

Live Webinar
Option
Available!

ENHANCING KNOWLEDGE AND SKILLS IN ADULT MENTAL HEALTH

May 1-2, 2025

**The Education Center at Eastern AHEC
2600 W. Arlington Blvd.
Greenville, NC**

Also Presented via Live Webinar

This annual conference promises to be an engaging and impactful event, delving into a variety of crucial topics for those working with adults and families. We will open with a keynote presentation on critical incident stress and emergency responders. These individuals often experience high levels of stress and trauma in their line of work. With more and more emergency responders dealing with difficult events including behavioral health incidents, it is imperative that we understand interventions that work to help decrease the long term impact. Strategies for supporting these vital workers will be discussed. A panel of first responders will describe their experiences and the impact of traumatic events on their mental health. Participants will learn ways to collaborate with emergency responders and assist them in their recovery journey.

Concurrent sessions will feature a range of clinical interventions and evidence-based practices such as psychiatric advanced directives, behavioral activation, group counseling, trauma care, animal-assisted therapy, artificial intelligence and mental health counseling, perinatal mental health and trauma, ethics, working with older adults, behavioral medicine interventions, working with peer support specialists on the behavioral health team, and an update on the newest medications to treat mental health disorders and weight loss will also be featured. A session on self-care for providers is also available.

This conference is a must-attend for anyone involved in mental health care, offering valuable insights and practical strategies to enhance the well-being of adults in various settings. Don't miss this opportunity to learn cutting-edge information that you can apply to your daily work. Take advantage of attending two full days to earn up to 12 hours of credit or opt for a one-day rate. We also have a virtual option available for your convenience. Sessions specifically designed for psychiatric and advance practice nurses and nurse practitioners will be offered. Psychologists can get half of their yearly hours just by attending this conference.

Target Audience

- Licensed Clinical Mental Health Counselors
- Psychologists
- Marriage and Family Therapists
- Care Coordinators
- Substance Use Professionals
- Therapists and Clinicians working with adults, couples, and families
- Psychotherapists
- Case Managers
- Behavioral Health Practitioners
- Registered Nurses
- Counselors
- Social Workers
- All interested mental health professionals

EASTERN AHEC

PART OF NC AHEC

Conference Agenda

May 1, 2025

8:30 a.m.

9:15 a.m.

9:30 a.m.

11:30 a.m.

12:30 p.m.

2:30 p.m.

2:45 p.m.

4:45 p.m.

CHECK-IN/LOG-IN (refreshments for those onsite)

Welcome and Opening Remarks

Karen Koch, MSW, LCSW

Director, Mental Health Education, Eastern AHEC

Keynote Presentation: Critical Incident Stress and Emergency Responders: What Behavioral Health Providers Need to Know

Matt Sullivan, MSW, JD

Nicole Lewis, MSW, LCSW, LCAS, CCS

Panel of Emergency Responders

LUNCH (provided for those onsite)

Early Afternoon Concurrent Sessions

BREAK

Late Afternoon Concurrent Sessions

ADJOURNMENT

May 2, 2025

8:30 a.m.

9:00 a.m.

11:00 a.m.

12:00 p.m.

2:00 p.m.

2:15 p.m.

4:15 p.m.

CHECK-IN/LOG-IN (refreshments for those onsite)

Morning Concurrent Sessions

LUNCH (provided for those onsite)

