

Welcome to The Gathering on Mental Health and The Church

May the God of hope fill you with all joy and peace as you trust in him so that you may overflow with hope by the power of the Holy Spirit. **ROMANS 15:13 (NIV)**

We are so pleased you have joined us for The 2015 Gathering on Mental Health and The Church!

According to the Centers for Disease Control (CDC), almost half of American adults will develop a mental illness in their lifetime. That means whether we are aware of it or not, we all know someone who is living with some form of mental illness. People of every race, age, religion, or economic status are affected. That can be a daunting statistic, but there is hope!

There are hundreds of conferences around the world every year which address mental illness from medical, social, and public policy perspectives by health professionals, government officials, and nongovernmental organizations (NGOs). The church is not usually included in those conferences. This event is different in that it includes every segment of society, and highlights the unique contribution of the faith community to hope for mental health.

Studies have shown that the first place many go for help in a mental health crisis is not to a loved one, nor a friend, or a co-worker, and not even to a healthcare professional, but rather to their priest or pastor. Why is that? The heart of God and His church has always been with those who suffer, making the church a natural place to seek comfort, guidance and practical help in time of need. For centuries the church has been a refuge for the outcast, those on the margins, and anyone enduring societal stigma and shame.

From the Gospels, we know that Jesus cared for and ministered to mentally ill people during His ministry on earth. As Christ followers, we are compelled to continue His work today. In Christ's name, the church extends compassion, acceptance, and unconditional love to all who suffer from the pain of mental illness, and as His Body, we offer hope and the healing power of God's grace.

Thank you for joining Saddleback Church and all our distinguished speakers as we explore the church's role in this important issue. If you are living with a mental illness, we pray that you will experience the love of God today through the warm smiles and friendly hugs of your brothers and sisters. If you are a family member or friend of someone living with a mental illness, we pray that you will draw strength from the stories of others. If you are a part of a church or parish staff, or a volunteer in your church, we pray that you will receive practical tools that will equip you to compassionately and effectively assist the hurting individuals and families you serve.

Sincerely,

Rich & Kay

Pastor Rick and Kay Warren Saddleback Church, Lake Forest



Thanks For Understanding

We do not endorse everything every speaker might say. With over 40 speakers representing different backgrounds and expertise, you'll undoubtedly hear statements with which you disagree. Each speaker represents himself or herself, not Saddleback Church.

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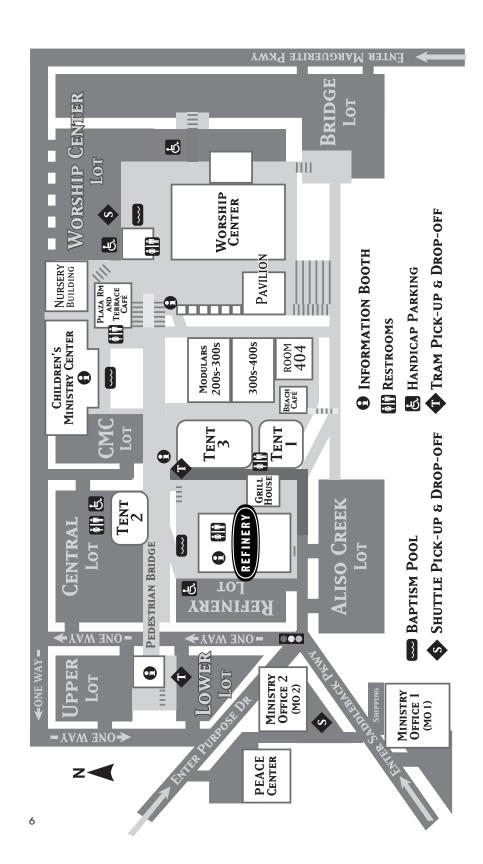
Map Workshops

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Schedule Speaker of Events **Quotes** & Bios

Pre-Conference Resources Sessions

Plenary Sessions



Schedule of Events

Wednesday, October 7, 2015

9:00 AM-12:00 PM Morning Sessions

12:00-1:30 PM Lunch (available for purchase)

1:30-5:00 PM Afternoon Sessions

Thursday, October 8, 2015

8:30-10:30 AM **Plenary 1** — Time to Focus

10:30-11:00 AM Break

11:00 AM-12:30 PM **Plenary 2** — Time to Join Together

Lunch (provided) 12:30-1:30 PM

Workshops 1:30-3:00 PM

3:00-3:30 PM Break

3:30-5:00 PM **Plenary 3** — Time for Family

5:00-6:45 PM Networking and Dinner (available for purchase)

6:45-8:30 PM Worship Service — Time to Hope

Friday, October 9, 2015

8:30-10:30 AM **Plenary 4** — Time to Speak Up

10:30-11:00 AM Break

11:00 AM-12:30 PM Workshops 12:30-1:30 PM Lunch (provided)

Plenary 5 — Time to Lead 1:30-3:00 PM

CONFERENCE SESSIONS

PRE-CONFERENCE: MORNING

Wednesday, October 7, 2015 9:00 AM-12:00 PM

How to Start a Celebrate Recovery® Ministry in Your Church, Including The Landing™ for Students Full-Day Training (Full-day attendance required)

Presented by:

Pastor John Baker — Founder and Pastor, Celebrate Recovery®, Saddleback Church Pastor Johnny Baker — Pastor, Celebrate Recovery®

Celebrate Recovery® is currently in its 24th year and is being used in over 27,000 churches. Over 2.5 million courageous individuals have completed a one-year Step Study program. Learn more about starting a Celebrate Recovery® ministry during this One-Day Seminar for pastors and church leaders interested in reaching out to their congregations and communities. In this seminar you will hear from founders John and Cheryl Baker about how to start a Celebrate Recovery® ministry in your church. You will learn how Celebrate Recovery® can help people with any kind of hurt, hang-up, or habit including those struggling with co-occurring mental health conditions and addictions.

Assessing and Managing Suicide Risk: Core Competencies for Mental Health Professionals Full-Day Training (Full-day attendance required)

Presented by:

Derek K. Hsieh, LCSW, PhD — Mental Health Clinical Program Head, Los Angeles County Department of Mental Health's Psychiatric Mobile Response Teams (PMRT)

Outpatient behavioral health providers play a crucial role in preventing suicides. Studies have shown that a substantial proportion of people who died by suicide had either been in treatment or had some recent contact with a mental health professional. Yet many providers report that they feel inadequately trained to assess, treat, and manage suicidal patients or clients. This training will meet providers' needs for research-informed, skill-based training. AMSR is a one-day training seminar for mental health professionals.

Integrating Faith and Mental Health Practice

Full-Day Training (Full-day attendance suggested)

Presented by:

Chuck Hannaford, PhD — Clinical Psychologist, President, HeartLife
Professional Soul Care

Tom Okamoto, MD — Psychiatrist

In the current mental health care system, it is essential that faith-based providers advance their unique narrative. A whole-person perspective that incorporates faith and spirituality into care and treatment offers a more comprehensive and effective model of care for those living with mental illness. This workshop equips clinicians and church caregivers to better integrate faith and spirituality into practice. The morning session will present integration theories including perspectives ranging from the intrapsychic to the community/church. The afternoon session will provide practical application. The intent of the workshop is to promote true integration and a holistic conceptualization in mental healthcare.

Children's Mental Health

Full-Day Training (Full-day attendance suggested)

Presented by:

Children's Hospital of Orange County, CA

Renae M. DuPuis, MDiv - Chaplain

Sharonne Herbert, PhD - Psychologist

Heather Huszti, PhD - Chief Psychologist

Hoang (Wayne) Nguyen, MD - Medical Director, Pediatric Psychiatry

WELLNESS FOR PARENTS: This session focuses on ways parents can incorporate wellness into their lives, especially if they are managing the mental health challenges of a child or teen. Co-presented by a psychologist and a parent/hospital chaplain, topics will include coping with the myriad of stressors, meeting the needs of other children in the family, finding or building a network of support, and rejuvenating oneself physically, mentally, and spiritually. The session will also include guided practice.

RAISING A RESILIENT CHILD: Childhood and parenthood are never stress-free. This session focuses on identifying key strategies parents can use to help their children and teens deal more effectively with the inevitable stresses that are part of growing up. Doctors Huszti and Nguyen will review risk-and-protective factors to foster mental health and development. They will also cover stress management techniques that are appropriate for children, such as mindfulness and relaxation. The session will include guided practice.

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Helping Families Cope and Support Their Loved One Living With Mental Illness

Half-Day Training

Presented by:

National Alliance on Mental Illness, Orange County (NAMI-OC)

Come learn why self-care for family members is so important, and how to support and advocate for your loved one living with mental illness. In this presentation, NAMI will model a support group and give attendees an opportunity to participate in the simulated group. There will be time for questions and answers.

How to Start a Mental Health Ministry in Your Church Half-Day Training

Presented by:

Pastor Tommy Hilliker, MDiv — Pastor of Ministry, Saddleback Church Saddleback Ministry Team

This pre-conference session will provide the tools you need to begin a mental health ministry in your church. Presenters will explain the Biblical foundation and guiding values behind the Mental Health Ministry model at Saddleback Church. They will answer commonly asked questions and describe the step-by-step pathway to an effective and comprehensive mental health ministry that can be implemented by every church regardless of its size.

Mental Health Response by Faith-Based Communities through Creating Peer Support Programs

Half-Day Training

Presented by:

Louise S. Dunn, DMin — Director, New Hope Crisis Counseling Hotline
Michael Donaldson, ThM — Director, Pastoral Care, Families in All Stages,
Diocese of Orange

The New Hope Crisis Hotline Center is a part of Catholic Charities of Orange County. In this training session, participants will learn information on how churches and parishes can develop peer programs to support people with mental illness as well as their family members and friends. Come hear how churches can play a vital role in mental wellness and learn how to recruit, screen, and train volunteers and supervise staff.

