



Central Oklahoma's Community Connection



FESTIVAL OF HOPE 2005

**APPROACHES TO WELLNESS
AND SUICIDE PREVENTION**

**COMING SEPTEMBER 8, 2005
CONFERENCE REGISTRATION STARTS NOW**

Thursday, September 8, 2005

Festival of Hope 2005: Approaches to Wellness and Suicide Prevention

Festival of Hope 2005, sponsored by HeartLine, formerly known as CONTACT Crisis Helpline, and the Oklahoma Department of Mental Health and Substance Abuse Services will take place September 8, during National Suicide Prevention Week. This annual event seeks to increase awareness about the importance of physical, mental and spiritual wellness, and to increase awareness about suicide prevention.

The Festival of Hope 2005 Continuing Education Seminar is geared for professionals and open to the public, who will find both sessions informative and inspiring. The Reverend Leo Booth, an internationally acclaimed author, lecturer and trainer on all aspects of spirituality and recovery from depression, addictions, compulsive behaviors and low self-esteem, will touch your heart while imparting deep wisdom. This workshop will help you to reclaim a life with passion and aliveness.

Also presenting are Elsie and Gerald (Jerry) Weyrauch of Marietta, Georgia. The tragic death in 1987 of their daughter, Terri Ann, a doctor specializing in rheumatology, changed the direction of their lives. They have devoted themselves to work with fellow survivors to further suicide prevention in the United States. As part of their own grief recovery, they ran two survivor-of-suicide support groups in the Atlanta area for several years. During this time, they gained much collective experience of the needs of survivors and of running groups, which they attributed to the WHO book, "Preventing Suicide: How to start a Survivors Group," published in 2000.

Challenging Unhealthy Beliefs and Attitudes

By the Reverend Leo Booth

PROGRAM PURPOSE

"The basic aim of recovery is to move away from unhealthy dependencies on things like drugs, sex, alcohol, food or gambling, and toward a powerful spiritual interdependence," says the Reverend Leo Booth, an internationally acclaimed author, lecturer and addictions counselor. "My basic definition of spirituality is a positive and creative human being. Taking care of your body, avoiding harmful behaviors and unhealthy relationships are spiritual acts."

The purpose of this lecture series is to realize that we already have precious "treasures" in our lives. The emphasis is to discover the gifts we have so that we can create success, health and prosperity.

Spirituality is the healthy relationship between body, mind and emotions. Booth also will explain the difference between spirituality and religion. He will discuss the ingredients of transformation and healing; discussing actions to be taken, boundary issues and utilization of support groups and ongoing therapy.

LEARNING OBJECTIVES

Upon completion of the program, the participant shall be able to:

1. Understand Spirituality as a relationship between body, mind and emotions that determines the quality of our connection to others and the world around us.
2. Create awareness of how dysfunctional messages create guilt, shame and fear.
3. Stop! Look! Change! - Examine issue of co-creatorship, showing how we need to be involved in creating successes and health in our lives.
4. Restate transformation techniques e.g. visualization, affirmation and creation of new prayers.
5. Demonstrate guidelines to teaching clients/patients how to reframe dysfunctional messages in order to begin creating healthy spirituality.

FACULTY

Booth is a Unity minister, an internationally acclaimed author, lecturer and trainer on all aspects of spirituality and recovery from depression, addictions, compulsive behaviors and low self-esteem. A Certified Addiction Counselor, Certified Eating Disorders Counselor and NAADAC Approved Education Provider, Booth speaks at many national and international conferences, plus churches of all denominations. In addition to specific in-services and lectures on religious addiction and abuse. Booth presents workshops, lectures and training on a broad spectrum of issues to a variety of organizations and institutions. He contributes regularly to newspapers across the United States and is the author of 10 publications, including When God Becomes a Drug, The Wisdom of Letting Go, and Pearl in the Rice. He has appeared on The Oprah Winfrey Show, Geraldo, Sally Jesse Raphael and Good Morning America.