Early Afternoon Concurrent Sessions

BREAK

Late Afternoon Concurrent Sessions

ADJOURNMENT

Planning Committee

Karen J. Koch, MSW, LCSW

Director, Mental Health Education
Eastern AHEC

Claire Mills, MPH, RN, FACHE

Director, Elizabeth City Office
Eastern AHEC

Elizabeth Adams, MSN, RN

ECT Coordinator
ECU Health Medical Center

Jackie Beck, MS, LCMHCS, LCAS, NCC

Associate Vice President TCL/Transitions
Management
Trillium Health Resources

Pam Esposito, MSW, LCSW

Retired

Nicole Lewis, MSW, LCSW, LCAS, CCS

Owner/Therapist
Redefined Counseling Center, PLLC

Melissa Reese, BS

Community Liaison Coordinator
Trillium Health Resources

Mae Sutton, BSN, RN, PMH-BC

Cherry Hospital

Matthew Whited, PhD

Associate Professor
Department of Psychology
East Carolina University



This project is supported by funds from the Bureau of Health Professions (BHPr), Health Resources and Services Administration (HRSA), Department of Health and Human Services (DHHS) under grant number # U1QHP5306-01-00 Carolina Geriatric Workforce Enhancement Program. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by the BHPr, HRSA, DHHS or the U.S. Government. The UNC Center for Aging and Health also provided support for this activity.

9:15 a.m. - **Welcome and Opening Remarks**

KAREN KOCH, MSW, LCSW

Director of Mental Health Education, Eastern AHEC

9:30 a.m. - 11:30 a.m. - **KEYNOTE PRESENTATION**

Hybrid

CRITICAL INCIDENT STRESS AND EMERGENCY RESPONDERS: WHAT BEHAVIORAL HEALTH PROVIDERS NEED TO KNOW

MATTHEW SULLIVAN, MSW, JD

Retired Fire Chief, Town of Chapel Hill and Adjunct Faculty, University of North Carolina at Chapel Hill, School of Social Work

NICOLE LEWIS, MSW, LCSW, LCAS, CCS

Redefined Counseling Center, PLLC

Panel of Emergency Responders

This keynote presentation will give an overview of critical incident stress and the impact on emergency responders. The presenters will review general stress, occupational stress, cumulative stress, critical incident stress and Post Traumatic Stress Disorder as it relates to emergency responders. Intervention strategies that can be used to mitigate stress and strategies for well-being will be discussed. Models that can be used by behavioral health providers and emergency responders to enhance collaborative efforts will be identified. Lastly, a panel of local emergency responders will share their personal experiences and the impact of critical incident stress on their mental health.

Objectives:

- Explain the concept of occupational stress as it relates to the police, fire, and emergency medical services
- List physical and psychological impacts that stress may have upon the individual
- Identify negative outcomes that stress might have upon the emergency responder
- Identify stress management techniques/interventions that can be used to mitigate stress upon the emergency responder
- Identify collaborative models that can be used by behavioral health providers and emergency responders to effectively work together during or after a crisis
- Illustrate the impact of critical incident stress upon an emergency responder

11:30 a.m. - **LUNCH (provided for those onsite)**

May 1, 2025

Early Afternoon Concurrent Sessions

12:30 p.m. - 2:30 p.m.

(Choose one session to attend)

SESSION A - Perinatal Mental Health and Trauma

ERIKA TAYLOR, MS, LMFT, LMFT-S, BC-TMH, PMH-C

Hybrid

Behavioral Health Clinical Faculty/Clinical Instructor, Department of Family Medicine, Brody School of Medicine, East Carolina University

JESSICA NOWADLY, MSW, LCSW

Clinical Team Leader, Flourish Counseling and Consulting, PLLC

This session will provide an introductory overview of common perinatal mental health conditions and associated risk factors impacting perinatal care outcomes. Emphasis will be placed on exploring the specific impact of trauma and ways healthcare and other mental health providers can apply trauma-informed care approaches in clinical practice.