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PRE-CONFERENCE: AFTERNOON

Wednesday, October 7, 2015 1:30-5:00 PM

How to Start a Celebrate Recovery® Ministry in Your Church, Including The Landing™ for Students

Continued Full-Day Training

Presented by:

Pastor John Baker — Founder and Pastor, Celebrate Recovery®, Saddleback Church Pastor Johnny Baker — Pastor, Celebrate Recovery®

Seminar description on page 10

Assessing and Managing Suicide Risk: Core Competencies for Mental Health Professionals

Continued Full-Day Training

Presented by:

Derek K. Hsieh, LCSW, PhD — Mental Health Clinical Program Head

Los Angeles County Department of Mental

Health's Psychiatric Mobile Response Teams (PMRT)

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Integrating Faith and Mental Health Practice

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Presented by:

Chuck Hannaford, PhD — Clinical Psychologist, President, HeartLife
Professional Soul Care

Tom Okamoto, MD - Psychiatrist

Seminar description on page 11

Children's Mental Health

Continued Full-Day Training

Presented by:

Elizabeth Styffe, RN, PHN, MN — Director, HIV&AIDS Initiative and
Orphan Care Initiative, Saddleback Church
Nelba Marquez-Greene, LMFT — Executive Director, The Ana Grace Project

CHILDREN FROM HARD PLACES — PRACTICAL TOOLS OF HOPE TO HELP CHILDREN

WHO STRUGGLE: Children from hard places often have vastly different experiences than their peers. What they have witnessed or been exposed to can lead to responses that are confusing to those who care for them. Their fear-driven behaviors can be baffling. The good news is that there is hope! Designed for parents and those who are in relationships with children—including leaders of church programs—this session will explore how relationships can change the structure of the brain. While trauma harms, the right kind of nurturing can heal. Learn how trauma-informed care can empower and enlighten. Gain an understanding of children's developmental mental health needs, their responses to pain, and how you can acquire practical tools for connection through Trust-Based Relational Interventions®.

HOW THE COMMUNITY CAN SERVE AS PROTECTION: Mass shootings, street crime, loss, neglect, poverty, substance abuse, fractured families, and failing schools are all part of the fabric woven into our children's reality. And this reality often leads to generations of hopelessness and despair. When paired with proper supports, this reality can be altered. We do not have to be a hopeless generation!

This presentation will focus on how communities can respond after tragedy—whether they be public tragedies like Sandy Hook or more private tragedies that happen every day. Learn how there is hope for every child and family by promoting love, community, and connection among us. Come hear about the mission of the Ana Grace Project. We believe we can all be a part of the solution.

Helping Individuals Living With Mental Illness Access Their Strengths

Half-Day Training

Presented by:

National Alliance on Mental Illness, Orange County (NAMI-OC)

Hear from people living with mental illness as they share their experiences and how NAMI Peer-to-Peer has helped improve their lives. Learn how this model helped them to accept their illness, recognize personal strengths, and establish healthy relationships with loved ones. This workshop will also include a support group session where participants can observe and learn from other's experiences.

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Leading and Launching Life-Changing Support Groups Half-Day Training

Presented by:

Pastor Tommy Hilliker, MDiv — Pastor of Ministry, Saddleback Church

Every month over 2,000 people come together to find hope, strength, love, acceptance, and support for life's trials, traumas, and tragedies. Saddleback Church offers over 120 supports groups in 32 categories dealing with various life issues from cancer and grief to mental illness and eating disorders. In this half-day workshop you will learn:

- Why someone comes to a support group
- What a support group is and what it is not
- How to create a unique pathway to develop and train leaders
- How to develop a ministry and not just a group
- How to develop support groups for teenagers
- How to develop a launch plan to start a successful support group
- How to gain insight from life-changing testimonies

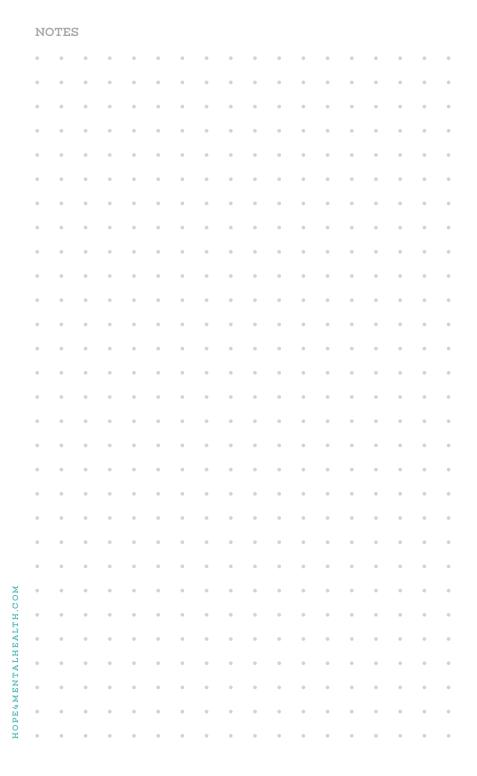
safeTALK Suicide Alertness Training

Half-Day Training

Presented by:

Jessica van der Stad — Area Director, American Foundation for Suicide Prevention (AFSP)

Most people with thoughts of suicide don't truly want to die, but they are struggling with the pain in their lives. The safeTALK training educates members of the community on how to recognize people with thoughts of suicide, and how to connect them to suicide first aid resources. This three-hour workshop offers tools and creative processes that can help attendees leave safeTALK willing and able to talk about suicide with people who are struggling.



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PLENARY SESSIONS

PLENARY SESSION 1: TIME TO FOCUS

Thursday, October 8, 2015 8:30-10:30 AM



PASTOR RICK WARREN



KAY WARREN



BISHOP KEVIN VANN, JCD, DD



DANIEL MOREHEAD, MD



SHEILA WALSH



VICE ADMIRAL VIVEK MURTHY, MD, MBA

Thursday, October 8, 2015 11:00 AM-12:30 PM



KAY WARREN



PASTOR TOMMY HILLIKER, MDIV



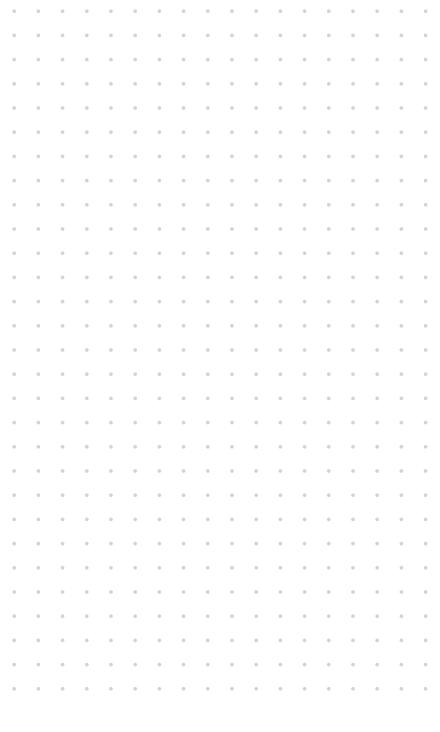
DAVID MANDANI, MSW, ACSW



SUMMERGRAD, MD



PASTOR JOHN BAKER



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E FOR FAMILY

Thursday, October 8, 2015 3:30-5:00 PM



JAMES FIX, **PSYD**



ALICE FORRESTER, PHD



ROBIN KISSELL, MD

EALTH.COM

NOTES NOTES

E TO HOPE

Thursday, October 8, 2015 6:45-8:30 PM



PASTOR RICK WARREN



KAY WARREN



JIMMY GREENE, MMUS



MEREDITH ANDREWS



SHEILA WALSH



JAMIE **TWORKOWSKI**

PLENARY E TO SPEAK UP

Friday, October 9, 2015 8:30-10:30 AM



KAY **WARREN**



MICHAEL BOTTICELLI, MED



PAOLO DEL **VECCHIO, MSW**



NELBA MARQUEZ-GREENE, LMFT



JERRY REED, PHD, MSW



GLENDA WRENN, MD, MSHP



CHIEF YOST ZAKHARY, MPPA

Friday, October 9, 2015 1:30-3:00 PM



PASTOR RICK



KAY



KIMBERLY CRIPE, MPA



KATRINA



THOMAS INSEL. MD



PATRICK J.



REV. DR. SAMUEL RODRIGUEZ, MED



SENATOR DARRELL STEINBERG, JD



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WORKSHOPS

WORKSHOPS

Thursday, October 8, 2015 1:30-3:00 PM

Change Your Brain, Change Your Life Tent 3

Presented by:

Daniel Amen, MD — Founder, CEO Amen Clinics Inc.

Learn a completely new way to assess and treat mental health issues based on the Amen Clinics Method. This method has been developed over the last 24 years and includes four circle clinical histories (biological, psychological, social, and spiritual information). It also integrates brain SPECT imaging, structured labs, and computerized neuropsychological testing to give more specific diagnoses and targeted personalized treatment. The work is based on over 112,000 brain SPECT scans on over 60,000 patients from 111 countries.

The Role of Faith Communities in Suicide Prevention Tent 1

Presented by:

Rev. Talitha Arnold — Senior Minister, The United Church of Santa Fe (United Church of Christ)

Research shows that people in emotional or spiritual distress initially seek help from a faith leader rather than a therapist. Come learn what faith communities can offer in suicide prevention, how to break the silence surrounding mental illness, and how to engage your community. You can also connect with mental health allies, learn what to do when someone is suicidal, and learn how to care for yourself while caring for others.

Adverse Childhood Experiences: When Chronic Stress and Adversity Lead to Lifelong Health Consequences Refinery Auditorium

Presented by:

Alice Forrester, PhD — Executive Director, Clifford Beers Child Guidance Clinic

Many children are exposed to complex stressors that are termed "Adverse Childhood Experiences" (ACES). These ACES can include domestic violence, parental substance abuse, and traumatic loss. The effects of untreated ACES can result in poor health, impaired brain development, disrupted relationships, and mental health issues. If addressed, children can make a resilient recovery. This presentation will review the research on ACES and examine what we might do to address the widespread but largely ignored epidemic.

