

Your Journey Matters

2025 South Dakota Behavioral Health Conference

DAY 1 - MONDAY, AUGUST 4th

12:00 PM - 1:00 PM	Conference Registration Opens	Main Concourse
12:00 PM - 5:00 PM	Exhibits/Vendor Fair	Main Concourse
1:00 PM - 1:45 PM	Opening Remarks	Grand Ballroom
1:45 PM - 2:45 PM	Opening Keynote	Grand Ballroom

OPENING KEYNOTE - THE MOVEMENT AND THE MOVING ON

Presented by Jamie Tworkowski, Author and Founder of To Write Love on Her Arms (TWLOHA)

To Write Love on Her Arms founder Jamie Tworkowski shares the organization's surprising origin story, along with highs and lows and lessons learned from the 15 years that followed. Jamie will also talk about the growth that he's experienced since leaving TWLOHA back in 2021. Open about his own struggles with both depression and ADHD, Jamie has come to believe that vulnerability leads to connection, and that connection is vital as it relates to hope and healing.

BREAKOUT A | PREVENTION**Soul Shop: Prevention Amongst Faith Leaders - Part 1**

Presenter: Barb Hanson, American Foundation for Suicide Prevention

Description: During "Soul Shop for Congregations," participants will learn about the prevalence of suicidal thoughts, look at suicide in the Bible, and gain basic skills about how to accompany someone who is having thoughts of suicide or is concerned about someone who is suicidal. This two-part workshop is for anyone who wants to address suicide prevention from a faith-based perspective. It is recommended and strongly encouraged to attend both sessions.

BREAKOUT B | TREATMENT**Psychosis in Addiction: The Challenges of Diagnosis and Treatment**

Presenter: Pam VanMeeteren, RN, MS, FNP-BC, PMHNP-BC, CARN-AP, DNP, Lewis and Clark Behavioral Health Services

Description: This session will focus on the challenges of diagnosis and treatment of psychosis in clients with substance use disorder. The goal of this session is to assist substance use treatment providers in supporting clients with co-occurring treatment needs. The importance of collaboration in care and treatment between mental health and addiction services will also be discussed.

BREAKOUT C | YOUTH**Current Trends in Internet Crimes Against Children**

Presenter: Hollie Strand, Pennington County Sheriff's Office

Description: This presentation teaches attendees about the current trends in the online victimization of children and teens where computers, phones, tablets, emails, clouds, social media, or other technology are used to facilitate a crime.

BREAKOUT D | BURNOUT/COMPASSION FATIGUE**Tapping into Your Health - Discovering Empowerment with Emotional Freedom Techniques**

Presenter: Sheri Severson, Life Point Counseling

Description: This session will focus on information pertaining to chronic stress and how chronic stress impacts our whole selves, mentally and physically. The session will cover a brief description of the role of the amygdala in the stress response cycle. All of that will provide a segue into a brief overview of Emotional Freedom Techniques or tapping. The session will offer participants two exercises with tapping to understand it from an experiential level.

**Please note this session is not adequate to use in a clinical space and is an introduction to the technique itself for personal use and self-care. Participants that desire use on a clinical space with clients are encouraged to seek out additional training.*

BREAKOUT E | RECOVERY SUPPORTS**What is Peer Support?**

Presenters: Face It TOGETHER, and Dr. Melissa Dittberner, University of South Dakota

Description: This presentation will explore the role of peer support in the behavioral health field, highlighting its unique benefits for individuals in recovery. Attendees will learn about the core principles of peer support, including mutual respect and shared lived experiences, and how it fosters hope, resilience, and social connections.

BREAKOUT F | OPTIONAL TRAINING**QUESTION, PERSUADE, REFER (QPR)**

Presenters: Division of Behavioral Health Staff

Description: QPR is a training that teaches three simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

BREAKOUT A | PREVENTION**Soul Shop: Prevention Amongst Faith Leaders - Part 2**

Presenter: Barb Hanson, American Foundation for Suicide Prevention

Description: During "Soul Shop for Congregations," participants will learn about the prevalence of suicidal thoughts, look at suicide in the Bible, and gain basic skills about how to accompany someone who is having thoughts of suicide or is concerned about someone who is suicidal. This two-part workshop is for anyone who wants to address suicide prevention from a faith-based perspective. It is recommended and strongly encouraged to attend both sessions.