Objectives:

- Identify trauma and other risk factors that can emerge during the perinatal period
- Discuss how to approach these conditions with a trauma-informed lens

SESSION B - Artificial Intelligence and its Role in Mental Health Counseling

RICHARD LAMB, PHD, MS

Hybrid

Associate Professor, Director of Neurocognitive Science Laboratory, Department of Clinical and Administrative Pharmacy, Department of Physiology and Pharmacology, University of Georgia

In this session, we will explore the current state of wearable sensors, artificial intelligence, and machine learning within the clinical mental health field. This will include a review of current conceptualization of wearable sensors, artificial intelligence, and machine learning as understood by practitioners in the field. We will discuss the nature of these powerful tools identifying potential pitfalls, ethical concerns, and practical concerns of implementing these tools in the clinical setting. Finally, the session will end with a brief examination of a case study which illustrates the implementation of these tools

Objectives:

- Describe the current state of artificial intelligence and machine learning related to mental health counseling
- Describe various uses of artificial intelligence and machine learning within the mental health counseling field
- Identify the potential uses of sensors, artificial intelligence, and machine learning within the field of mental health counseling

SESSION C - Peer Support in the Behavioral Health System

ANN MARIE WEBB

Onsite Only

Peer Support Program Manager, Community Engagement Specialist
North Carolina Division of Mental Health, Developmental Disabilities, and Substance Use Service

Panel of Peer Support Specialists: **Donna Salgado, April Koch, and Richard Patterson**

This session will provide an overview of the North Carolina Certified Peer Support Specialist (NCCPSS) Program. It will highlight peer support as an evidence-based approach to assisting persons with mental health and substance use challenges. The speaker will share items learned about the effectiveness of peer support services and the challenges of integrating peers into the behavioral health system. The speaker will provide a summary of past and current efforts by the NCCPSS program to strengthen the peer workforce and certification process. The second half of the session will be a panel of local Certified Peer Support Specialists who will share their experiences and lessons learned as they navigate their role on the clinical team, with their individual clients, and as a supervisor.

Objectives:

- Describe the role and scope of peer support
- Review the certification process in NC and other efforts to build/strengthen workforce
- Examine the benefits and challenges of integrating peers into clinical settings

2:30 p.m. - **BREAK**

May 1, 2025

Late Afternoon Concurrent Sessions

2:45 p.m. - 4:45 p.m.

(Choose one session to attend)

SESSION A - Looking Through the Lens of Trauma: Emotional and Nervous System Regulation

JAMES LALLY, BSN, HNB-BC

Hybrid

Behavioral Health Nurse, ECU Health Medical Center

This session will give an overview of trauma and the role it plays in the human condition, specifically how it applies to mental health treatment. The presenter will discuss the neurobiology of the nervous system and how it is impacted by trauma and stress. He will also provide an overview of various techniques, methods and therapies that can help enhance a trauma-informed practice. Self-care and the importance of personal regulation of emotions and the nervous system of the care giver will also be discussed.

Objectives:

- Analyze the relationship between trauma and nervous system regulation
- Identify key physiological responses and evidence-based strategies for supporting clients in managing trauma-related dysregulation
- Develop practical strategies to improve trauma-informed care by integrating trauma-sensitive approaches and nervous system regulation techniques into their clinical practice

SESSION B - Healing through Connection: The Transformative Power of Animal-Assisted Interventions in Mental Health

SUSAN LALLY, MSN, APRN, PMHNP-BC, APHN-BC

Onsite Only

Clinical Assistant Professor, College of Nursing, East Carolina University

The content covered in this session will include the therapeutic benefits of animal-assisted interventions (AAIs) in mental health, focusing on the use of dogs and horses. The presenter will cover the science behind how interactions with animals support emotional regulation, reduce stress, and foster healing. Specific topics will include the role of therapy dogs in anxiety and depression management, and how equine-assisted therapy promotes self-awareness, emotional growth, relationship building, and assists in anxiety, depression, and PTSD management. Attendees will learn about the unique qualities of these animals that make them effective therapeutic partners, as well as practical applications, and considerations for incorporating AAIs into mental health practices. The session will also highlight case examples, ethical considerations, and strategies for integrating these interventions into clinical practice.