How to Start a Mental Health Ministry for Students: Anchored and The Landing™ — Celebrate Recovery® for Students Tent 2

Presented by:

Pastor Tommy Hilliker, MDiv — Pastor of Ministry, Saddleback Church
Pastor Kurt Johnston — Pastor of Student Ministry, Saddleback Church
Pastor John Baker — Founder and Pastor, Celebrate Recovery®

This session will provide information to help youth leaders start conversations about mental illness with teenagers in their church. Presenters will discuss the Mental Health Ministry model used by Saddleback Student Ministries. They will answer commonly asked questions and describe the step-by-step pathway to an effective mental health ministry that can be implemented by every church regardless of its size.

When to Get Help for Your Kids

Worship Center

Presented by:

Children's Hospital of Orange County, CA

Heather Huszti, PhD — Chief Psychologist

Hoang (Wayne) Nguyen, MD — Medical Director, Pediatric Psychiatry

Parents are often the first to notice when a child crosses the line into abnormal behavior, thoughts, emotions, or actions that may signal a mental health problem. This session will help parents identify key symptoms of common childhood mental health conditions such as depression, anxiety, developmental issues, or bipolar disorder. Doctors Huszti and Nguyen will discuss treatments that are available and how parents can access help.

How Physician-Assisted Suicide Puts Vulnerable Populations at Risk

Children's Building — Edge

Presented by:

Aaron Kheriaty, MD — Associate Professor of Psychiatry, Director of Medical Ethics Program, University of California, Irvine

Concerns about legalizing physician-assisted suicide in California have been raised by a diverse coalition of stakeholders, including disability rights organizations, medical professionals, faith-based groups, healthcare advocates, and community activists. This workshop will look at SB 128 (California's right-to-die bill) from the perspective of a psychiatrist and medical ethicist. The session will examine some of the adverse consequences of legalizing physician-assisted suicide for patients, the practice of medicine, and society. Special attention will be paid to the effects of this practice on mental healthcare and the efforts aimed at suicide-risk reduction.

Post-Traumatic Saint: Francis of Assisi, Combat Veterans, and the Road to Healing

Plaza Room 202

Presented by:

Warren Kinghorn, MD, ThD — Assistant Professor, Duke University

Medical Center, Duke Divinity School

Chaplain Jeff Matsler, STM, ThM, MDiv — Major and Bioethicist, U.S. Army

Francesco Bernardone, also known as St. Francis of Assisi, was a combat veteran and prisoner of war who struggled deeply when he returned home from battle. His personality had changed and his family wondered if he was mentally ill. But St. Francis eventually found healing in the support of others, in a dramatic encounter with Jesus, and in joining with other combat veterans in rigorous service that restored their joy. In this workshop, a psychiatrist and an active-duty U.S. Army Chaplain will describe how St. Francis and the early Franciscan community can inform the way the church walks with present-day combat veterans—both with and without post-traumatic stress disorder (PTSD). The church can and should be a place where veterans belong, are called into community, and can find new and faithful forms of service.

What One Needs to Know about Borderline Personality Disorder: A Primer for Families

Children's Building — Extreme

Presented by:

Robin L. Kissell, MD — Director, Borderline Personality Disorder Initiative,
University of California, Los Angeles

Valerie Porr, MA — Founder and President, TARA4BPD,

National Association for Personality Disorder

Borderline personality disorder (BPD) is associated with a high suicide rate and high utilization—often ineffective—of mental health resources. The disorder commonly goes misdiagnosed, leading to years of ineffective treatment and emotional and financial strain on patients and their families. The last 20 years has brought about major strides in our understanding of BPD and our ability to effectively treat and intervene in its course. The first half of this workshop will provide an introductory overview of BPD and will answer: what exactly is BPD, what are the signs and symptoms, how does it develop, what is its course, and how it can be effectively treated. The second half of the workshop will focus on the families of those suffering from BPD. It will provide basic tools that can ease family interactions and provide information on resources that are available for families to help their loved ones.

Living with Mental Illness: Finding Support and Hope Refinery Gym

Presented by:

David Mandani, MSW, ACSW — Founder, President and CEO,
Saving Face Saving Grace

Are you living with mental illness? Do you feel that you have successfully found the help you need or are you still searching? Have you received a diagnosis and want to learn more from others? Are you seeking answers? You may feel misunderstood, ashamed or isolated. You may feel helpless, full of disbelief or devastated. You are not alone and the good news is that people do find help, hope, renewed strength, and courage to move forward.

A Tale of Two Eating Disorders and Three "C's" that Changed the Story

Children's Building — Reef

Presented by:

Constance Rhodes - Founder and CEO, FINDINGbalance®

As a young girl, Constance Rhodes watched her mother battle anorexia and bulimia—a struggle that led to her mother's untimely death at the age of 50. In college, Constance began her own battle with disordered eating but today she walks in freedom, and has served over a million people through her innovative ministry, FINDINGbalance®. Come learn the three "C's" that made the healing difference and discover how the same principles can change your story too.

El reto de familias Latinas de tener un hijo con necesidades especiales y problemas de salud mental Plaza Room 102

*This workshop will be held during the lunch time hour (12:30-1:30 PM).

Presentado por:

Cecilia Mercado — Regional Coordinator, Fiesta Educativa Orange County

Esta presentación cubrirá el tema de el proceso, impacto y dificultades de tener un hijo con diagnóstico de salud mental. Aprenderán la mejor manera de entender el sentimiento de tener un hijo con necesidades especiales y como ayudarlos a mejorar sus vidas.

Como abogar y apoyar a familias Latinas para encontrar recursos comunitarios para sus hijos con necesidades especiales y diagnosticos de salud mental Plaza Room 102

Presentado por:

Cecilia Mercado — Regional Coordinator, Fiesta Educativa Orange County

En esta presentación aprenderá sobre la mejor manera de abogar y encontrar los servicios más apropiados. Se hablará de como navegar en el sistema estatal, procesos y evaluaciones dentro de la ley de educación especial.

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WORKSHOPS

Friday, October 9, 2015 11:00 AM—12:30 PM

Mental Illness and Substance Use: What is the Connection?

Worship Center

Presented by:

Paolo del Vecchio, MSW — Director, Center for Mental Health Services,
Substance Abuse and Mental Health
Services Administration

Join the Director of the Federal Center for Mental Health Services for an enlightening discussion about mental illness and substance use. You will learn about treatment options and how to support your loved ones as they pursue a path toward recovery and health.

The Transformative Power of Active Listening Refinery Classrooms

Presented by:

Louise S. Dunn, DMin - Director, New Hope Crisis Counseling Hotline

Do you ever feel like you don't know what to say when someone is in a crisis? This workshop will equip you with the necessary skills to assist people in crisis. Discover the power and use of active listening skills, and learn how to distinguish between beneficial and unhelpful responses to those experiencing anxiety, panic attacks, anger, grief, suicidal thoughts, or other overwhelming situations.

How to Navigate the Mental Health System Refinery Gym

Presented by:

Orange County Health Care Agency

Mary Hale, MS — Director, Behavioral Health Services

Jason Austin, LMFT — Program Manager, Behavioral Health Services

This workshop will provide an overview and roadmap to the services available in Orange County through the Health Care Agency's Behavioral Health Services. Learn about inpatient/outpatient prevention, and early intervention resources for children and adults living with mental illness and substance abuse disorder.

How to Start a Mental Health Ministry in Your Church

Children's Building — Extreme

Presented by:

Pastor Tommy Hilliker, MDiv — Pastor of Ministry, Saddleback Church Saddleback Church Ministry Team

This session will provide the necessary tools to begin a mental health ministry in your church. Presenters will explain the Biblical foundation and guiding values behind the Mental Health Ministry model at Saddleback Church. They will answer commonly asked questions and describe the step-by-step pathway to an effective and comprehensive mental health ministry that can be implemented by every church regardless of its size.

Clinical Depression: An Integrated Approach from a Christian Perspective

Plaza Room 202

Presented by:

Aaron Kheriaty, MD — Associate Professor of Psychiatry, Director of Medical Ethics Program, University of California, Irvine

This workshop will differentiate between depression and spiritual problems like the "dark night of the soul," and will discuss the role of medications, psychotherapy, prayer, and other spiritual practices in helping individuals recover from depressive episodes. In addition, we will discuss integration of insights from modern psychiatry and Christian tradition.

Schizophrenia: Five Primary Elements to Successful Recovery

Children's Building — Reef

Presented by:

David Mandani, MSW, ACSW — Founder, President and CEO, Saving Face Saving Grace

How do you best support people living with schizophrenia? This 101 workshop on schizophrenia will focus on five aspects of recovery and wellness, and will detail how a first-time responder can care for people with schizophrenia and related diagnoses. Particular emphasis from recent research and Biblical truths will provide a framework for increasing resilience and wellness outcomes. Practical guidance will be shared from the perspectives of a mental health professional, a family member, and a person with lived experience.

Community Model for Violence Protection

Tent 3

Presented by:

Nelba Marquez-Greene, LMFT — Executive Director, The Ana Grace Project

Mass shootings, street crime, loss, neglect, poverty, substance abuse, fractured families, and failing schools are all part of the fabric woven into our children's reality. Sadly, this reality often leads to generations of hopelessness and despair. When paired with proper supports, this reality can be altered. We do not have to be a hopeless generation! This presentation will focus on how communities can respond after tragedy, whether they be public tragedies like Sandy Hook or more private tragedies that happen every day. Learn how there is hope in the promotion of love, community, and connection among us. Learn about the mission of The Ana Grace Project. We believe we can all be a part of the solution.

