



Naomi Ruth Cohen

Institute for Mental Health Education

at The Chicago School

Welcome to the 22nd Annual Community Mental Health Conference, we're so happy you joined us!

We are honored to have Ms. Jennifer Arrington, Mr. Billy Kaplan, and Ms. Heather Bodie as this year's panelists with Dr. Dana Laughlin as our moderator. We also extend our thanks to the incredible breakout session presenters. All our panelists and presenters are from Evanston and the Chicagoland area.

This conference is the product of many wonderful people to whom we owe our thanks. Special thanks to our host, Evanston Township High School. We are grateful to The Chicago School and to our fantastic conference planning committee and volunteers that make this special day a reality. We also want to express our appreciation for the individuals and organizations who contribute the necessary sponsorship funds and in-kind donations to make the conference a success.

A word about logistics. The panel presentation will take place in the Auditorium from 10:00am to 12:00pm. If you have a question for the panel, you may write it on the enclosed index card and hand it to a volunteer or submit it electronically via the online form using slido (see Conference Schedule for instructions). After the panel please proceed to East Cafeteria (E120) for lunch and another opportunity to visit the exhibit hall. Round One of the breakout sessions starts at 1:00pm, Round Two at 2:15pm and Round Three at 3:30pm. Your selected sessions and lunch order are on the back of your name tag.

Please complete your post session/post conference evaluations. Your feedback will help us determine the content of future conferences and improve the conference format and presentations. We also need your support. All contributions to the Institute are tax-deductible and used only for programming. We want to continue to present our community conferences at a nominal cost and provide mental health education throughout the Chicagoland area. We also want to continue our other efforts to combat the stigma associated with mental illness and suicide. Donation envelopes are available and a QR code can be found inside your conference folder.

Mark your calendars. Our 23rd Annual Community Mental Health Conference is tentatively scheduled for Saturday, June 7, 2025.

Finally, please visit our website to learn more about the great work the Institute is doing in the community as well as current mental health education offerings: www.naomicoheninstitute.org.

Thank you for attending the conference!

Marilyn and Larry Cohen
Founders

Tracy M. Levine, LCSW
Executive Director

2024 Conference Schedule

9:00am – 9:55am Check-In/Breakfast/Exhibit Hall (East Cafeteria)

10:00am – 12:00pm Panel Presentation (Auditorium)

We will be using slido for audience interaction and our moderated question-and-answer period. You may write questions on the card inside your program folder and hand it to a volunteer or submit electronically and anonymously via slido on your smartphone or other device. You do not have to create a slido account.

(Wi-Fi access: ETHS_Guest, no password required)

To access slido go to www.slido.com or scan the QR code below or on the auditorium screen.

Use event #MHW0608, Passcode: NRCI



12:00pm – 12:50pm Lunch/Exhibit Hall Open (East Cafeteria)

1:00pm – 2:00pm Breakout Session 1

2:00pm – 2:15pm Break

2:15pm – 3:15pm Breakout Session 2

3:15pm – 3:30pm Break

3:30pm – 4:30pm Breakout Session 3

4:30pm – 5:00pm Networking Reception (Main Office Lobby)

NRCI extends our thanks to the following for their support:

2024 Conference Committee

Larry Cohen
Marilyn Cohen
Ana Belmonte
Jill Glenn
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Harvey Kelber
Sue Laue
Tom Laue
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Rebecca Skinner
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The Chicago School

Volunteers



Meet the Conference Panel



Marilyn & Larry Cohen - Founders

www.naomicoheninstitute.org

Marilyn and Larry Cohen founded the Naomi Ruth Cohen Charitable Family Foundation in 2000 in honor of their daughter Naomi who died by suicide at age 33, having lived with bipolar disorder. Their mission is to reduce the stigma often associated with mental illness and suicide. In 2008, they partnered with Dr. Michael Horowitz and The Chicago School to form the Naomi Ruth Cohen Institute for Mental Health Education at The Chicago School (NRCI).