Objectives:

- Define terminology used in animal-assisted interventions
- Identify the unique therapeutic benefits of dogs and horses in animal-assisted interventions for mental health
- Describe evidence-based outcomes associated with the use of animal-assisted interventions in managing mental health conditions such as anxiety, depression, and PTSD
- Explain the mechanisms by which interactions with dogs and horses promote emotional regulation and psychological well-being
- Discuss ethical considerations and best practices for implementing animal-assisted interventions in mental health care settings
- Evaluate case studies to determine the effectiveness and appropriateness of animal-assisted interventions for diverse client populations

SESSION C - Basic Behavioral Medicine Interventions for Use with General Mental Health Clients

MATTHEW WHITED, PHD

Hybrid

Associate Professor, Department of Psychology, East Carolina University

ECU Department of Psychology Graduate Students: **Kallie Maloney, Taylor Stallings, Rose Skelly, and Riley Craig**

Even when mental health concerns are the main focus of treatment, clients can often benefit from some basic behavioral medicine intervention. This session will focus on four behavioral health issues and instruct attendees on how to assess and treat these issues. The interventions will be brief and targeted, so as not to interfere with the main focus of treatment. The four intervention areas are exercise, diet, medication adherence, and sleep hygiene. Appropriate referral sources for clients who require more comprehensive and focused behavioral medicine intervention will also be discussed.

Objectives:

- Identify relevant behaviors to assess in order to determine if a behavioral medicine intervention is feasible in the context of mental health treatment
- Describe basic behavioral medicine interventions to treat problems with exercise, diet, medication adherence, and sleep hygiene
- Identify tools to facilitate the administration of basic behavioral medicine interventions

4:45 P.M. - **ADJOURN**

May 2, 2025 Morning Concurrent Sessions

9:00 a.m. - 11:00 a.m.

(Choose one session to attend)

SESSION A - **Group Therapy for Treating Substance Use and Co-occurring Mental Health Disorders**

MICHAEL DANIELS, MSW, LCSW, LCAS, CCS

Hybrid

Coordinator, Addictions Certificate Program, School of Social Work, East Carolina University

This session is designed to meet the needs of intermediate to advanced level practitioners enhancing the essential skills needed in facilitating group therapy sessions effectively. Participants will explore theoretical models, discuss stages of group development, and develop facilitation techniques for managing group dynamics addressing substance use and mental health conditions. The training will emphasize ethical considerations and cultural competence when facilitating group therapy sessions.

Objectives:

- Differentiate group therapy dynamics from individual therapy and apply major theoretical frameworks to effectively structure group sessions for both in-person and online group sessions
- Develop strategies for facilitating therapy groups specifically for individuals with substance use disorders and co-occurring mental health conditions
- Demonstrate essential group facilitation skills including active listening, empathy, reflection, and summarization while encouraging member participation
- Apply techniques for managing group conflict and challenging behaviors, viewing these as opportunities for therapeutic growth and enhanced group cohesion
- Integrate ethical principles and cultural competence in facilitating therapy groups, ensuring responsive treatment for diverse group members

SESSION B - **Psychiatric Advance Directives- Promoting Patient Agency**

ELLIE WARD, BSN, RN

Onsite Only

Advance Care Planning Coordinator, ECU Health

LAURIE SIMMONS, MSW, LCSW

Manger, Behavioral Health Services, ECU Health Bertie Hospital, ECU Health Chowan Hospital, ECU Health Behavioral Health-Tarboro MSC

This interactive session will give an overview of Psychiatric Advance Directives (PAD) and Health Care Power of Attorney for those with a mental health diagnosis. Strategies for facilitating a PAD will be discussed.