Bipolar Disorder

Children's Building — Tent 2

Presented by:

David J. Miklowitz, PhD - Professor of Psychiatry, UCLA Semel Institute

Bipolar disorder affects all age groups and has particularly strong effects on adolescents and their family members. This workshop will summarize what we know about childhood-onset bipolar disorder and how it affects families and individuals. It will also educate parents or other relatives on how to help children become more resilient. The workshop will shed light on a new family-focused therapy treatment that has been found to be effective in combination with medications for adults and adolescents with bipolar disorder.

Youth Suicide Prevention

Refinery Auditorium

Presented by:

Jacquelyn Rivera, LCSW, PPSC — Program Coordinator II,

Didi Hirsch Mental Health Services

This presentation will provide an overview of youth suicide prevention and will discuss the nature of suicide, risk factors, suicide-related statistics, myths, and warning signs focused on youth. Key points of the discussion will include how to assess for lethality, how to manage a young person who is suicidal, and how to gain valuable information on resource referrals.

Helping the Child: Hope for Parents

Children's Building — Edge

Presented by:

Elizabeth Styffe, RN, PHN, MN — Director, HIV&AIDS Initiative and
Orphan Care Initiative, Saddleback Church

When a child is in crisis, what do you do? When a child seems dysregulated and unable to connect, what can you do? Are there tools to help families with children who are from hard places? Does the church have anything that is scientifically sound? Can the church offer information based on the best research in brain development, trauma-informed care and attachment, and can any of it actually help? Are there ways that a child can be helped without heaping guilt on a parent's head? Are there concrete ways to come alongside a hurting child or adolescent? The answer is yes! Parents, caregivers, and church program leaders will benefit from this seminar designed to give insight and practical tools for hope.

Community, Church, and the Justice System: A Renewed Response to Persons with Mental Illness

Presented by:

Chief Yost Zakhary, MPPA - Director, Woodway Public Safety and City Manager

Together the church, community, and the justice system can dissolve the stigma of mental illness. Learn how to deescalate tense situations and help build a safer future for people living with mental illness.

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SPEAKER QUOTES & BIOS

SPEAKERQUOTES

Mental health care and treatment is undergoing **A REVOLUTION,** using new methods, neuroimaging tools, and natural ways to heal the brain.

- DR. DANIEL AMEN @DocAmen

NO ONE—AT ANY AGE—CAN HAVE PHYSICAL HEALTH WITHOUT MENTAL HEALTH. As stewards of children's health and wellbeing, we must make their mental wellness a top priority.

- KIMBERLY CRIPE @ChocChildrens

I believe that MENTAL HEALTH
IMPROVES WITH ACCURATE
UNDERSTANDING OF ONE
ANOTHER, often neglected in this age of
symptom-focused treatment.

- DR. ROBIN KISSEL

I have dedicated my career to helping those children and families who have experienced trauma and adversity. **HEART, HEALING, AND HOPE** are core elements of inspiration.

- DR. ALICE FORRESTER

Depressed Americans die by suicide 25x more than the average. Treatment helps 70% of the time. REDUCING STIGMA IS VITAL TO MORE PEOPLE GETTING TREATED.

- DR. LOUISE DUNN

Mental health is a complex topic with variables beyond measure and solutions as unique as the individuals seeking them. **WHEN IN DOUBT, LOVE.**

- CONSTANCE RHODES @ConstanceRhodes

MENTAL HEALTH RECOVERY IS

REAL. Caring and compassionate communities—particularly faith communities—are critical for people to get and stay well.

- PAOLO DEL VECCHIO

MEDICINE ALONE CANNOT HEAL THE WOUNDED SOUL. Resolving moral injury is a

spiritual matter.

- CHAPLAIN JEFF MATSLER

I hope for a day where all individuals struggling with mental illness FEEL EMPOWERED AND **COMFORTABLE SEEKING SUPPORT** just as they would for any physical condition.

- JACQUELYN RIVERA @DidiHirsch

Christians struggle with depression and even suicidal thoughts. It does not make you less of a Christian. SUFFERING FROM MENTAL ILLNESS IS NOT A SIN, YET, NOT ADDRESSING IT, MAY VERY WELL BE.

- REV. DR. SAMUEL RODRIGUEZ @NHCLC

No one can take mental health for granted, so when you face mental illness in others, **OVERCOME** JUDGMENT AND GIVE THE BEST RESPONSE: LOVE.

- DR. GLENDA WRENN @GlendaWrenn

DISSOLVE THE STIGMAS. INCREASE

AWARENESS. Together the church, community, and justice system can create a renewed response to mental illness.

— CHIEF YOST ZAKHARY @Yost_Zakhary

Children who are sad may look mad. Children who are mad may look crazy. WHILE TRAUMA HARMS. THE RIGHT KIND OF NURTURING HEALS.

- ELIZABETH STYFFE @ElizabethStyffe

Mental illness has very little curb appeal in the church but IT'S TIME TO TALK, TO BE OPEN, TO BE LOVING AND SUPPORTIVE, AND TO STOP SHAMING THOSE WHO SUFFER IN WAYS TOO DEEP FOR WORDS.

- SHEILA WALSH @SheilaWalsh

It is my hope that this opportunity for

PRAYER, SUPPORT, DIALOGUE, AND EDUCATION WILL ENCOURAGE OUR SOCIETY TO SHARE THE HEALING

MISSION and the love of Christ with those who suffer from mental illnesses.

- BISHOP KEVIN VANN @ocbishop

The Civil Rights Act, ADA, and Mental Health Parity are based on the same idea: treat others the way you would want to be treated. Get involved, because **MENTAL HEALTH AFFECTS ALL OF US.**

CONGRESSMAN PATRICK J. KENNEDY @PJK4brainhealth

The Gathering stands as an inspiration in **PROMOTING THE IMPORTANCE OF THE FAITH COMMUNITY** in providing support, encouragement, and compassion to those on their recovery journeys.

- KATRINA GAY @NAMICommunicate

MENTAL ILLNESS IS NOT PERSONAL OR SPIRITUAL WEAKNESS. People with mental illness display the highest levels of courage, character, and faith.

- DR. DANIEL MOREHEAD

We need to INSTILL A MESSAGE OF HOPE THAT HELP FOR MENTAL ILLNESS IS AVAILABLE AND RECOVERY IS POSSIBLE.

- MARY HALE

Mi pasión siempre será **MEJORAR LA VIDA DE PERSONAS CON NECESIDADES**especiales y con diagnósticos de salud mental.

- CECILIA MERCADO

Through effective communication we can **BUILD**TRUST AND BE INVITED INTO OUR
LOVED ONE'S STRUGGLES, ILLNESS,
FEARS, AND DREAMS, and ultimately

decisions about treatment.

- DR. JAMES FIX

SPEAKER BIOS



Pastor Rick Warren @RickWarren

Rick Warren is the founding pastor of Saddleback Church in Lake Forest, CA. He is the author of eight books, including the bestselling *The Purpose Driven Life*, which has sold more than 30 million copies in English. He is also the creator of The PEACE Plan, which seeks to plant churches that promote reconciliation, equip servant leaders, assist the poor, care for the sick, and educate the next generation in the United States and around the world.



Kay Warren

@KayWarren1

Kay Warren is the co-founder of Saddleback Church in Lake Forest, CA, with her husband, Rick, and is the founder of the HIV&AIDS Initiative at Saddleback. She is an international speaker, best-selling author, and Bible teacher. Her latest book, Choose Joy, Because Happiness Isn't Enough was published in 2012. After their son, Matthew, took his life in 2013, the Warrens revealed that he had a lifelong struggle with mental illness. Rick and Kay are committed to raising awareness about mental illness, reducing the stigma many experience, and equipping local churches and families to effectively minister to those living with mental illness.



Daniel Amen, MD

©DocAmen

Daniel Amen is dedicated to optimizing and healing the brain. He is a physician, double board certified psychiatrist and ten-time NY Times bestselling author. He is the founder of Amen Clinics in Costa Mesa, San Francisco, Bellevue, Reston, Atlanta, and New York. The clinics have the world's largest psychiatric database of functional brain scans, totaling nearly 100,000 scans on patients from 111 countries. Dr. Amen is the lead researcher on the largest brain imaging and rehabilitation study on NFL players and he is the co-creator of The Daniel Plan with Rick Warren and Dr. Mark Hyman, a program to get the world healthy through religious organizations.



Meredith Andrews

@meremusic

Meredith Andrews has always had a gift for writing honest, compelling songs. Over the course of her first two albums released by Word Label Group, people have come to appreciate the Dove Awardwinning artist's love for God. Her latest album, Worth It All is a potent collection of songs that celebrate God's sovereignty and share Andrews' deep and unwavering faith. Her love for people and servant's heart are rooted in her childhood. Meredith's parents took in many foster children and adopted three boys who became her beloved brothers. Meredith and her husband, Jacob, have one son, Maverick, and another baby on the way.



Rev. Talitha Arnold

Reverend Talitha Arnold is a founding member of the Executive Committee of the National Action Alliance for Suicide Prevention and co-leads its Faith Communities Task Force. A graduate of Yale Divinity School and Pomona College, she served as Yale's Associate Chaplain and with Connecticut and Arizona congregations before being called as Senior Minister of the United Church of Santa Fe (New Mexico). She is author of Worship for Vital Congregations and has written articles for Feasting on the Word, The Christian Century, and NPR's All Things Considered. She's currently working on A Desert Faith for a Desert Time. Her honors include United Church of Christ's Antoinette Brown Award and Yale Divinity School's Outstanding Recent Alumni.



Jason Austin

Jason Austin has over 21 years of experience in the behavioral health field and has worked with children, youth, and adults in a wide variety of clinical settings in Orange County, California. Currently, Jason is the program manager overseeing the Behavioral Health Services (BHS) Navigation Unit, which includes the BHS information and referral line, OCLinks, and BHS Outreach and Engagement Services. Jason has a Master's Degree in Clinical Psychology and is a licensed marriage family therapist.