Tracy Levine, MSW, LCSW - Executive Director

tlevine@thechicagoschool.edu

Tracy Levine is a Licensed Clinical Social Worker who joined NRCI in June 2021 with over 30 years of experience in behavioral health and direct services. A graduate of the University of Michigan, Tracy's passion for service and dedication to improving the lives of others is proven through years of leading programs focused on building resilience, strengthening family relationships, and supporting children, families, and emerging adults. Tracy has been an Assistant Professor in The Chicago School's Master of Counseling Psychology Program and is a certified instructor for Mental Health First Aid (MHFA), Youth Mental Health First Aid (YMHA), teen Mental Health First Aid (tMHFA) and Question, Persuade, Refer (QPR) suicide prevention gatekeeper trainings.



Dana Laughlin, EdD, MA, NCC, LCPC, PhD - Moderator

www.thechicagoschool.edu

Dr. Dana Laughlin is Department Chair of The Chicago School's Clinical Mental Health Counseling Program and a professional counselor who has worked in the mental health field for over 19 years. Her career started in community mental health working with a variety of populations including, but not limited to, addictions, dual-diagnosis, severely mentally ill, and co-occurring disorders. She worked in the Cook County Department of Corrections serving clientele who were incarcerated leading to her dissertation "Correctional Officers Bias and Perceptions towards Inmates who are Mentally Ill."

With a BS in Psychology from Illinois State University and MA in Counseling and Doctor of Education from Argosy University, Dr. Laughlin started her teaching career in 2016 joining The Chicago School in the Fall of 2021. Her teaching philosophy centers around the students with whom she has the pleasure to interact and educate. Her goal is to create and maintain an active learning environment that encourages exploration, evaluation, understanding, application, and synthesis of the material presented.



Jennifer Arrington - Panelist

www.therebelhuman.com

Co-Founder of Rebel Human and WrkfloW, Jenny Arrington trained under Harvard neuroscientist, Dr. Srinii Pillay, and earned certification under both the Kundalini Research Institute and the Yoga Alliance (E-RYT®, YACEP®). She served as Wellness Advisor at Northwestern University's Kellogg School of Management and has worked with various entities including Warner Bros., TED, Microsoft, Cedars-Sinai, BMW, MindBody, and Wix. Jenny's work through Rebel Human helps schools and companies co-create a culture of psychological safety and care through developing skills in self-awareness, emotion regulation, impulse control, self-care and stress management, perspective taking, empathy, relationship building, respect for self and others, social engagement, and ethical responsibility. Jenny has taught internationally in Iceland and at the International Yoga Festival in France. She's worked with Fortune 500 companies and been featured in publications including US News & World Report, Chicago Tribune, Shape, CS, and Chicago Magazine. She is also a published author.



Billy Kaplan, LCSW - Panelist

www.treehousehealth.net

Billy Kaplan's work is being his daughters' father and his wife's husband. To support that work he is the President and Clinical Director of TreeHouse Health, a human services company that provides mental health and emotional wellness services to individuals, couples, and families. Billy earned a Master of Social Work from Yeshiva University, the Wurzweiler School of Social Work. He is a Certified Brainspotting Consultant and Practitioner who engaged in two years of intensive study with one of the leaders of Brainspotting who studied directly under its founder, David Grand.

Billy is the creator of Parenting in SPACE™, a therapeutic parenting model. He has presented extensively locally, regionally, nationally, and internationally on topics including attachment, trauma, and therapeutic parenting.



Heather Bodie - Panelist

www.heatherbodie.com

Heather Bodie is a public speaker and mental health advocate. She serves as the Executive Director of Erasing the Distance, a non-profit arts organization based in Chicago whose mission is aimed at disarming the deadly stigma that surrounds mental health through storytelling and facilitated conversation.

Before her time with Erasing the Distance, Heather spent five years working with Financial Sales Professionals to establish and sustain their businesses through candid conversation and personal storytelling. Heather went on to serve as the Chief of Staff overseeing a collection of start-ups managing 110 employees on daily operations and creating/implementing HR policies and procedures, with a focus on conflict management and emotional health.