Program Schedule

- 8:00-8:30** Registration
- 8:30-10:00** The Power of Spirituality
- 10:00-10:15** Break
- 10:15-11:45** Challenging Unhealthy Beliefs & Attitudes
- 11:45-12:45** Lunch on your own
- 12:45-2:15** Letting Go
- 2:15-2:30** Break
- 2:30-4:00** Healthy Relationships

Continuing Education Credits

The Oklahoma Department of Mental Health and Substance Abuse Services, Institute for Mental Health and Substance Abuse Education and Training, is accredited by the Oklahoma State Medical Association (OSMA) Council on Medical Education to sponsor continuing medical education for physicians. Continuing education credit hours have been approved by the Oklahoma State Board of Licensed Social Workers, Oklahoma Board of Examiners of Psychologists and the Licensed Professional Counselors Committee. Continuing education hours have been applied for through the Licensed Behavioral Practitioners Board.

How to Receive Your Certificate of Attendance

Certificates of attendance will be distributed at the end of the seminar. If you are unable to complete the seminar, you may pick up a certificate before you leave which will reflect the actual hours you were in attendance. Participant evaluation forms must be submitted in order to receive continuing education credit and a certificate of attendance.

Seminar Fees

If Pre-Registering by Mail: Current DMHSAS staff or retirees are admitted for no charge. A \$65 fee applies to all other participants if they register on or before September 1. A \$90 fee applies to all paying participants who register or pay on-site after September 1. Payment may be made by credit card, check or money order only; cash cannot be accepted.

The Power of One: Putting Together the Suicide Prevention Puzzle

By Elsie and Gerald (Jerry) Weyrauch

PROGRAM PURPOSE

This program will empower people to work the suicide prevention puzzle, and learn ways to contribute to suicide prevention in their own communities. Suicide claims approximately 30,000 lives per year nationally. Another 650,000 people receive emergency medical care annually after attempting suicide. Preventing suicide requires recognizing it as a preventable public health problem. This approach integrates suicide prevention into all facets of our society, including schools, workplaces, clinics, medical offices, correctional and detention centers, eldercare facilities, faith-based institutions and community centers. We must recognize its connection with mental illness, effectively diagnose and treat mental illness and provide supportive community environments that can give hope and help to at-risk persons. Suicide prevention is everyone's business.

LEARNING OBJECTIVES

Upon completion of the program, participants will be able to:

1. Restate suicide prevention's move since 1996 to a national and state public health problem;
2. Define the three pillars for translating public health policy into social practice;
3. Identify the elements of successful collaboration: key to effective suicide prevention;
4. Describe the inherent power of survivors of suicide to advance effective prevention; and
5. State three ways individuals can contribute to suicide prevention locally.

Festival of Hope 2005 Activities

HEARTLINE Crisis Helpline, in partnership with the Oklahoma Department of Mental Health and Substance Abuse Services, are collaborating to plan Festival of Hope 2005. "An Evening of Acclamation and Admiration," Thursday, September 8, 2005, will celebrate progress in mental health and honor outstanding leaders in physical, mental and spiritual wellness. Hosted by Honorary Co-Chairs Lt. Governor Mary Fallin, and Jackie and Barbara Cooper, the event will be held at the Oklahoma City Golf and Country Club. The event will include a reception, dinner, auction, award presentations, and dancing. Registrants for the seminar will qualify for a discounted price of \$75. Call HEARTLINE at 405-840-9396 for further information.

FESTIVAL OF HOPE 2005 HONOREES

HeartLine is pleased to announce the selection of the following Honorees for recognition in connection with Festival of Hope 2005:

- Terry L. Cline, Ph.D., Commissioner, Oklahoma Department of Mental Health and Substance Abuse Services; and Oklahoma Secretary of Health
- Robert McCaffree, M.D., MSHA, Professor of Medicine in the Pulmonary Disease and Critical Care Section at the University of Oklahoma, and Chief of Staff at the Oklahoma City VA Medical Center
- Gene Rainbolt, Chairman, BancFirst Corp; Founding Chairman, Calm Waters; Active civic leader
- Susan Walton, Suited for Success
- Crossings Community Church

These individuals and the faith group have been selected for having given selflessly through their profession or volunteerism to enhance the quality of life—physically, mentally or spiritually—in central Oklahoma. They will be honored at HeartLine's Festival of Hope 2005 Evening of Acclamation and Admiration on September 8, at the Oklahoma City Golf and Country Club.