Pastor John Baker @JohnBakerCR

John Baker is the founder of Celebrate Recovery®, a ministry born out of the heart of Saddleback Church. Over the last 24 years, nearly 25,000 individuals have gone through this Christ-centered recovery program at Saddleback Church. The Celebrate Recovery® program is now being used in 27,000 churches nationwide. Over two and a half million individuals have completed the program. Today, John oversees five of Saddleback's signature ministries and is also a nationally known speaker and author. John has been married to his wife, Cheryl, for 46 years and they have two adult children, Laura and Johnny, and five beautiful grandchildren.



Pastor Johnny Baker @JohnnyCR

Johnny Baker has been on staff at Celebrate Recovery® since 2004 and has been the Pastor of Celebrate Recovery® at Saddleback Church since 2012. As an adult child of an alcoholic who chose to become an alcoholic himself. Johnny is passionate about breaking the cycle of dysfunction in his family and helping other families find the tools that will lead to healing and openness. He knows that because of Jesus Christ. and by continuing to stay active in Celebrate Recovery®, his three children—Maggie, Chloe, and Jimmy—will never see him drink. Johnny is a nationally recognized speaker and teacher of Celebrate Recovery® and is coauthor of the Celebrate Recovery Daily Devotional®, Celebration *Place* $^{\text{™}}$, and *The Landing* $^{\text{™}}$ — *Celebrate Recovery* $^{\text{®}}$ for Students. He is also an Associate Editor of the Celebrate Recovery® Bible.



Michael Botticelli, MEd @Botticelli44

After being unanimously confirmed by the Senate, Michael Botticelli was sworn in as Director of National Drug Control Policy at the White House on February 11, 2015. Mr. Botticelli has more than two decades of experience supporting Americans affected by substance use disorders. Prior to coming to the White House in 2012, he served as Director of Bureau of Substance Abuse Services at the Massachusetts Department of Public Health, where he expanded innovative and nationally recognized prevention, intervention, treatment, and recovery services. He has been in long-term recovery from a substance use disorder for more than 26 years.



Kimberly Cripe, MPA @ChocChildrens

CHOC Children's President and Chief Executive Officer, Kimberly Chavalas Cripe leads one of the top pediatric healthcare systems in the nation. She has been with CHOC Children's since 1991 as the EVP and COO, and was named President and Chief Executive Officer in 1998. Prior to joining CHOC, she was with Humana Inc., (now HCA) where she held a series of progressively responsible hospital, regional, and corporate positions. She currently serves on the Orange County Children and Families Commission, and the Board of Directors for the California Children's Hospital Association and the Children's Hospital Association.



Paolo del Vecchio, MSW @SAMHSAgov

With a Master's of Social Work, Paolo del Vecchio is the director of the Substance Abuse and Mental Health Services Administration (SAMHSA)'s Center for Mental Health Services (CMHS). SAMHSA is the lead Federal agency designed to reduce the impact of substance abuse and mental illness on America's communities. A self-identified mental health consumer, trauma survivor, and person in recovery from addictions, Paolo has been involved for over 40 years in behavioral health as a consumer, family member, provider, advocate, and policy maker. As a widely published writer, Paolo has been a leader in many federal efforts, and is a highly sought after national and international speaker.



Michael Donaldson, ThM

In July 2015, Michael Donaldson was hired as Director of Pastoral Care for Families in All Stages for the Diocese of Orange, California. He previously comes from the Diocese of San Bernardino, where he served as a Pastoral Coordinator at St. Peter and Paul Church in Alta Loma. Michael found his passion in helping establish faith-based parish groups such as caregiving and bereavement support groups. Michael obtained his Bachelor of Arts Degree in Spanish from Cal State University Fullerton and completed his Master of Theological Studies from the University of Dallas.



Louise Dunn, DMin

Dr. Dunn is the director of the New Hope Crisis Hotline in Garden Grove where she has worked since 2002. She has been a presenter at workshops and conferences for the Orange County Mental Health Association, the Bipolar and Depression Alliance, Contact USA, the American Association of Suicidology, and The 2014 Gathering on Mental Health and The Church at Saddleback. Recently, Dr. Dunn was appointed by Bishop Vann to chair a mental health advisory board to the Diocese of Orange. She has a Bachelor of Arts in Psychology/ Sociology, a Masters of Education in Counseling, and a Doctorate of Ministry in Spiritual Formation.



Chaplain Renae Dupuis, MDiv

Renae M. Dupuis is a chaplain at CHOC Children's and a parent to two children with mental health challenges. Renae received her Master of Divinity at Fuller Theological Seminary and has recently become certified as a yoga instructor through R-HYI. She is a Foster and Adoption Parent Ambassador for Olive Crest and is an advocate and mentor for Intensive Treatment Foster families. Based on her experience as a parent of children with extensive needs, along with supporting parents in the hospital setting, Renae has developed strategies for engaging regular and effective self-care and is passionate about sharing them with other parents.



James Fix, PsyD

Dr. Fix is a licensed clinical psychologist and has served as the executive director of the Psychiatric Emergency Response Team (PERT) in San Diego from 2006 to 2015 and is still a consultant to the PERT Program. As a consultant to several law enforcement agencies, he currently provides CIT training throughout the United States and is a psychologist for the Palomar Health hospital system in San Diego. Dr. Fix is also a faculty member at the LEAP Institute and is a LEAP instructor. As both a professional and a family member, he has a unique understanding of the effects of mental illness on the individual, family, and community.



Alice Forrester, PhD

Dr. Alice Forrester is Executive Director of Clifford Beers Child Guidance Clinic in New Haven, CT. Clifford Beers Clinic is a community based, mental health center for the treatment of children and families. She is currently on the Board of Directors for the Connecticut Community Providers Association, and is former President of National Association for Drama Therapy (NADT). Having previously served as Chair of the National Coalition for Creative Arts Therapy Associations (NCCATA), Dr. Forrester has acted as the project director of two National Child Traumatic Stress Network grants, as well as a Guide Team member in the New Haven CT MOMS Project. She was also appointed by the CT Governor to sit on the Sandy Hook Commission. Dr. Forrester has a Masters from New York University in Drama Therapy and a Ph.D. in Clinical Psychology from Fielding University.



Katrina Gay

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Katrina Gay is National Director of
Communications for the National Alliance on
Mental Illness (NAMI), where she oversees
strategic and operational communication initiatives
including the website, public relations, marketing,
NAMI FaithNet, and publications. Since 1997, Ms. Gay
has represented NAMI in various capacities including
acting as Director of State Relations. She serves on
numerous other committees, coalitions, and boards.
Prior to NAMI, Ms. Gay worked in public relations
for both the corporate and hospitality industries.
She has received many peer acknowledgements
including awards for her work in strategic
communications and social media engagement.



Jimmy Greene, MMus @JimmyGreene

A native of Hartford, CT, Greene is considered one of the most respected saxophonists of his generation. He has traveled the globe with many well known artists including Horace Silver, Freddie Hubbard, and Harry Connick Jr; Greene's own quartet has performed worldwide. The talented musician has released 10 CD's as a leader on the Mack Avenue, RCA Victor, Criss Cross, and Sunnyside labels. Greene's debut recording for Mack Avenue is a celebration of his daughter, Ana Márquez-Greene, whose life was taken at Sandy Hook in Newtown, CT. Greene is Assistant Professor of Music and Coordinator of Jazz Studies at Western Connecticut State University. He is currently a doctoral candidate at the Manhattan School of Music.



Mary R. Hale, MS

Mary Hale has more than 25 years in the behavioral health field. She currently serves as Behavioral Health Director for Orange County where she is responsible for client centered/directed care and recovery. She oversees a comprehensive community system of care for behavioral health available in a county with 3.1 million residents, with a budget of over \$350 million per year, and a clinical-and-peer staff of approximately 1,000. Hale serves on a number of statewide committees and associations, many of which focus on cooccurring mental health and substance use disorders.



Chuck Hannaford, PhD

@ChuckHannaford

Dr. Chuck Hannaford is a licensed clinical psychologist/health service provider and has been in private practice and consulting for churches for over 30 years. He is currently President of HeartLife Professional Soul Care in Germantown, TN. He has served as the clinical director of inpatient, intensive outpatient, and outpatient programs for adults and adolescents in the Mid-South area. Dr. Hannaford has been a consultant to LifeWay Christian Resources, GuideStone, and other denominational agencies. In 2009, he published *Picking Up the Pieces Handbook: Creating a Dynamic Soul-Care Ministry in Your Church.*



Sharonne Herbert, PhD

Dr. Sharonne Herbert is a psychologist at CHOC Children's. She completed her doctoral degree at the University of Massachusetts, Amherst, her internship at Harvard Medical School/Boston Children's Hospital in Boston, Massachusetts, and her postdoctoral fellowship at CHOC Children's. She is passionate about working with parents, particularly parents of children with disruptive behaviorial disorders, as well as with children who have anxiety, OCD, and tic disorders. She developed a parent training program delivered by clinicians for parents of hyperactive preschoolers, entitled *Parenting Hyperactive Preschoolers*.



Pastor Tommy Hilliker, MDiv @TommyHilliker

Tommy Hilliker Is the Ministry Pastor of Saddleback Church. He leads and serves with his wonderful team to care for, connect, and support the members of Saddleback and the local community. Tommy oversees 28 ministries including Counseling, Support Groups, Justice ministries and the SVCC PEACE Center which includes the Food Pantry and Medical Clinic. He is author of the training program Leading and Launching Life-Changing Support Groups. Tommy's life has been deeply affected by mental illness; he lost his brother-in-law to suicide in 2013 after a life-long struggle with mental illness. Tommy's desire is to help equip and strengthen compassionate church leaders around the world and to reach out to people who are suffering. He and his wife, Amy, have three children. Kavlie. Cassidy, and Caleb.