BREAKOUT B | TREATMENT**Psychosis in Addiction: The Challenges of Diagnosis and Treatment**

Presenter: Pam VanMeeteren, RN, MS, FNP-BC, PMHNP-BC, CARN-AP, DNP, Lewis and Clark Behavioral Health Services

Description: This session will focus on the challenges of diagnosis and treatment of psychosis in clients with substance use disorder. The goal of this session is to assist substance use treatment providers in supporting clients with co-occurring treatment needs. The importance of collaboration in care and treatment between mental health and addiction services will also be discussed.

BREAKOUT C | YOUTH**Current Trends in Internet Crimes Against Children**

Presenter: Hollie Strand, Pennington County Sheriff's Office

Description: This presentation teaches attendees about the current trends in the online victimization of children and teens where computers, phones, tablets, emails, clouds, social media, or other technology are used to facilitate a crime.

BREAKOUT D | BURNOUT/COMPASSION FATIGUE**Tapping into Your Health - Discovering Empowerment with Emotional Freedom Techniques**

Presenter: Sheri Severson, Life Point Counseling

Description: This session will focus on information pertaining to chronic stress and how chronic stress impacts our whole selves, mentally and physically. The session will cover a brief description of the role of the amygdala in the stress response cycle. All of that will provide a segue into a brief overview of Emotional Freedom Techniques or tapping. The session will offer participants two exercises with tapping to understand it from an experiential level.

**Please note this session is not adequate to use in a clinical space and is an introduction to the technique itself for personal use and self-care. Participants that desire use on a clinical space with clients are encouraged to seek out additional training.*

BREAKOUT E |**When Two Crises Collide: Mental Health and Pregnancy-Associated Deaths in South Dakota**

Presenter: Fabricia Latterell, BSN, MPH, MCHS, South Dakota Department of Health, and Division of Behavioral Health Staff

Description: Mental health plays a critical but often overlooked role in pregnancy-associated deaths. This session will explore the latest data from South Dakota, highlighting the intersection of maternal mortality and mental health conditions, including suicide and substance use. Attendees will gain insight into key trends, risk factors, and disparities affecting at-risk populations, particularly in underserved communities. The discussion will also cover opportunities for data-driven interventions, policy considerations, and strategies to improve maternal health outcomes through a mental health lens.

BREAKOUT F | OPTIONAL TRAINING**QUESTION, PERSUADE, REFER (QPR)**

Presenters: Division of Behavioral Health Staff

Description: QPR is a training that teaches 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Your Journey Matters

2025 South Dakota Behavioral Health Conference

DAY 2 - TUESDAY, AUGUST 5th

8:00 AM - 3:00 PM	Exhibits/Vendor Fair	Main Concourse
8:00 AM - 8:15 AM	Welcome Back	Grand Ballroom
8:15 AM - 9:30 AM	Opening Keynote	Grand Ballroom

OPENING KEYNOTE - THE FULL PICTURE: THE BEHAVIORAL HEALTH CONSEQUENCES OF BRAIN INJURY

Presented by Kim Gorgens, Ph.D., ABPP, Board-Certified Rehabilitation Psychologist and Professor at the University of Denver

Traumatic and Acquired brain injuries (TBI/ABI) are often hidden contributors to the complex mental health and substance use challenges on your caseload. This session explores the intersection of brain injury with behavioral health including mood disturbance, addiction, and suicide risk. It will highlight the short- and long-term impacts on individuals and communities. Participants will learn to recognize common post-injury vulnerabilities, identify evidence-based strategies for managing neuropsychological sequelae, and engage with national and community resources that support prevention, intervention, and advocacy. This session is designed for behavioral health professionals in South Dakota and will equip attendees with tools to see and support the “full picture” behind the presenting problems.

BREAKOUT A | PREVENTION

Strengthening Kinship: Using Lakota Family Model to Prevent Substance Use and Suicide

Presenter: Monique Apple, DSW, LCSW, Great Plains Tribal Leaders Health Board

Description: This presentation will describe the Lakota family model to prevent substance use and suicide. This model encompasses cultural values, healthy bonding, family leadership, traditional adoption practices, use of traditional Lakota art forms, and other cultural interventions to address social issues. The goals/objectives are: 1. to demonstrate the effectiveness of wholistic cultural methods to increase self-esteem and self-awareness of participants, 2. describe traditional evaluation methods, 3. discuss how culture is the key to enhancing strengths and abilities of participants and implications for successful integrated health care systems.

