVIORAL HEALTH AND THE LEGAL SYSTEM

COMMUNITY BASED COMPETENCY RESTORATION, PART 3

Speaker(s): Dr. Angela Torres, PhD, ABPP

Room: Windgate 60-61 | 1 CE; A Hour

Objectives:

This session is Part 3 of a 3-part series and focuses on addressing barriers, stigma, and implementation strategies for community-based competency restoration.

1. Review the foundation competency to stand trial
2. Define the basics of competency restoration, with a special focus on community-based restoration
3. Describe the role of restoration providers in the continuum of care and the criminal-legal system
4. Address stigma about common perceptions about forensic consumers
5. Review strategies to address barriers to community-based restoration

TRACK: MISCELLANEOUS, BHIDD

INTEGRATED SUPPORT: SERVING THE WHOLE PERSON

Speaker(s): Amber Stockreef, MEd, DHS

Room: Windgate 62-63 | 1 CE; PC Hour

Objectives:

1. Discuss MO BHIDD history
2. Describe current best practices
3. Review current and future BHIDD efforts in Missouri

3:50 PM - 4:50 PM - BREAKOUT SESSIONS (4 OF 6)

TRACK: SPECIAL POPULATIONS

IMPROVING CARE FOR PEOPLE WITH COMPLEX NEEDS: REAL SOLUTIONS THAT MAKE A DIFFERENCE

Speaker(s): Dana Silverblatt, MA and Kathleen Murray, BA, MS

Room: Nautical Wheeler | 1 CE; PC Hour

Objectives:

1. Identify best practice components of a complex care model
2. Identify at least 3 outcomes/metrics core to St. Louis area complex care programs
3. Describe challenges and opportunities for improving lives of people living with complex health and behavioral health conditions
4. Identify at least 3 funding mechanisms towards sustaining complex care work

TRACK: DIRECT CARE

TRAUMA INFORMED CARE FOR SUPERVISORS

Speaker(s): Le'Anne Schlotzhauer, BS

Room: Paradise C | 1 CE; A Hour

Objectives:

1. Describe the core principles of Trauma Informed Care
2. Define Trauma in the IDD context
3. Discuss Trauma Informed Supervision Principles

Thursday, April 16, 2026

3:50 PM - 4:50 PM - BREAKOUT SESSIONS (6 OF 6)

TRACK: ETHICS

FINDING JOY IN THE WORKPLACE: ETHICAL CONSIDERATIONS IN ADDRESSING TRAUMA-RELATED EMPLOYMENT STRESS (TRES) PART 2

Speaker(s): Terri Cooley Bennett, MSW, DSW

Room: Paradise B | 1 CE; A Hour, Ethics

Objectives:

1. Examine the research and enhance understanding of the different aspects of Vicarious Trauma
2. Describe ethical approaches for managing Vicarious Trauma
3. Identify prevention techniques and evidence-based self-care practices

TRACK: CHILDREN, YOUTH

SYSTEM OF CARE IN MISSOURI

Speaker(s): JJ Gossrau, MSW, LCSW, Cla Stearns, PhD and Annie Foncannon

Room: Paradise A | 1 CE; A Hour

Objectives:

1. Discuss rates of mental health challenges for children are increasing
2. Review SOC core values and guiding principles
3. Describe why and how to get involved in local SOC team efforts

4:50 PM - ADJOURN FOR THE DAY

Friday, April 17, 2026

**8:00 AM - 9:00 AM - BREAKFAST, VISIT EXHIBITS
IN WINDGATE HALL**

9:00 AM - 10:00 AM - KEYNOTE SESSION

TRACK: KEYNOTE

THE LANGUAGE OF CONFLICT

Speaker(s): Whitney Guison, BA, MA

Room: Paradise Ballroom | 1 CE; A Hour

Objectives:

1. Identify the common communication pitfalls we face during conflict
2. Discuss best practices to replace the pitfalls
3. Review appropriate responsibility during conflict

10:00 AM - 10:30 AM - DMH AWARDS

2026 SPRING TRAINING INSTITUTE OUTSTANDING PERFORMER AWARDS

Room: Paradise Ballroom

The Department of Mental Health, Division of Behavioral Health, is recognizing three categories of Outstanding Performers this year: Recovery Support Services, Supported Employment, and Housing. These awards go to agencies that exemplify the DMH Mission of serving, empowering and supporting Missourians to live their best lives.