Heather Huszti. PhD

Dr. Heather Huszti is a licensed psychologist and Chief Psychologist at CHOC Children's as well as Section Chief for Pediatric Psychology. She also is the director of training for the Psychology Training Program at CHOC Children's. She completed her doctoral degree in clinical psychology with an emphasis in family therapy at Texas Tech University and completed an internship and fellowship at the University of Oklahoma Health Sciences Center (OUHSC). She was on faculty at OUHSC, where she was the director of the Pediatric Psychology Program. She joined CHOC Children's in 2002.



Thomas Insel, MD @NIMHgov

Dr. Thomas R. Insel is Director of the National Institute of Mental Health (NIMH), the component of the National Institutes of Health (NIH)committed to research on mental disorders. Dr. Insel has served as director of this \$1.5B agency since 2002. During his tenure. Dr. Insel focused on the genetics and neurobiology of mental disorders as well as transforming approaches to diagnosis and treatment. Prior to serving as NIMH Director, Dr. Insel was Professor of Psychiatry at Emory University where he was founding director of the Center for Behavioral Neuroscience and director of the Yerkes Regional Primate Center in Atlanta. His research has examined the neural basis of complex social behaviors, including maternal care and attachment. As a member of the Institute of Medicine, he has received numerous national and international awards and has served in several leadership roles at NIH.



Pastor Kurt Johnston

®KurtJohnston

Pastor Kurt Johnston has been on staff at Saddleback Church since 1997 and currently leads the Student Ministries teams at the local and international campuses. As a leading voice of influence, Johnston frequently writes and speaks on the topic of youth ministry.



Congressman Patrick J. Kennedy @PJK4brainhealth

A pioneer in mental health policy and advocacy, Congressman Patrick J. Kennedy served Rhode Island's First Congressional District for 16 years, championing causes essential to the well-being of all Americans. During his time on Capitol Hill, Congressman Kennedy was the author and chief sponsor of the Mental Health Parity and Addiction Equity Act, a groundbreaking legislation that guaranteed equal access to mental health and addiction services.



Aaron Kheriaty, MD

Dr. Aaron Kheriaty is Associate Professor of Psychiatry, Director of Medical Ethics Program at the University of California, Irvine. Dr. Kheriaty graduated from the University of Notre Dame in philosophy and pre-medical sciences, and earned his MD degree from Georgetown University. He is the author of several books and articles for professional and lay audiences, and he lectures regularly on topics related to psychiatry, social science, bioethics, and spirituality. Dr. Kheriaty lives in San Juan Capistrano, California with his wife and five sons.



Warren Kinghorn, MD, ThD

Dr. Warren Kinghorn is an assistant professor of psychiatry, and pastoral and moral theology at Duke University Medical Center, and Duke Divinity School. He is also a staff psychiatrist at the Durham (NC) VA Medical Center, and co-directs the Theology, Medicine, and Culture Initiative at Duke Divinity School. His teaching and writing explores the moral dimensions of combat trauma, the philosophy of psychiatric diagnosis, and the way that theology can guide faithful Christian responses to mental illness.



Robin Kissell, MD

Dr. Robin Kissell is Associate Professor of Psychiatry at UCLA and a Teaching and Supervising Analyst at the New Center for Psychoanalysis in Los Angeles. Dr. Kissell has spent most of her career pursuing her special interest in the study and treatment of those with personality disorders, particularly borderline personality disorder. She is the director of the Borderline Personality Disorder Initiative at UCLA, which provides training in mentalization-based therapy, an evidence-based treatment developed by Peter Fonagy, Ph.D. and Anthony Bateman M.D. FRP of the Anna Freud Centre and University College in London. In addition, she is certified in dialectical behavior therapy and has training in transference focused therapy, the two other major evidencebased treatments for BPD. Apart from her private practice in Los Angeles and work at UCLA, she enjoys regularly teaching on the development of personality, personality disorders, and borderline personality both at UCLA and the New Center for Psychoanalysis.



David Mandani, MSW, ACSW @DavidMandani

David Mandani is the Founder and CEO of Saving Face Saving Grace (SFSG), a new nonprofit organization with a vision to serve the worldwide church and to be the nation's go-to website for free Christian mental health resources. SFSG is committed to providing practical guidance and help to individuals, families, and organizations with a focus on delivering both Biblical and empirical-based training. David has served for over 20 years in nonprofit and behavioral health settings. Diagnosed with schizophrenia at the age of 18, he is committed to advocating, educating, and sharing the comfort and hope he has found in Jesus Christ.



Nelba Marquez-Greene, LMFT @AnaGraceProject

Nelba Marquez-Greene, LMFT is a clinical fellow of the American Association of Marriage and Family Therapy and has worked in private practice, community mental health, and academic settings in the U.S. and Canada. Prior to founding the Ana Grace Project of Klingberg Family Centers, Nelba served as the coordinator for Klingberg Family Therapy Center's outpatient child and adolescent psychiatric clinic. She was also an adjunct faculty member at Central Connecticut State University. But of all of the titles she's ever held, being a mother to Ana and Isaiah, and a wife to her husband, Jimmy are her most treasured.



Chaplain Jeff S. Matsler, STM, ThM. MDiv

Chaplain (Major) Jeff Matsler is Bioethicist for the U.S. Army. He is a combat veteran who served in Desert Storm and Afghanistan. His work with the spiritually wounded began in 1993 as a VA chaplain counseling veterans suffering addiction and PTSD. His first personal brush with moral injury came as a responder at the Oklahoma city bombing in 1995. Matsler's work on Saint Francis as a combat veteran experiencing posttraumatic stress has been presented in seminars nationwide and highlighted in *Christianity Today*. Stationed at Walter Reed Military Medical Center (MD), his current work focuses on the role of truth and accountability in healing.



Cecilia Mercado

Coordinadora Regional — Fiesta Educativa Orange County Nació en Guadalajara México. Obtuvo su titulo professional de Profesora en educación con mención honorifica. Tiene una hija con necesidades especiales. Coordina un programa educativo como lider de 3 grupos de apoyo. Anualmente organiza una conferencia anual y un evento nivideño para padres Latinos y sus hijos con necesidades especiales.



David J. Miklowitz, PhD

Dr. Miklowitz is Professor of Psychiatry at UCLA Semel Institute. He directs the Child and Adolescent Mood Disorders Program and the Integrative Study Center in Mood Disorders at UCLA. His research and clinical work focuses on family psychoeducational treatments for adultand-pediatric bipolar disorder. His work has helped establish the effectiveness of psychosocial interventions as adjuncts to medication in the treatment of bipolar disorder. He has published over 250 research articles and eight books, including the international bestseller, *The Bipolar Disorder Survival Guide*. Raised in California, he currently lives with his wife in West Los Angeles.



Daniel Morehead, MD

Dr. Daniel Morehead is a psychiatrist in clinical practice in Austin, Texas. He is the supervising psychiatrist at the Samaritan Center for Pastoral Counseling, and has served as associate faculty at Austin Presbyterian Theological Seminary. He received psychiatry training at the Menninger Clinic, where he remained on staff for several years as Assistant Residency Director and Clinical Researcher. He is board certified in general psychiatry and neuropsychiatry, and maintains interest in brain science, psychotherapy and spirituality. He and his wife Carol are parents of three sons, and Carol serves in ministry at their local church.



Vice Admiral Vivek Murthy, MD, MBA @ Surgeon_General

As "America's Doctor," Dr. Murthy is responsible for communicating the best available scientific information to the public regarding ways to improve personal and public health. He is a proven leader who employes 21st century approaches and technology to modernize the role of the Surgeon General. Dr. Murthy plans to focus his efforts on building partnerships within communities and across numerous sectors of society to address the epidemics of obesity and tobacco-related disease, to reduce the stigma associated with mental illness, to improve vaccination rates, and to make prevention and health promotion the backbone of a strong and healthy America. Dr. Murthy firmly believes that our nation's greatest asset has always been its people.



NAMI Orange County

@NAMIOC

NAMI Orange County is one of the largest affiliates of the nation's leading grassroots organization for mental health education, support, and advocacy. NAMI programs are unique in that all education and support programs are based upon the "lived experience" of individuals living with mental illness and their loved ones. The fellowship, peer-based education, and support programs address the traumatic experience of mental illness, stages of recovery, and the common problems and shared iournevs by those whose lives are impacted by mental illness. NAMI educates how individuals living with mental illness and loved ones can support each other.



Hoang (Wayne) Nguyen, MD

Dr. Nguyen is Medical Director of Pediatric Psychiatry at CHOC Children's. He is board certified in adult psychiatry, child and adolescent psychiatry, pediatrics, and psychosomatic medicine. Following medical school at Texas A&M Health Science Center, he completed his internship at the University of California. Irvine and his residency at the University of Utah Health Sciences Center. Dr. Nguyen is affiliated at UC Irvine as Assistant Clinical Professor of Psychiatry.



Tom Okamoto, MD

Dr. Tom Okamoto, is a psychiatrist in active practice with over 25 years of experience in multiple settings. Among them are psychiatric adult and adolescent inpatient and outpatient care, addiction recovery units, and research and academic roles. As Medical Director for Minirth-Meier Clinics West, he has worked with Dr. John Townsend, Dave Stoop, and Dr. Henry Cloud. He has lectured on professional and spiritual topics to audiences of physicians, mental health professionals, pastors, missionaries, and the general public across the U.S. and internationally. Currently Dr. Okamoto serves as a treatment and consulting resource to counselors, pastors, and missionaries. As part of University of California, Irvine's Psychiatry Residency Program, he acts as assistant clinical professor on the voluntary teaching staff.



Valerie Porr, MA

@Taraapd

Valerie Porr founded TARA for Borderline Personality Disorder in 1995, a nonprofit education and advocacy organization. She is the author of the award-winning book Overcoming Borderline Personality Disorder: A Family Guide to Healing and Change, and is co-author of New Hope for People with BPD. Ms. Porr is recipient of the International Society for the Improvement and Teaching of DBT Service Award, and is trained in several therapies including dialectical behavior therapy (DBT), mentalization based therapy (MBT), and compassion focused therapy. She developed The TARA Method, a family psychoeducational program and has operated a BPD Helpline and Referral Service for 20 years.