Over the past 10 years, Heather has traveled across the country working closely with leadership teams spanning multiple sectors to examine work styles and ideate mental health focused approaches to team management. She holds a BA in Theatre Arts from the University of Iowa. She served as Adjunct Professor at Dominican University and is certified in Mental Health First Aid.



Breakout Session Presenters



Angela Cummings, BA
Talk Saves Lives for
Workplace Settings



Billy Kaplan, LCSW
Improving Work Performance
with Brainspotting



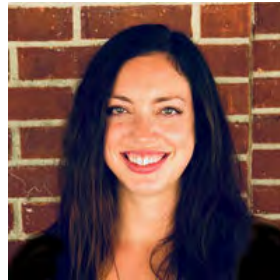
Carly Tindall-Biggins, PhD, NCSP
Drawing the Line: Preventing
Burnout, Building Resilience, and
Better Relationships Through
Effective Boundaries



Dana Laughlin, EdD, MA, NCC, LCPC
Zoom Fatigue and Mental Health
in the Workplace



Heather Bodie
How to Talk About Mental
Health (at work)



Heather Watson, MSW, LSW
Alternative Models for
Care: 988 and Crisis
Response



J Cangialosi, LCPC
Nurturing Mental Wellness
in the Post-Pandemic
Workplace



Jennifer Arrington
Self-directed
Neuroplasticity: Small
Things Done Every Day
Lead to Big Changes



Jess Van, MATD
Unlocking the Power of
Play in the Workforce



Joe Feldman, MBA
Cover my Mental Health –
Resources for Overcoming
Insurance Obstacles to
Care



Karen Perkins, MA
Unlocking the Power of Play
in the Workforce



Klaudia M. Carpenter, LCPC
Boundaries in the
Workplace: Creating Peace
Through Honoring Culture
and Diversity



Maira Egan, MACAT, ATR-P
Art and Wellness in the
Workplace



Manual Meza, LCSW
Alternative Models for
Care: 988 and Crisis
Response



Melissa Chavez Mizner, MA, LPC
Using Evidence Based
Employment Service Principles



Natalie LaDuke, PhD, LCP, NCSP
Drawing the Line: Preventing
Burnout, Building Resilience, and
Better Relationships Through
Effective Boundaries



Pam Brockman, MA
Self-Care: How to
Manage Stress, Trauma,
Anxiety, Depression, and
Thrive



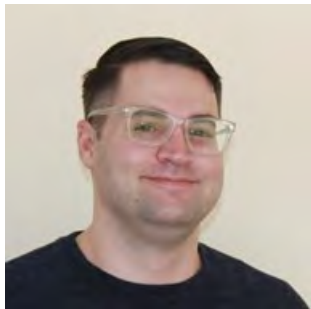
**Paola Montserrat Castro
Palacio, MS, QMHP**
Poster Presenter



Patti Vick, MFA
Art and Wellness in the
Workplace



Rob Lentz, MFA
Art and Wellness in the
Workplace



Ron Harlow
Using Evidence Based
Employment Service
Principles



Samantha Kolkey, LCSW
Embracing Neurodiversity:
Cultivating Inclusive
Workplaces and Services



Shalini Parekh
Self-Care: How to Manage
Stress, Trauma, Anxiety,
Depression, and Thrive



Susan K. Laue, MS
Adult Social and
Emotional Skills in the
Workplace



Terry A. Fox, Esq
Understanding the Law -
Mental Disabilities and the
ADA



Tom Golebiewski, PhD, LCSW
Self-Care and Community
Wisdom from a Circle Practice



Charlie Ford, MHP
Poster Presenter



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Mental Health
in the Workplace