Objectives:

- Identify how advance care planning can benefit a person who lives with mental illness, and their family members and friends
- Describe what a PAD is, and what a person needs to know in order to create one
- Locate information on NC laws that support the use of PADs
- Demonstrate beginning competency in PAD facilitation skills
- Identify where to go for further information

SESSION C - **Behavioral Activation: An Easy to Learn, Highly Effective, Treatment for Depression**

MATTHEW WHITED, PHD

Hybrid

Associate Professor, Department of Psychology, East Carolina University

Major depressive disorder can be challenging to treat effectively, especially in situations where brief treatments are required, or depression is co-morbid with some behavioral or medical issue. Behavioral Activation is an evidence-based treatment for depression that approaches depression treatment from a values-focused behavioral standpoint to address the spectrum of depressive symptoms: emotional, cognitive, interpersonal, and behavioral. This session will review the strategies delineated in the Behavioral Activation Treatment for Depression Manual. Links to the no-cost manual and helpful handouts will be provided. Experienced therapists will feel comfortable implementing this treatment after this session and a small degree of self-study.

Objectives:

- Briefly review the evidence base for Behavioral Activation (BA)
- Define depression and identify patients for whom Behavioral Activation is appropriate
- Review the key strategies of the Behavioral Activation Treatment for Depression Manual
- Explore your own personal values in preparation for conducting a values exploration with patients
- Discuss potential challenges in using BA with participants' patients

11:00 a.m. - 12:00 p.m. - **LUNCH (provided for those onsite)**

May 2, 2025

Early Afternoon Concurrent Sessions

12:00 p.m. - 2:00 p.m.

(Choose one session to attend)

SESSION A - Navigating Perinatal Mental Health: Addressing Depression, Anxiety, and Substance Use

KAREN BURNS, MSW, LCSW

Onsite Only

Program Director for the North Carolina Psychiatry Access Line (NC-PAL) and Maternal Mental Health MATTERS (NC MATTERS), UNC Chapel Hill

KAREN SAXER, CNM, DNP

Perinatal Health Champion, Maternal Mental Health MATTERS (NC MATTERS), UNC Chapel Hill

This session will provide a comprehensive overview of perinatal behavioral health, focusing on specific challenges related to depression, anxiety, and substance use. Participants will explore evidence-based practices for screening, assessment, and treatment, as well as recovery support strategies tailored to perinatal patients. The session will also address the broader impacts of untreated conditions on maternal and infant health and offer guidance on leveraging local resources and consultation networks to enhance patient care.

Objectives:

- Identify the unique challenges of addressing substance use and perinatal mental health conditions during the perinatal period
- Discuss best practices for screening and assessing perinatal patients for both substance use and mental health conditions
- Explore effective strategies to initiate and support treatment and recovery for substance use and mental health conditions in perinatal patients
- Learn how to leverage local resources to support ongoing clinical consultation and ensure comprehensive resource access for perinatal patients

SESSION B - Ethical Approaches to Sexuality in Clinical Practice

TAB BALLIS, LCSW, LCAS, CCS

Hybrid

Insight Wellness Services, PLLC

Clinicians routinely encounter clients' sexual needs in a variety of practice settings, though it is usually not the presenting issue and may not be disclosed at all without respectful inquiry by the clinician. The combination of greater technological resources and COVID isolation has led to an escalation of online sexual behavior that impacts individual well-being and the security of relationships. In this session, we will explore foundational skills for understanding and addressing sexual behavior, in a client-centered manner that reduces shame and increases engagement, for professionals at any level of experience. Concepts of sex positivity and LGBTQ cultural competence will also be discussed, in the context of supporting healthy sexuality in human service interventions.

Objectives:

- Identify obstacles to addressing human sexuality in clinical work
- Describe the PLISSIT Model of working with sexuality
- Establish your own comfort level with processing sexual issues
- Develop a working knowledge of sex positivity, and its significance in practice
- Practice ethical boundaries in approaching sexuality with clients

This presenter is being supported through a partnership between the UNC-CH School of Social Work and the NC AHEC Program.