Jerry Reed, PhD, MSW
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Dr. Jerry Reed began serving as the director of the Suicide Prevention Resource Center in July 2008. Currently, he serves as the director of the Center for the Study and Prevention of Injury, Violence, and Suicide, and oversees a staff of 45. In addition to directing the work on multiple projects, Dr. Reed acts as co-director of the Injury Control Research Center for Suicide Prevention with partners at the University of Rochester Medical Center. He served on the board of the International Association for Suicide Prevention as the chair of the Council of Organizational Representatives. Dr. Reed recently co-led the committee that updated the U.S. National Strategy for Suicide Prevention.



Constance Rhodes

@ConstanceRhodes

Constance Rhodes is the founder and CEO of FINDINGbalance®, a global nonprofit using technology to build Christ-centered community for those seeking freedom from eating and body image issues. Key innovations include "Lasting Freedom," an online support program, "Hungry for Hope," an eating disorders conference, and "Daily Vitamin," an e-devo. She is also the founding director of the Christian Eating Disorders Collaborative Network (cedcn.org), and the author of two books including Life Inside the 'Thin' Cage: A Personal Look into the Hidden World of the Chronic Dieter. Her latest book, More Than a Number, will be published by NavPress in 2017.



Jacquelyn Rivera, LCSW, PPSC @DidiHirsch

Jacquelyn Rivera is Program Coordinator for Survivor Support Services at Didi Hirsch Mental Health Services. This includes suicide prevention, intervention, and postvention through the Orange County location of Didi Hirsch Mental Health Services. Jacquelyn has a strong background in child and family psychotherapy, crisis intervention, and suicide bereavement counseling.



Rev. Dr. Samuel Rodriguez, MEd @NHCLC

Reverend Dr. Samuel Rodriguez is the president and CEO of the National Hispanic Christian Leadership Conference and CONELA—the world's largest Hispanic Christian organization. It serves millions of Latino born again Christians via 40,118 certified member churches in United States and over 450.000 churches across the world, CNN and Fox News named Rodriguez. "The leader of the Hispanic Evangelical movement," and NBC Telemundo called him "America's most influential Latino Evangelical leader." He serves on the board of many organizations, including Gordon Conwell Theological Seminary, National Association of Evangelicals, and *Christianity Today.* Rodriguez has a master's degree in educational leadership from Lehigh University and is the recipient of two honorary doctorate degrees; Baptist University of The Americas and Northwest University respectfully. He serves as senior pastor of New Season Christian Worship Center in Sacramento, California.



Senator Darrell Steinberg, JD @SteinbergDS

Darrell Steinberg is one of the most respected political leaders in California, having most recently served as President Pro Tem of the State Senate from 2008 to 2014. Advancing mental healthcare policy has always been among Steinberg's top priorities. Some of his most well-known contributions include Proposition 63, which provides over \$1 billion dollars per year to mental healthcare, and SB 946, a groundbreaking law that ensures insurance companies cover treatment for children with autism and related disorders. In 2015, Darrell established The Steinberg Institute for Advancing Mental Health Policy. The Steinberg Institute aims to build legislative leadership to uphold California's promise to build a full network of community services and support for people living with mental illness and related disorders.



Elizabeth Styffe, RN, PHN, MN @ElizabethStyffe

Elizabeth Styffe is the director of both the HIV&AIDS and Orphan Care Initiatives at Saddleback Church. She is committed to mobilizing churches to care with tools and training to end both the Orphan Care and HIV crisis. Elizabeth is a recognized leader in developing church-based innovative and sustainable solutions which meet children at risk where they are, giving families skills including Trauma-Informed Care. Trust-Based Relational Interventions (TBRI). attachment insight, and wrap-around services. She believes when the church is equipped and mobilized, children have hope and remain in loving, safe, secure, nurturing families, and can reunite or regain a family of their own. Elizabeth is the mother of seven children, grandmother to two grandsons, and has been married to her husband, Glenn for 33 years.



Paul Summergrad, MD
@PaulSummergrad

Dr. Paul Summergrad is the Dr. Frances S. Arkin Professor and Chairman of the Department of Psychiatry. He is also Professor of Medicine at Tufts University School of Medicine and Psychiatrist-in-Chief of Tufts Medical Center. Dr. Summergrad served as the 141st President of the American Psychiatric Association from 2014 to 2015. An international leader in medical psychiatric illness and care, Dr. Summergrad is former president of the American Association of Chairs of Departments of Psychiatry and is a distinguished fellow of the American Psychiatric Association. He is a fellow of both the American College of Psychiatrists and the American College of Physicians.



Jamie Tworkowski

Jamie Tworkowski is the founder of To Write Love on Her Arms, a nonprofit movement dedicated to presenting hope and finding help for people struggling with addiction, depression, self-injury, and suicide. TWLOHA began in 2006 as Jamie's attempt to help a friend and tell a story. Since then, the TWLOHA team has responded to more than 175,000 messages from over 100 countries, in addition to investing more than \$1.2 million directly into treatment and recovery. Jamie's TWLOHA blogs are a source of hope and encouragement for thousands, and he speaks frequently at universities, concerts, and conferences. In May of 2015 he released his first book, *IF YOU FEEL TOO MUCH.*



Jessica van der Stad @AFSPsocal

Jessica van der Stad is the area director for the American Foundation for Suicide Prevention. AFSP is the nation's largest nonprofit exclusively dedicated to understanding and preventing suicide through research, education, advocacy, and outreach initiatives. Jessica is also a certified trainer for safeTALK and ASIST (Applied Suicide Intervention Skills Training). As a survivor of suicide loss, Jessica's work focuses on bringing people together from different communities and backgrounds to understand and prevent suicide, and to help heal the pain it causes.



Bishop Kevin W. Vann, JCD, DD @ocbishop

Bishop Kevin Vann was ordained as a Roman Catholic priest in 1981 for his home Diocese of Springfield, IL. He continued his graduate studies in Canon Law at the Angelicum in Rome, and served as a pastor for 16 years. Those years informed and guided his ministry in a profound way. He was installed as the third Bishop of Fort Worth, Texas in 2005 and was appointed as the fourth Bishop of Orange in 2012. He holds a number of positions at the national level which compliments his background and interests in healthcare and education.



Sheila Walsh

Sheila is a best-selling author from Scotland with over 5 million books sold. In her newest book Loved Back To Life, she shares how she found the courage to live free in the midst of her father's suicide and her own clinical depression. Sheila lives in Dallas with her husband, son, and three little dogs.



Glenda Wrenn, MD, MSHP @GlendaWrenn

Dr. Glenda Wrenn directs the Division of Behavioral Health at the Satcher Health Leadership Institute at Morehouse School of Medicine. After graduating from West Point, Dr. Wrenn earned her medical degree from Jefferson Medical College, and trained at the University of Pennsylvania in psychiatry, and was a Robert Wood Johnson Clinical Scholar. Her work explores resilience, mental health help seeking, and culturally-centered integrated primary care behavioral health services. In the community, Dr. Wrenn serves on the Children's Worship Team, and together with her husband as leaders of the Married Couples Community Group at Buckhead Church in Atlanta. GA.



Chief Yost Zakhary, MPPA @Yost_Zakhary

Chief Yost Zakhary started his law enforcement career with the city of Woodway, Texas in 1979. He was appointed Chief in 1985 and City Manager/Public Safety Director in 2001. He has an MPPA from Baylor and is a graduate of the FBI National Academy. He is now an adjunct professor at Baylor University and is an active participant in many law enforcement related positions and offices. In 2013, he was sworn in as President of IACP where he placed a big emphasis on mental health of arrestees and how it affects the officers. He had the privilege of meeting with top key officials around the world.

RESOURCES

Saddleback Church Resources

Available at the bookstore on the patio or at saddlebackresources.com

Hope for Mental Health Ministry Starter Kit: (Most items also sold separately)

This Ministry Starter Kit will provide the tools you need to begin a mental health ministry in your church, no matter the size. It includes:

- Hope for Mental Health Pastor's DVD: Pastor Rick, Kay Warren, and Pastor Tommy Hilliker
- Hope for Mental Health Sermon CD: Five Messages by Pastor Rick Warren; one by Kay Warren
- Stories of Hope Testimony DVD
- Anchored: Student Ministries Mental Health Weekend Services DVD
- · Mental Health Resource Guide for Individuals and Families
- Journey Toward Hope: A Guided Experience
- Hope for Mental Health Stickers
- Anxiety & Depression Boot Camp Get Your Life Back Now!
 By Mike Marino
- Hope for Mental Health Resource Flash Drive (outlines, transcripts, graphics, etc.) Only available in the Starter Kit.



Celebrate Recovery® Program Starter Kit:

Written by Rick Warren and John Baker, this internationally-known program implements a Christ-centered recovery ministry in your church based on eight principles from the Beatitudes. It includes:

- A Leader's Guide with all new 90-day strategy and all new testimonies
- A Pastor's Resource DVD-ROM with sermon transcripts, MP3 sermons, and new video featuring Rick Warren, John Baker, and transcripts and testimonies
- A Leader's Resource DVD-ROM complete with Leader's Guide text, 25 customizable lessons, and a new video featuring Rick Warren, John Baker, and testimonies
- NIV Celebrate Recovery® softcover Bible
- Your First Step to Celebrate Recovery® Booklet
- One of each participant's guide (Stepping Out of Denial into God's Grace; Taking an Honest and Spiritual Inventory; Getting Right with God, Yourself and Others; Growing in Christ While Helping Others)

Your First Step to Celebrate Recovery® Booklet:

This booklet introduces you to a Biblical and balanced program that has helped nearly a million people overcome their hurts, hang-ups, and habits.