Breakout Session Locations

Session Title	Session 1 1:00pm- 2:00pm	Session 2 2:15pm- 3:15pm	Session 3 3:30pm- 4:30pm
Alternative Models for Care: 988 and Crisis Response	E115		
How to Manage Stress, Trauma, Anxiety, Depression & Thrive (Breathing Techniques)	N112		
How To Talk About Mental Health (at work)	N113		
Mental Health Disabilities and Employment Rights	E111		
Nurturing Mental Wellness in Post-Pandemic Workplaces: Understanding Challenges and Building Supportive Cultures	N111		
Self-directed Neuroplasticity: Small things Done Every Day Lead to Big Changes	E113		
Adult Social and Emotional Skills for the Workplace		N111	
Boundaries in the Workplace: Creating Peace through Honoring Culture and Diversity		N113	
Embracing Neurodiversity: Cultivating Inclusive Workplaces and Services		E111	
Improving Work Performance with Brainspotting		E113	
Talk Saves Lives for Workplace Settings		E115	
Unlocking the Power of Play in the Workforce		N112	

Session Title	Session 1 1:00pm- 2:00pm	Session 2 2:15pm- 3:15pm	Session 3 3:30pm- 4:30pm
Art & Wellness in the Workplace: Using Creativity to Manage Stress and Build Community			N111
Cover My Mental Health; Resources for Overcoming Insurance Obstacles to Care			E111
Drawing the Line: Preventing Burnout, Building Resilience, and Better Relationships Through Effective Boundaries			N113
Self-Care and Community Wisdom from a Circle Practice			N112
Zoom Fatigue and Mental Health in the Workplace			E115
Using Evidence Based Employment Service Principles to Improve Employment Outcomes (IPS)			E113

Optional:

4:30pm - Connect with presenters, colleagues and attendees at our Networking Reception hosted by NRCI's Executive Director Tracy Levine. Please proceed to the lobby area by the Main Office. Light refreshments will be available.





Resources

National Crisis Resources

988 (call or text), 988lifeline.org. Learn more: <https://988hotline.illinois.gov>

Anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one, or anyone interested in mental health treatment referrals can call the Lifeline. Callers are connected with a professional who will talk with them about what they are feeling or concerns for family and friends. Call toll-free 24 hours/day, 7 days/week.

Crisis Text Line: Text to 741741, <https://www.crisistextline.org/>

Available 24/7/365 this organization connects callers with trained crisis volunteers who will provide confidential advice, support, and referrals if needed.

Friendship Line (Adults 60+ or Disabled 18+ and Caregivers) 1-800-971-0016 (24/7/365)

The Trevor Project: Call 866-488-7386 or Text "START" to 678-678 <https://www.thetrevorproject.org>

Trained counselors are available 24/7 to support youth who are in crisis, feeling suicidal, or in need of a safe and judgment free place to talk. Specializing in supporting the LGBTQI+ community.

Substance Abuse and Mental Health Services Administration (SAMHSA)

Mental Health/SUD Helpline: Call 1-800-662-HELP (1-800-662-4357)

SAMHSA Disaster Distress Helpline: Call 1-800-985-5990 or text TalkWithUs to 66746

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Illinois Resources

Illinois Warm Line: 1-866-359-7953 (M-Sat 8am – 8pm except holidays)

Call4Calm Mental Health Support Line

Text the word 'TALK' to 552020 for English (or 'HABLAR' for Spanish-language support). Call4Calm offers emotional support via text and can connect you to resources in your community.

IL Living Rooms

<https://www.dhs.state.il.us/page.aspx?item=126349>

IL Department of Human Services Resources

<https://www.dhs.state.il.us/page.aspx?item=29735>

IL Community Mental Health Centers (CMHC) 1-800-843-6154

Office/Service Locator: <https://www.dhs.state.il.us/page.aspx?module=12&officetype=&county=>

Local Resources

Trilogy: First-response Alternative Crisis Team (FACT) – mobile response unit
1-800-FACT400 (1-800-322-8400)

Turning Point: Crisis Line 1-847-933-005
Living Room/Mobile Crisis Response team 1-847-933-9202

Thresholds: Mobile Crisis Response Team 1-773-572-5464

Evanston Care Network: Call 311 in Evanston or 1-847-448-4311, <https://evanstoncarenetwork.org/>

Please see our Conference Sponsors handout for other resources.