BREAKOUT B | TREATMENT

Building Belonging: Shifting the Focus from Compliance to Compassion

Presenter: Laurie Johnson-Wade, Addiction Technology Transfer Center (ATTC)

Description: In mental health and substance use disorder (SUD) settings, clients may not always engage in the ways providers expect. This session explores how to maintain a sense of connection and belonging, even when clients are resistant, disengaged, or not following a prescribed path. Grounded in trauma-informed and person-centered principles, this training challenges the notion that disengagement is a reflection of clinical failure. Instead, it offers tools for depersonalizing client behavior, building psychological safety, and fostering unconditional belonging as a foundation for healing. Participants will leave with actionable strategies to stay present, reduce burnout, and strengthen trust—even in the absence of immediate results.

BREAKOUT C | YOUTH

Youth Services Panel

Presenters: Tami Ambrosion, Lewis and Clark Behavioral Health; Natasha Auch, Human Services Center; Kelli Rumpza, Human Service Agency; and Bryan Harberts, Lutheran Social Services

Description: This dynamic panel consists of behavioral health providers from diverse backgrounds and unique settings within the treatment continuum for mental health and substance use disorder services across South Dakota. Panel members will share insights regarding their specialties, types of services provided at their specific agencies, and how youth can obtain treatment or prevention services. A moderated discussion will be facilitated in order to gain a better understanding of the services available to address mental health and substance use needs of youth. Attendees will gain a greater understanding of the strategies being implemented across the continuum of care.

BREAKOUT D | BURNOUT/COMPASSION FATIGUE

Clinician Burnout

Presenter: Amanda Reed, Ph. D., Healing Bridge Psychological Services

Description: How do we recognize and avoid personal burnout when demand for clinicians continues to increase? This session will cover recognition of burnout, mitigation of symptoms, and strategies for healing.

BREAKOUT E | RECOVERY SUPPORTS

Recovery Housing Panel

Presenters: Jon Sommervold, Tallgrass Recovery & Sober Living Homes; Gayle Stahl, Hope House; Tim Wendt, Kingdom Boundaries Prison Aftercare Ministries; Stacy Hendricks, Brothers and Sisters Behind Bars; and Marcie Robertson, Reflections Recovery Home

Description: Discover what recovery housing is and explore the options available in South Dakota. Join us for an insightful panel discussion with recovery housing providers as we dive into the vital role of safe, supportive housing in the recovery journey.

BREAKOUT A | PREVENTION

Strengthening Kinship: Using Lakota Family Model to Prevent Substance Use and Suicide

Presenter: Monique Apple, DSW, LCSW, Great Plains Tribal Leaders Health Board

Description: This presentation will describe the Lakota family model to prevent substance use and suicide. This model encompasses cultural values, healthy bonding, family leadership, traditional adoption practices, use of traditional Lakota art forms, and other cultural interventions to address social issues. The goals/objectives are: 1. to demonstrate the effectiveness of wholistic cultural methods to increase self-esteem and self-awareness of participants, 2. describe traditional evaluation methods, 3. discuss how culture is the key to enhancing strengths and abilities of participants and implications for successful integrated health care systems.

BREAKOUT B | TREATMENT

Building Belonging: Shifting the Focus from Compliance to Compassion

Presenter: Laurie Johnson-Wade, Addiction Technology Transfer Center (ATTC)

Description: In mental health and substance use disorder (SUD) settings, clients may not always engage in the ways providers expect. This session explores how to maintain a sense of connection and belonging, even when clients are resistant, disengaged, or not following a prescribed path. Grounded in trauma-informed and person-centered principles, this training challenges the notion that disengagement is a reflection of clinical failure. Instead, it offers tools for depersonalizing client behavior, building psychological safety, and fostering unconditional belonging as a foundation for healing. Participants will leave with actionable strategies to stay present, reduce burnout, and strengthen trust—even in the absence of immediate results.

BREAKOUT C | YOUTH

Young Voices

Presenter: Lutheran Social Services

Description: Young Voices presents a panel of inspiring young people as they share their journey to young adulthood. You will hear the struggles, challenges, and successes of these incredible young people as they moved through foster care and out of home placements. Join them to hear their message of hope, advocacy, and vision for the future.

BREAKOUT D | BURNOUT/COMPASSION FATIGUE

Clinician Burnout

Presenter: Amanda Reed, Ph. D., Healing Bridge Psychological Services

Description: How do we recognize and avoid personal burnout when demand for clinicians continues to increase? This session will cover recognition of burnout, mitigation of symptoms, and strategies for healing.