**10:30 AM - 10:45 AM - BREAK,
VISIT EXHIBITS**

Friday, April 17, 2026

10:45 AM - 12:15 PM - BREAKOUT SESSIONS (2 OF 6)

TRACK: BEHAVIORAL HEALTH AND THE LEGAL SYSTEM

INTRODUCTION TO COMPETENCY TO PROCEED

Speaker(s): Tim Wilson, PsyD

Room: Windgate 60-61 | 1.5 CEs; A Hours

Objectives:

1. Define the meaning of competency to proceed
2. Review foundational and modern case law
3. Describe Missouri's competency to proceed statute and evaluation process
4. Discuss the associated outcomes of a competency to proceed evaluation

TRACK: EATING DISORDERS

INSIDE EATING DISORDERS: RISKS, REALITIES, AND SOLUTIONS FOR UNDERSERVED CLIENTS

Speaker(s): Jennifer Copeland, PsyD and Cassidy Richards, MSW

Room: Windgate 62-63 | 1.5 CEs; PC Hours

Objectives:

1. Describe at least 2 stereotypes about people with eating disorders that are relevant to Missouri communities
2. Apply at least 2 strategies to provide more effective care for under-resourced clients
3. Identify at least 2 resources to utilize in improving care for clients with eating disorders

10:45 AM - 12:15 PM - BREAKOUT SESSIONS (4 OF 6)

TRACK: SUICIDE PREVENTION

STRENGTHENING SUICIDE PREVENTION SYSTEMS: DATA, CRISIS RESPONSE, AND YOUTH-FOCUSED STRATEGIES WITHIN THE ZERO SUICIDE FRAMEWORK

Speaker(s): Nicole McWilliams, MA, PLPC; Kristin Fanning, LPC, CPHQ; Drew Moffett, BS, CCJP, SQP; Michelle Horvath, MA, LPC, NCC

Room: Paradise A | 1.5 CEs; A Hours, Suicide Prevention

Objectives:

1. Describe how Zero Suicide core elements can be applied within diverse behavioral health and crisis service settings
2. Identify key data sources and metrics that support effective suicide care pathways and quality improvement
3. Explain how 988 and ACI services integrate Zero Suicide principles during crisis response, follow-up care, and transitions
4. Apply youth-specific suicide prevention approaches that engage schools, families, and community supports

TRACK: DIRECT CARE

BREAKING FREE! BREAKING THROUGH BARRIERS TO LIVE LIFE TO THE FULLEST

Speaker(s): Tracy Tackett, MEd, LPC

Room: Nautical Wheeler | 1.5 CEs; PC Hours

Objectives:

1. Identify barriers that keep people from progressing in life
2. Discuss impact of past trauma or adverse life experiences
3. Describe about impact of mental illness
4. Discuss the impact of substance use
5. Identify strategies to break through barriers that impede personal growth

Friday, April 17, 2026

10:45 AM - 12:15 PM - BREAKOUT SESSIONS (6 OF 6)

TRACK: LEADERSHIP

PRESENCE IS POWER: THE FEARLESS LEADER'S SECRET WEAPON

Speaker(s): Stacy Spradling, PHR

Room: Paradise C | 1.5 CEs; A Hours

Objectives:

1. Describe how grounded, intentional presence can be a quiet game changer in the boardroom, during performance reviews, and in difficult conversations
2. Practice some simple grounding techniques to jump start your journey
3. Discover how presence creates space for vulnerability, gentleness, and authenticity (all qualities that transform how you lead and how your teams respond)

TRACK: GAMBLING

LEGALIZATION OF SPORTS BETTING IN MISSOURI—NOW WHAT? CLINICAL PERSPECTIVES ON GAMBLING DISORDER

Speaker(s): Jeremiah Weinstock, PhD, ABPP

Room: Paradise B | 1.5 CEs; PC Hours, Addictions Counseling

Objectives:

1. Describe the gambling disorder criteria and how they are similar and dissimilar to the criteria for substance use disorders.
2. Identify two populations that are at a higher risk of developing the disorder and identify at least two underlying factors to contribute to this increased risk
3. Discuss how research findings about motivational interviewing and cognitive behavioral therapy generalize to clinical practice

12:15 PM - CONFERENCE ADJOURNS

Thank you!



Success Health System LLC
Division of Luxury Psychiatric Services & TelePsychiatry



— Show-Me ECHO —



Exhibitors





**Join us here again
in 2027!
*May 19-21***

Margaritaville Lake Resort
Lake of the Ozarks
494 Tan Tar A Drive
Osage Beach, MO 65065