Additional Resources

Naomi Ruth Cohen Institute: <https://naomicoheninstitute.org/resources/external-resources/>

Mental Health First Aid USA: <https://www.mentalhealthfirstaid.org/mental-health-resources/>

Mindfulness Meditations (Self Care in multiple languages): <https://www.uclahealth.org/marc/mindful-meditations>

National Eating Disorders Hotline: 1-800-931-2237

Marijuana Anonymous: 1-800-766-6779

Trans Lifeline: 1-877-565-8860

Veterans Crisis Line: 1-800-273-8255

Rape, Abuse & Incest National Network (RAINN): 1-800-656-4673

National Domestic Violence Hotline: 1-800-799-7233, Text “start” to 88788

US Surgeon General – Workplace Well-Being Framework
<https://www.hhs.gov/surgeongeneral/priorities/workplace-well-being/index.html>

Finding a Behavioral Health Provider

The National Council for Behavioral Health <https://www.thenationalcouncil.org/providers/?region=>
Search for organizations that are committed to providing mental health services to anyone in the community who needs it regardless of their ability to pay.

SAMHSA <https://www.samhsa.gov/find-help>.





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Thank you to our 2024 Conference Sponsors!

PILLARS



Montrose Behavioral Health Hospital is committed to providing a safe and welcoming environment for children and adolescents ages 5-17 in an inpatient setting. We understand that children who are struggling with behavioral health crises require care that can meet their unique developmental, emotional, and behavioral needs. We provide empathetic and personalized support for children who are suffering from symptoms of various behavioral health concerns, including depression, bipolar disorder, attention-deficit/hyperactivity disorder (ADHD), oppositional defiant disorder (ODD), and psychosis.

We also offer first-class care for children who are struggling with certain co-occurring concerns including anxiety, self-harm, suicidal ideation, eating disorders, phobias, obsessive-compulsive disorder (OCD), autism spectrum disorder, and addictions. All major commercial and Medicaid insurance plans accepted.

Website: <https://www.montrosebehavioral.com/>

Phone: 855-466-2979



As a trusted resource since 1972, C4 offers quality, trauma-informed care tailored to the diverse needs of the individuals and families we serve. Our mission-driven approach emphasizes empowerment, resilience, and holistic healing, ensuring that every client receives personalized support and compassionate guidance on their journey to recovery. With a dedicated team of clinicians and staff, C4 provides a safe and supportive environment where individuals can thrive and reclaim their well-being.

In addition to our impactful clinical services, C4 offers exciting career opportunities for those passionate about making a difference in behavioral health. What sets C4 apart is our commitment to fostering a culture of growth, innovation, and excellence. We prioritize professional development through mentorship, training, and ongoing support, empowering our team members to excel in their roles and contribute meaningfully to our mission. Whether you're just starting your career or seeking to advance in the field, C4 provides the resources, opportunities, and supportive community you need to succeed.

Website: <https://www.c4chicago.org/>

Phone: 773-769-0205

BENEFACTORS



Rogers Behavioral Health is a nationally recognized, not-for-profit provider of highly specialized psychiatric care. Rogers offers evidence-based treatment for children, teens, and adults with OCD and anxiety, addiction, depression and other mood disorders, eating disorders, trauma, and PTSD. Backed by more than a century of experience, Rogers is leading the way on measurement-based care and use of clinical outcomes.

Rogers provides partial hospitalization care (PHP) and intensive outpatient care (IOP) in a growing network of communities across the U.S. Additionally, inpatient and residential treatment are available at hospital locations in southeast Wisconsin for patients in need of a higher level of care. Learn more about the programs available at each Rogers location at [rogersbh.org](https://rogersbh.org/locations/skokie-il), call 1-800-767-4411 for admissions.