BREAKOUT E | RECOVERY SUPPORTS

Recovery Housing Panel

Presenter: Jon Sommervold, Tallgrass Recovery & Sober Living Homes; Gayle Stahl, Hope House; Tim Wendt, Kingdom Boundaries; Stacy Hendricks, Brothers and Sisters Behind Bars; and Marcie Robertson, Reflections Recovery

Description: Discover what recovery housing is and explore the options available in South Dakota. Join us for an insightful panel discussion with recovery housing providers as we dive into the vital role of safe, supportive housing in the recovery journey.

11:30 AM - 1:00 PM Lunch - on your own

BREAKOUT A | PREVENTION**Saving Lives: Means Safety and Harm Reduction Strategies for Suicide and Substance Use Prevention****Presenters:** Dr. Melissa Dittberner, University of South Dakota, and Janet Kittams, Helpline Center**Description:** This session explores evidence-based approaches to reducing harm and saving lives through means safety and harm reduction strategies. Participants will gain practical knowledge on limiting access to lethal means—a proven method for suicide prevention—as well as harm reduction models that address substance use with compassion and effectiveness. The session will cover strategies such as firearm and medication safety, overdose prevention tools like naloxone, and community-based interventions that prioritize safety, dignity, and health. By integrating these approaches, attendees will learn how to support at-risk individuals while promoting public health and resilience within their communities.**BREAKOUT B | TREATMENT****Managing the Most Common Adverse Brain Injury Outcomes****Presenter:** Dr. Kim Gorgens**Description:** A review of neuroscience-informed strategies to support brain injury recovery in the short and long term. This includes a discussion of behavioral health interventions for the common sequelae identified in the keynote session. This breakout will also include tips to optimize nutrition and sleep and to address complications in relationships.**BREAKOUT C | YOUTH****Youth Services Panel****Presenters:** Tami Ambrosion, Lewis and Clark Behavioral Health; Natasha Auch, Human Services Center; Kelli Rumpza, Human Service Agency; and Bryan Harberts, Lutheran Social Services**Description:** This dynamic panel consists of behavioral health providers from diverse backgrounds and unique settings within the treatment continuum for mental health and substance use disorder services across South Dakota. Panel members will share insights regarding their specialties, types of services provided at their specific agencies, and how youth can obtain treatment or prevention services. A moderated discussion will be facilitated in order to gain a better understanding of the services available to address mental health and substance use needs of youth. Attendees will gain a greater understanding of the strategies being implemented across the continuum of care.**BREAKOUT D | BURNOUT/COMPASSION FATIGUE****What is Your Why? Panel on the Behavioral Health Field****Presenters:** Raelene Broz, LAC; Dodi Haug, BS, CPS; Kim Hansen, BS; Janelle Campbell; and Stacy Hayford, LPC-MH**Description:** No one ever said that working in the behavioral health field would be easy - so why do we do it? In this session you will hear from our five panelists with experience in varying areas of the behavioral health field and learn about the “why” that keeps them motivated to do this challenging work. Our goal is that you will leave this session feeling inspired, learn some tips to avoid burnout, and gain a renewed understanding of your own “why” for choosing this career path!**BREAKOUT E | RECOVERY SUPPORTS****Peer Support Panel****Presenters:** Southeastern Behavioral Health, Lewis and Clark Behavioral Health Services, and others **Description:**

This panel discussion will explore the role of peer support in behavioral health and its benefits for individuals in recovery, with insights from peer support professionals in South Dakota. Panelists will discuss how peer support enhances engagement in treatment, fosters empowerment, and strengthens recovery by providing a unique, relatable resource through shared lived experiences.

CLOSING KEYNOTE - INNOVATIONS IN CLINICAL SUICIDOLOGY: RESEARCH, PRACTICE, AND POLICY

Presented by David A. Jobes, Ph.D., ABPP, Board-Certified in Clinical Psychology, Fellow of the American Psychological Association, Professor of Psychology, and Director of the Suicide Prevention Laboratory at The Catholic University of America.

There are exciting developments in the sub-specialization of clinical suicidology with innovations in the assessment, stabilization, and treatment of suicidal risk. This presentation will identify problems and challenges of contemporary suicidal risk and provide evidence-based approaches to decrease suicidal suffering and help to save lives. Public policy aspects of suicide prevention will be addressed as well with implications for effectively addressing this major mental and public health challenge.



Thank
you!