SESSION C - Psychiatric Advance Directives- Promoting Patient Agency (repeated session)

ELLIE WARD, BSN, RN

Hybrid

Advance Care Planning Coordinator, ECU Health

LAURIE SIMMONS, MSW, LCSW

Manger, Behavioral Health Services, ECU Health Bertie Hospital, ECU Health Chowan Hospital, ECU Health Behavioral Health-Tarboro MSC

This interactive session will give an overview of Psychiatric Advance Directives (PAD) and Health Care Power of Attorney for those with a mental health diagnosis. Strategies for facilitating a PAD will be discussed. This session is a repeat of the morning session. You only need to attend one of the two sessions.

Objectives:

- Identify how advance care planning can benefit a person who lives with mental illness, and their family members and friends
- Describe what a PAD is, and what a person needs to know in order to create one
- Locate information on NC laws that support the use of PAD
- Demonstrate beginning competency in PAD facilitation skills
- Identify where to go for further information

2:00 p.m. - **BREAK**

May 2, 2025

Late Afternoon Concurrent Sessions

2:15 p.m. - 4:15 p.m.

(Choose one session to attend)

SESSION A - Addressing the Psychological Needs of Older Adults: The Fastest-Growing Age Group in the US

MEG SANDERS, PHD, LCASA, NADD-DDS

Hybrid

Provider Data Management, Trillium Health Resources

One of the fastest-growing age groups in the United States is Older Adults, 65 years of age and older (NCOA, 2024; Sanders, 2022). By 2030, this age group will account for more than 20% of the US population, outnumbering children born in the US for the first time in American history (US Census Bureau, 2019). Compared to younger age groups, research shows older adults develop psychological concerns such as depression, anxiety, fear, and specific phobias at a higher rate (WHO, 2023). Older adults are also at greater risk of experiencing social isolation and loneliness, which increases the risk of psychological problems and has serious health consequences (NIH: NIOA, 2024). This session aims to highlight the psychological concerns faced by this age group and provide evidence-based strategies to address the needs of this growing population.

Objectives:

- Define the Older Adult Population including statistics related to this population
- Discuss the primary mental health and psychological concerns encountered by older adults
- Recognize the signs and symptoms of common mental health issues encountered by this age group, such as depression, anxiety, and fear
- Describe the impact of social isolation and loneliness on older adults
- Identify the signs of cognitive decline in older adults and the impact they have on this age group, their families, caregivers, and professionals caring for them
- Examine evidence-based strategies to help address the identified concerns and issues faced by the older adult population

SESSION B - Beyond Self-care: A Framework for Professional Sustainability

PRISCILA NORRIS, MSW, DSW, LCSW, CCS

Onsite Only

Clinical Assistant Professor, University of Kentucky College of Social Work, Founder and Clinical Director of Thrivemind Counseling and Wellness

Therapists and other clinicians are in the unique position to mind or care for the other while often practicing self-neglect as they attempt to meet high standards of practice. While many engage in traditional self-care practices, these activities may not effectively address their own psychological or spiritual needs. As a result, there is a high rate of burn out and compassion fatigue within the profession. This session will focus on introducing a framework for professional sustainability that moves beyond commonplace self-care. Additionally, this session will assist participants in conducting an honest and informative evaluation of their current self-care practices as well as their current level of burn out or compassion fatigue in order to create deeper awareness of their needs. Participants will have an opportunity to learn and practice mindfulness-based and yoga-inspired practices that can be incorporated into their daily routine to increase emotional resilience, provide a healthy outlet for coping with client material, and prevent issues that may compromise their psychological and spiritual health as well as ethical standards of practice. Research on the efficacy of these practices will be shared and discussed.