Celebration Place™ Kit:

Celebration Place™ Kit is a 52-week children's resource complementary to Celebrate Recovery®. While adults explore topics that bring healing and wholeness, kids discover the same truths in age-appropriate ways. Designed for 5-13 year olds.

The Landing[™] — Celebrate Recovery[®] for Students Kit:

Structured as a 52-week program based on the Beatitudes, The Landing $^{\text{TM}}$ is a safe, healing place where teenagers can live a freer, healthier, and more God-centered life.

Leading and Launching Life-Changing Support Groups:

Pastor Tommy Hilliker walks you through seven key essentials to launch Christ-centered support groups.

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The Purpose Driven Life: What on Earth Am I Here For?

by Rick Warren

Translated into over 50 languages, *The Purpose Driven Life* is far more than just a book; it is a guide to a spiritual journey that has transformed millions of lives. Once you take this journey, you'll never be the same again.

Choose Joy: Because Happiness Isn't Enough

by Kay Warren

Kay explains the path to experiencing soul-satisfying joy no matter what you're going through. Joy comes from God, and it can be yours today!

Choose Joy Devotional: Finding Joy No Matter What You're Going Through by Kay Warren

Taken from *Choose Joy Because Happiness Isn't Enough*, this powerful little book contains the same principles and insights in bite-sized pieces—perfect for a daily quiet time with God.

The Daniel Plan: 40 Days to a Healthier Life

by Rick Warren, DMin, Daniel Amen, MD, and Mark Hyman, MD This book is an appetizing approach to achieving a healthy lifestyle where people are encouraged to get healthier together by optimizing the five key essentials of faith, food, fitness, focus, and friends.

The Daniel Plan Cookbook: Healthy Eating for Life

by Daniel Amen, MD, and Mark Hyman, MD

Based on *The Daniel Plan* book, this beautiful four-color cookbook is filled with more than 100 delicious, Daniel Plan-approved recipes that offer an abundance of options to bring healthy cooking into your kitchen.

How to Get Through What You're Going Through Sermon Series

These heartfelt messages by Pastor Rick and Kay Warren following the death of their son, Matthew, explore the process of grief and loss with honesty, transparency, and hope.

The Hope Box

The Hope Box is a tangible reminder of our need for hope in the dark moments of life. Fill it with Scripture, photos, images, encouraging notes or anything that gives you strength to keep going!

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Recommended Book List

Amador, Xavier, PhD

I Am Not Sick I Don't Need Help!

Amen, Daniel, MD

Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness

Backlar, Patricia

The Family Face of Schizophrenia

Baker, John

Life's Healing Choices: Freedom from your Hurts, Hang-ups, and Habits

Beach, Shelly and Wanda Sanchez

Love Letters from the Edge: Meditation for Those Struggling with Brokenness, Trauma, and the Pain of Life

Biegel, Gina

The Stress Reduction Workbook for Teens

Corrigan, Patrick W. and Robert Lundin

Don't Call Me Nuts: Coping with the Stigma of Mental Illness

Fines, Carla

No Time to Say Goodbye: Surviving the Suicide of a Loved One

Hannaford, Chuck, PhD

Picking Up the Pieces Handbook: Creating a Dynamic Soul-Care Ministry in Your Church

Haugk, Kenneth C.

Don't Sing Songs to a Heavy Heart: How to Relate to Those Who Are Suffering

Hsu, Albert

Grieving a Suicide: A Loved One's Search for Comfort, Answers and Hope

Huebner, Dawn and Bonnie Matthews What to do When You Worry Too Much

Jamison, Kay Redfield

An Unquiet Mind

Johnstone, Matthew

I Had a Black Dog

Kennedy, Patrick J. and Stephen Fried

A Common Struggle: A Personal Journey Through the Past and Future of Mental Illness and Addiction

Kheriaty, Aaron MD

The Catholic Guide to Depression

Klein, Stanley D.

Reflections From a Different Journey

Komrad, Mark S., MD You Need Help! Kranowitz, Carol
The Out of Sync Child

Lite, Lori

Angry Octopus

Lite, Lori

Sea Otter Cove

Lopez, Steve
The Soloist

May, Gerald

Addiction and Grace

McLean, Richard

Recovered Not Cured

Miklowitz, David J.

The Bipolar Disorder Survival Guide, Second Edition: What You and Your

Family Need to Know

Phillipe, Jacques

Interior Freedom

Porr. Valerie

Overcoming Borderline
Personality Disorder: A Family Guide

For Healing and Change

Purvis, Karyn and David Cross

The Connected Child

Purvis, Karyn and Elizabeth Styffe

The Connection: Where Hearts Meet

Rennebohm, Craig and David Paul

The Companionship Series

(#1,#2, and #3)

Siegel, Dan

The Whole Brain Child

Simpson, Amy

Troubled Minds: Mental Illness and the Church's Mission

Sittser, Jerry

A Grace Disguised

Stanford, Matthew, PhD

Grace for the Afflicted: A Clinical and Biblical Perspective on Mental Illness

Strauss. Claudia

Talking to Depression

Swinton, John

Resurrecting the Person: Friendship and the Care of People with Mental

Health Problems

Torrey, E. Fuller, MD

Surviving Schizophrenia

(5th Edition)

Townsend, John, PhD

Hiding from Love

Tworkowski, Jamie

If You Feel Too Much: Thoughts on

Things Found and Lost and Hoped For

Vanier, Jean

Becoming Human

Weems, Ann

Psalms of Lament

Woolis, Rebecca

When Someone You Love Has

Mental Illness

Yerkovich, Milan and Kay

How We Love

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Additional Resources

Phone Numbers:

2-1-1

Provides free and confidential information and referral for mental health services, help with food, housing, employment, counseling, and more. 211.org

ChildHelp

Crisis line assists both child and adult survivors of abuse, including sexual abuse; also provides treatment referrals. 1-800-4ACHILD; 1-800-422-4453 | childhelp.org

National Alliance on Mental Illness Help Line

1-800-950-NAMI (6264) | nami.org

National Suicide Prevention Lifeline

1-800-273-TALK (8255) | suicidepreventionlifeline.org

Downloadable Resources:

Mental Health: A Guide for Faith Leaders

psychiatry.org/faith

Websites:

American Academy of Child and Adolescent Psychiatry (AACAP) aacap.org

American Foundation for Suicide Prevention

afsp.org

FINDINGbalance®

A Christian resource for daily help with eating and body image issues findingbalance.com

Know The Signs

A statewide suicide prevention social marketing campaign. suicideispreventable.org

Mental Health America

mentalhealthamerica.net

National Alliance on Mental Illness (NAMI)

nami.org

National Institution of Mental Health (NIMH)

nimh.nih.gov | mentalhealth.gov

Substance Abuse and Mental Health Services Administration

samhsa.gov

U.S. Department of Health and Human Services

mentalhealth.gov

U.S. National Library of Medicine

nlm.nih.gov

Walk In Our Shoes

Mental health information and interactive website for youth walkinourshoes.org

For Referral to Mental Health Providers:

American Psychiatric Association (APA)

The APA can give you names of APA members in your area 1-888-35-PSYCH or (703) 907-7300 /psychiatry.org

Child and Adolescent Psychiatrist Finder

aacap.org/AACAP/Member Services/Find A Physician.aspx

GoodTherapy

Online directory of mental health professionals (available in more than 30 countries) goodtherapy.org

Medicare Physician Compare

Assists in finding a physician who is enrolled in Medicare *medicare.gov/physiciancompare*

National Association of Medicaid Directors

May be able to assist in finding a provider who accepts Medicaid *medicaiddirectors.org*

National Association of Social Workers (NASW)

Online directory of clinical social workers socialworkers.org and click on Resources or call 1-800-742-4089

Network of Care

Online directory of health and social services (available in 25 states) networkofcare.org

Psychology Today's Therapy Directory

therapists.psychologytoday.com

Rehab Locator

Offers a searchable database for drug and alcohol rehab centers rehabs.org/centers

The Substance Abuse and Mental Health Services Administration's Health Information Network (SHIN) Mental Health Facilities Locator and Substance Abuse Treatment Facility Locator

findtreatment.samhsa.gov/locator or call 1-800-662-4357

The World Federation for Mental Health

Assists people from other countries throughout the world in finding mental health services in their area wfmh.com

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General Information

Notebooks

Please write your name in the front of your notebook. All notebooks lost can be claimed at the Welcome Center on the Worship Center Patio. An additional notebook can be purchased for \$10 while supplies last.

Name Badge

Please wear your name badge at all times while on campus. It is your meal ticket and your pass into The Gathering. We are only able to accommodate registered guests at this conference, and your name badge lets us know that you're registered. We apologize but we are unable to admit friends, spouses, or children who are not registered at the main conference.

Worship Center

Please keep the following guidelines in mind while in the Worship Center:

- With the exception of water, please note that food and beverages are not allowed in the Worship Center.
- As a courtesy to speakers and other guests, please turn off or silent all cell phones before each session begins.
- Any type of video or audio recordings during sessions are strictly prohibited.

Wireless Access

Our entire campus is Wi-Fi accessible. Once your computer finds the wireless network named "guests," just connect and you're in; a password is not required.

Information Table

Need medical attention? Looking for something? Have questions? The Welcome Center is under the section of canopies on the Worship Center Patio and is well staffed with helpful, friendly people to assist you.

Lost and Found

Lost and Found is located at the Welcome Center on the Worship Center Patio. If you leave anything behind in the Worship Center or lose something while on campus, it will be taken to Lost and Found.

Prayer

We are praying for you all week. If you would like someone to pray with you, please seek out a person with a prayer lanyard. You can place a specific prayer request in the prayer box at the Welcome Center.

For Promotional and/or Marketing Purposes

We reserve the right to use any audio, video, and/or photography of attendees or guests attending Saddleback Church facilitated conferences or events.

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