Program Schedule

8:00-8:30 Registration

8:30-10:00 How Suicide Prevention Moved in 1996 From Research and Talk, to Action

10:00-10:15 Break

10:15-11:45 The Public Health Approach to the Multi-Faceted Problem of Suicide and Mental Illness, Its Common Denominator

11:45-12:45 Lunch on your own

12:45-2:15 Building Effective Collaboration Using the Power of Survivors of Suicide

2:15-2:30 Break

2:30-4:00 Identifying Your Niche in Suicide Prevention Locally

Wellness Exhibition: In addition to the seminar training, community exhibitors will provide information and resources for achieving and maintaining overall wellness through conventional and alternative medicine, relaxation methods, spiritual growth, counseling services, fitness and wellness products, and community service opportunities. Interested exhibitors should contact ODMHSAS at 405-522-8300.

Date and Location

The seminar will be held on September 8, 2005, at the University of Central Oklahoma, Student Union Center, 100 N. University Drive, Edmond, OK. From Interstate 35, take the 2nd Street exit in Edmond (Exit 141) and travel west to the university campus. Turn north on University Drive. Parking is \$2.00 in the gated lot.

Lodging

Participants must make their own lodging reservations. A block of rooms has been set aside for participants until August 25, 2005. Call the hotel listed below and ask for the special group rate for "Department of Mental Health and Substance Abuse Services."

Sleep Inn

**3608 S. Broadway Extension
Edmond, OK 73013
1-405-844-3000**

FESTIVAL OF HOPE 2005 SPONSORS

Champion of Hope

INTEGRIS Health, INTEGRIS Mental Health, James L. Hall, Jr. Center for Mind, Body and Spirit

Provider of Hope

Phyllis and Russal Brawley

Advocates of Hope

American Fidelity Assurance Company
Deaconess Hospital Express Personnel Services
IBC Bank Myrtle Masonic Lodge #145 Oklahoma Natural Gas
Company Union Bank St. Anthony Behavioral Medicine
Stillwater National Bank Elizabeth J. Struby

Complete the form below and mail it (with payment, if applicable) to:

Seminar Coordinator

Human Resource Development Division

Institute for Mental Health and Substance Abuse Education and Training

2401 NW 23rd St., Suite 82
Oklahoma City, OK 73107

Festival of Hope 2005: Approaches to Wellness and Suicide Prevention (Registration for September 8, 2005)

Name _____ Unique Number _____

Occupation or Job Title _____

Place of Employment _____

Address _____ City, State, Zip _____

Daytime Phone _____ E-Mail Address _____

Check All That Apply:

- ☐ DMHSAS current employee or retiree, no charge
☐ Early bird discount by September 1, \$65 enclosed, payable to ODMHSAS
☐ Paying with purchase order
☐ Check or money order for \$90 enclosed, payable to ODMHSAS (September 1 and after)
☐ Credit Card : Type of Card (circle one) Visa MasterCard

Card Number: _____ Expiration date: _____ / _____

Authorization Signature: _____

- ☐ Challenging Unhealthy Beliefs and Attitudes, The Rev. Leo Booth
☐ The Power of One, Elsie and Gerald (Jerry) Weyrauch

☐ Require special accommodations as follows: _____

Sign interpreters and/or other special accommodations required by disabled participants will be available upon advance request (please allow one week's notice). Please indicate on the registration form the type of special accommodations you require. To discuss requests, call 405-522-8300.

The Festival of Hope 2005 Continuing Education Seminar is geared for professionals and open to the public, who will find both sessions informative and inspiring.

Continuing Education Credit Requested:

- | | |
|---------------------------------------|--|
| ☐ Physician | ☐ LPC/LMFT |
| ☐ CDSVRP | ☐ Physician's Asst. |
| ☐ Psychologist | ☐ Pharmacist |
| ☐ RN or LPN | ☐ LBP |
| ☐ LSW | ☐ Student |
| ☐ CADC | ☐ Other _____ |

Please check in at the registration desk upon your arrival to verify your attendance. You will need to complete an on-site registration form if you have not pre-registered. On-site registration is \$90. No refunds. Continuing education credit is not provided without verification. At the completion of the seminar, all participants will receive a certificate of attendance from the DMHSAS Institute for Mental Health and Substance Abuse Education and Training.

For information, call 405-522-8300. The HRD fax number is 405-522-8320.

Printed in-house by the Oklahoma Department of Mental Health and Substance Abuse Services. Terry Cline, PhD, Commissioner. 500 copies of this publication were printed at a total cost of \$100, or .20 each. Copies have been provided to the Oklahoma Publications Clearinghouse, Oklahoma Department of Libraries. 6/05.