Website: <https://rogersbh.org/locations/skokie-il>

Phone: 224-470-9407



Trilogy's mission is to provide comprehensive integrated care that enables people in mental health recovery to build meaningful and independent lives. We envision a society where everyone impacted by mental illness is valued, embraced, and supported holistically, systematically, and culturally; where the stigma of mental illness is eliminated; and where quality of care is not determined by socioeconomic status.

For 50 years, Trilogy has provided people across Chicago and beyond with support to recover from mental illness and move toward stability. We provide our clients with an array of essential services and ongoing support so that they can live independently and thrive in our community.

Website: <https://www.trilogyinc.org/>

Phone: 773-382-4060

PATRONS



The Illinois Chapter of the American Foundation for Suicide Prevention focuses on eliminating the loss of life from suicide through education, research, outreach, and advocacy. The grassroots work we do focuses on eliminating the loss of life from suicide by delivering innovative prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide.

As a part of AFSP's growing nationwide network of chapters, we bring together people from all backgrounds who want to prevent suicide in our communities. Families and friends who have lost someone to suicide, vulnerable individuals, mental health professionals, clergy, educators, students, community/business leaders, and many others energize our chapter.

Website: <https://afsp.org/chapter/illinois>

Phone: 312-890-2377



Since 2005, Yellowbrick has executed its mission to serve as the national leader and resource for the psychiatric treatment of emerging adults. Our treatment philosophy is guided by research findings that show that enduring success is facilitated by working alongside emerging adults coping with actual life experiences in “real time,” with a professional presence supporting the

development of skills required to navigate the challenges of life.

By combining treatment with active participation within the community, Yellowbrick sustains and strengthens personal confidence and establishes educational and vocational accomplishments that anchor the emerging adult. Our community of peers and professionals, along with the neighboring university community of Evanston, is united in a commitment to assist individuals in discovering the inner strengths, motivations and goals that build the foundation on which a productive and satisfying life can be achieved. Treatment is provided across all diagnoses and levels of care from supported apartments through PHP, IOP, Outpatient and wrap-around supportive services.

Website: <https://yellowbrickprogram.com/>

Phone: 866-234-0222



HOME | HEALTH | HOPE

Thresholds is one of the oldest and largest providers of recovery services for persons with mental illnesses and substance use disorders in Illinois. We offer 30 innovative programs at more than 75 locations throughout Chicago, the adjacent suburbs, and four surrounding counties. Services include assertive outreach, case management, housing, employment, education, psychiatry, primary care, substance use treatment, and research.

We work with many populations, including youth and young adults, veterans, young mothers, deaf, and individuals experiencing homelessness, among others. Recovery from mental illnesses and substance use is possible. Recovery is a process of finding and living a satisfying and meaningful life, as one defines it for oneself. We assist our clients as they work to reclaim a positive sense of self, and discover their own potential, gifts, and skills.

Website: <https://www.thresholds.org/>

Phone: 773-572-5500



Erie Family Health Centers believes that healthcare is a human right. We acknowledge the deep history of systemic oppression, racism, and discrimination that plagues our communities. We recognize that these marginalized groups have long been denied access to quality healthcare, education and employment opportunities which has led to devastating health disparities. Erie is committed to confronting these inequities, challenging ourselves to work with excellence and humility, and keeping ourselves open to critical conversations that encourage learning, progress, and change.

We seek an organizational culture where the dignity and worth of each of our patients, staff, learners, and community partners are honored, and value is seen in everyone’s unique differences. We pledge to continually explore and advance the values of diversity, equity, inclusion and belonging across all levels of Erie Family Health Centers.

We provide high quality medical, dental, and behavioral healthcare to all, regardless of ability to pay.