Objectives:

- Discuss current trends in self-care related research and practice
- Assess your personal level of burn out and compassion fatigue
- Evaluate current self-care practices for efficacy and professional practice sustainability
- Learn to utilize practical mindfulness and yoga-inspired practices to enhance self-care, build resilience, and prevent or reduce compassion fatigue and burn out

SESSION C - Updates in Medications for Mental Health and New and Novel Weight Loss Medication with Psychiatry Overlap (*2.0 hours nursing pharmacotherapeutic content)

RACHEL GOODING, MD

Hybrid

Clinical Assistant Professor, Psychiatry and Internal Medicine, Brody School of Medicine, Department of Psychiatry and Behavioral Medicine, East Carolina University

NATHAN HARPER, MD

Clinical Assistant Professor, Medical Director, Inpatient Behavioral Health Unit, Department of Psychiatry and Behavioral Medicine, East Carolina University

The first half of this session will focus on the newly FDA-approved medications for psychiatric disorders in adults, their indications, dosing and administration guidelines, and potential side effects. The second half of the session will cover newer and novel weight loss drugs that are being prescribed by primary care and other specialties. Some of these medications are combinations of old psychiatric medications with different medications and others have psychiatric side effects that are important to recognize before prescribing.

Objectives:

- Identify new and upcoming medications for psychiatric disorders
- Understand indications for and general administration guidelines for new psychiatric medications
- Recognize potential side effects and limitations for new psychiatric medications
- Review the newest medications for weight loss
- Recognize that some but not all of these medications are used primarily in psychiatric treatment and their indications and history for behavioral health treatment and others may have psychiatric side effects
- Discuss side effects and in what populations these medications may be best indicated or avoided

4:15 p.m. - **ADJOURN**

Credit

Category A-NC Psychology Credit

This program will provide 12 contact hours of (Category A) continuing education for North Carolina Psychologists
No partial session credit will be given.

Contact Hours

Certificates reflecting 12 contact hours of education will be awarded at the completion of the program.

National Board for Certified Counselors Credit (NBCC)



Eastern AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5645. Programs that do not qualify for NBCC credit are clearly identified. Eastern AHEC is solely responsible for all aspects of the programs.

Substance Abuse Counselor Credit (SAC)

Application has been made to The North Carolina Substance Addictions Specialist Professional Practice Board for 12 hours of Substance Abuse General Skill Building.

Nurses

12.0 Nursing Contact Hours (of which up to 2.0 hours are pharmacotherapeutic contact hours)

Eastern AHEC Department of Nursing and Allied Health Education is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Participants must attend 90% of each day of the program in order to earn contact hour credit. Verification of participation will be noted by check-in at the start of each day and initial-out at the end of each day.

Registration Information

Seating is limited. Please register early to ensure a space! Registration is available online only at www.easternahec.net and requires a current MyAHEC account.

Registration Fee

Both Days: \$190

One Day: \$100

Group rates are available for those working in the same agency and who send five or more employees. Contact Kim Truesdell at truesdellk22@ecu.edu prior to registering.

The registration fee includes program materials, lunch both days (onsite participants only), refreshments (onsite participants only), and credit.

Webinar Participants:

A link and information regarding joining via webinar will be included in your event reminder email.

[Click here](#) for technical requirements and privacy information.

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Eastern AHEC Cancellation Policy

- Cancellations must be in writing (easternahec@ecu.edu).
- Registrants canceling between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee.
- No refunds or credits will be given for cancellations received less than two full business days prior to the event.
- Cancellations greater than two weeks prior to the event will receive 100% refund.
- No vouchers will be issued in lieu of a refund.
- Transfers/substitute(s) welcome (notify in advance of the program).

Handouts & Evaluations

Handouts will be available online only. One week prior to the program, registrants will receive a confirmation email with instructions to access handouts along with other program information. Evaluations will be emailed after the program. Once the evaluation has been completed, your certificate will be available.

Americans with Disabilities Act



Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the ADA coordinator at least five days prior to the event at 252-737-1018 / ada-coordinator@ecu.edu.

If you would like more information on the program, please contact Mental Health Education at **(252) 744-5215** or truesdellk22@ecu.edu.