Website: <https://www.eriefamilyhealth.org/>

Phone: 312-666-3494



Endeavor Health delivers convenient access to pioneering, world-class care combined with a seamless, personal experience — every patient, every time. We are proud to be based in the communities we serve, where our patients, team members and community partners call home, and where we're committed to advancing wellbeing, health equity and local economic growth. By uniting

nine top regional hospitals and connecting over 300 care locations across Chicagoland, expert care is right around the corner (and in your neighborhood). Endeavor Health provides convenient access to expert, compassionate care where, when and how you need it. At Endeavor Health, you don't have to choose between receiving the highest level of medical expertise and feeling cared for and understood by your healthcare team.

NorthShore University HealthSystem, Edward-Elmhurst Health, Northwest Community Healthcare and Swedish Hospital are united under one name as one comprehensive, community-based health system.

Website: <https://www.endeavorhealth.org/>

ADVOCATES



Riveredge Hospital is a comprehensive behavioral healthcare provider that serves children, adolescents, and adults. We believe in a Trauma-Informed Care philosophy that values the dignity of the individuals we serve. We strive to foster an environment that demonstrates compassion and caring with timely and effective communication through comprehensive, clinically excellent behavioral health care services.

We offer partial hospitalization programs (PHP) for children and adolescents, intensive outpatient programs (IOP) for adolescents and adults as well as individual therapy, outpatient psychiatry, and medication management services for all ages. Our robust evidence-informed clinical programming is augmented with Dance/Movement Therapy, Art Therapy, Music Therapy, Drama Therapy, and Animal Assisted Therapy.

Website: <https://riveredgehospital.com/>

Phone: 708-209-4181



Relief Mental Health is a leading outpatient provider of transcranial magnetic stimulation (TMS), psychedelics (SPRAVATO® esketamine and IV ketamine), psychiatric medication management, and talk therapy, for the treatment of depression, obsessive compulsive disorder, anxiety and other diagnoses.

Using BrainsWay Deep TMS™ technology, Relief's care is the most advanced and effective treatment available. TMS is FDA approved, non-invasive, and is covered by insurance.

Founded in January 2020 and dedicated to delivering expedited care, Relief has 10 facilities in three states. In Illinois, clinics are located in Chicago (Lakeview and West Loop), Oak Brook, Orland Park, Northbrook, Rockford, and St. Charles. Relief's other clinics are in Warren and Red Bank, New Jersey, and West Allis, Wisconsin. With a commitment to personalized care for evolving patient needs, Relief Mental Health continually explores innovative treatments to provide the best possible outcomes.

IN KIND SUPPORTERS



F O R C A D E

Professional Consulting Services. Creating environments that don't just identify and guide but directly embody your culture. Design. Branding. Wayfinding.

Website: <https://forcade.net/>

Phone: 847-424-1010



Starbucks
1901 Dempster St. Evanston

corner bakery
CAFE

3232 Lake Ave Wilmette

FRIENDS

GIA Chicago <https://giachicago.com/>

Impact Behavioral Health Partners <https://impactbehavioral.org/>

Peer Services <https://peerservices.org/>



TheChicagoSchool®

For more than 40 years, The Chicago School has been an innovator of psychology, mental health, and behavioral sciences curricula. As an accredited, nonprofit institution, our Chicago Campus offers hands-on courses taught by world-class faculty. From counseling to organizational leadership, every degree program places a great emphasis on field experience and networking.

Website: www.thechicagoschool.edu/chicago/

Phone: 866-827-9107



Instructions for Continuing Education and Evaluations

Welcome to the 22nd Annual Community Mental Health Conference!

Whether or not you are seeking continuing education/professional development credit (CEs), we ask that you participate in our sign in/out process and invite you to complete the evaluations for the panel, breakouts, and conference as a whole to provide feedback.

If you are seeking CEs, you **MUST** be electronically signed in and out of the panel and all breakout sessions and complete the corresponding evaluations to receive your credits. Your digital sign-in/sign-out will be time stamped and reconciled to ensure you have attended the full session. Volunteers will be assisting with this process.

Note: Evaluations do not have to be completed today.

Panel Sign In:

- Upon entry, you will be directed to the CEU Support table to be checked in to the panel presentation, no further action is needed.
- Note: You must be signed in no later than 10 minutes after the start of the presentation (10am) to be eligible for CEs.

Panel Sign Out:

- Option A:
 - Scan the QR code
 - Select PANEL PRESENTATION - Mental Health in the Workplace
 - Click "Next"
 - Select your name
 - Select "Signing Out"
 - Click "Next"
 - Select "Yes" if you would like to fill out the evaluation for the panel now. Select "No" to get an email from officeofce@thechicagoschool.edu on Monday with a direct link to complete your evaluation.
- Option B:
 - Check out at one of the CEU Support Tables in the auditorium lobby

Breakout Session Sign In:

- Upon entry to the classroom please check in with the volunteer, no further action is needed.
- Note: You must be signed in no later than 10 minutes after the start of the session to be eligible for CEs.

Breakout Session Sign Out:

- Option A:
 - Scan the QR code
 - Select your session title and click "Next"
 - Select your name
 - Select "Signing Out"
 - Click "Next"
 - Select "Yes" if you would like to fill out the evaluation for your session now. Select "No" to get an email from officeofce@thechicagoschool.edu on Monday with a direct link to complete your evaluation(s).
- Option B:
 - Ask the classroom volunteer to sign you out via their device. On Monday you will get an email from officeofce@thechicagoschool.edu with a direct link to complete your evaluation(s).

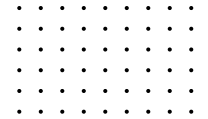
Evaluations are required for CE eligibility and appreciated if you are not seeking CEs. Your feedback helps us to improve our offerings. **Simply select "no"** if you are not seeking a certificate.

Please do not complete the final conference evaluation until you have finished all your conference activities, including the networking reception, if applicable.

QR Code



You may visit one of our CE Support Tables if you have any questions, concerns, or need assistance. (Conveniently located outside of the auditorium and in the main lobby between classroom wings).



Our Mission:

The Naomi Ruth Cohen Institute for Mental Health Education aims to reduce the stigma associated with mental illness by promoting and providing educational programs, developing resources, and offering hope to those who are struggling as well as to those who support them.

Our Vision:

We envision a world where the stigma often connected to mental illness no longer prevents those who need support from seeking the services and treatment that they need to live a fulfilling, purposeful life.



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Naomi Ruth Cohen
Institute for Mental Health Education
at The Chicago School



Marilyn & Larry Cohen, Founders

In 2000, the Naomi Ruth Cohen Charitable Foundation was formed to honor Naomi's memory following her lived experience with bipolar disorder and death by suicide. The first annual community mental health conference was held in 2002.

In 2008, the foundation joined The Chicago School becoming The Naomi Ruth Cohen Institute for Mental Health Education, broadening the organization's reach and improving its ability to promote suicide prevention and its work to eliminate the stigma around mental illness.



Our Work

We are committed to eliminating the stigma associated with mental illness and suicide. We fulfill our mission through educational initiatives including our annual community mental health conference and the facilitation of accredited suicide prevention and mental health education programs. We support mental health advocacy at the state and national levels, and frequently collaborate with community partners.

We offer presentations to community members, agencies, organizations, schools and corporations as well as mental health professionals including but not limited to*:

- Mental Health First Aid (for adults) including community specific curriculums for Older Adults, Higher Education, Military/Veterans/Families, Fire/EMS, Public Safety and Corrections
- Youth Mental Health First Aid (for adults working with youth)
- Teen Mental Health First Aid (for teens 15-18)
- QPR Gatekeeper for Suicide Prevention

**We will work with you and your team to develop programs that meet your needs, facilitated by our clinically trained and certified instructors. In-person and virtual options available. Many programs are CE eligible.*



Naomi Ruth Cohen
Institute for Mental Health Education



TheChicagoSchool®



Would you like to learn more?
Use this QR code to join our mailing list!