**Stephanie S. Covington, PhD, LCSW** is an internationally recognized clinician, consultant, lecturer, and author. She is a pioneer in the field of women’s issues, addiction, trauma, and recovery. For more than 35 years, she has created gender-responsive and trauma-informed programs and services for use in public, private, and institutional settings. Her extensive experience includes consulting for and developing programs for numerous U.S. and international agencies and designing women’s services at the Betty Ford Center. She is based in La Jolla, California, where she is co-director of both the Institute for Relational Development and the Center for Gender & Justice.

**Carl Hart, PhD** is the chair of the Department of Psychology at Columbia University. He is also the Ziff Professor of Psychology in the Departments of Psychology and Psychiatry. Dr. Hart has published extensively in the area of neuropsychopharmacology. He is the author of the award-winning book, *High Price: A Neuroscientist's Journey of Self-Discovery That Challenges Everything You Know About Drugs and Society*. He is also co-author of the textbook *Drugs, Society and Human Behavior* (with Charles Ksir). Dr. Hart has appeared on multiple podcasts, radio and television shows. In 2016, the city of Miami issued a proclamation declaring February 1 “Dr. Carl Hart Day.”

**Chan M. Hellman, PhD** serves as a professor in the Anne & Henry Zarrow School of Social Work and is founding director of the Hope Research Center. Dr. Hellman’s current research is focused on the application of hope theory to predict adaptive behaviors and hope as a psychological strength that buffer strength and adversity among people impacted by family violence. Dr. Hellman holds a PhD from Oklahoma State University in Educational Psychology, a Master’s Degree from the University of Central Oklahoma in Experimental Psychology, and a Bachelor’s Degree in Psychology from Northwestern Oklahoma State University.

**Esmé Weijun Wang** is a novelist and essayist. She is the author of the New York Times-bestselling essay collection, *The Collected Schizophrenias* (2019), for which she won the Graywolf Nonfiction Prize. Her debut novel, *The Border of Paradise*, was called a Best Book of 2016 by NPR and one of the 25 Best Novels of 2016 by Electric Literature. She was named by Granta as one of the “Best of Young American Novelists” in 2017 and won the Whiting Award in 2018. Born in the Midwest to Taiwanese parents, she lives in San Francisco. Esmé can be found at esmewang.com and on Twitter @esmewang.
CONFERENCE OVERVIEW
Resilience. Recovery. Rethink Mental Health. will examine the human capacity to thrive amid adversity. This two-day conference will provide participants with information and practical tools they can use in their professional practice, agencies, and communities.

This innovative and engaging event will include in-depth 60-minute and 90-minute sessions featuring knowledgeable speakers from across the country. Presenters will address emerging research and knowledge, promising and best practices, innovative solutions, professional ethics, special projects, lessons learned, obstacles identified and overcome, and more.

Attendees represent a broad cross-section of the community ranging from nonprofits, healthcare, education, research, government, law enforcement, faith communities and tribal nations, to mental health professionals including social workers, psychologists, licensed professional counselors, licensed marital and family therapists, licensed alcohol and drug counselors, case managers, and peer recovery support specialists, as well as individuals living with a mental illness, their family members, and mental health advocates.

CONFERENCE OBJECTIVES
Participants will be able to pursue one or more of the following objectives:

1. Analyze personal biases and be challenged to expand their view of what recovery and resilience can mean for people living with mental illness. Discuss clinical implications and practice changes related to the revised Veterans Affairs and Department of Defense Clinical Practice Guidelines for Posttraumatic Stress Disorder.
2. Discuss the process of trauma and delineate the relationships between trauma, mental health, and addiction.
3. Discuss the science of hope in the context of trauma and adversity.
4. Describe practical skills to evaluate theories and purported evidence attesting to the brain disease model of addiction, and highlight practical solutions for reducing drug addiction and drug-related overdoses.

Accessibility Information

- Registration is open. If you cannot register online and need assistance, please contact JoBeth Hamon at 405-898-8704.
- Handicap parking will be available on the west side of the COX Business Center off Houston Avenue as well as in the Civic Center Parkade Garage. There is also a drop-off lane at the corner of 3rd/Houston.
- Assistance animals are welcome, and drinking water is available in each breakout room.
- Gender neutral bathrooms will be provided, indicated by signage.
- A lactation space will be provided, indicated by signage.
- If you are in need of an ASL interpreter or conference materials in additional formats, there is space on the registration form to indicate your needs. To guarantee that we can provide for your need, we must be notified at least two weeks in advance of the event. You may contact JoBeth Hamon at jhamon@mhaok.org or 405-898-8704 to discuss any additional needs.
- If you have any dietary restrictions, there is space on the registration form to indicate vegetarian/vegan or gluten-free needs. Please contact JoBeth Hamon at jhamon@mhaok.org or 405-898-8704 if you have any other dietary restrictions and we will do our best to accommodate.
Agenda

THURSDAY, OCTOBER 3

8:30 AM – 9:30 AM

Keynote – Moving Beyond Labels: Reframe the Conversation

9:30 AM – 10:30 AM

Addiction: How and Why Resiliency Goes Awry
Jennifer Brady, DO, Oklahoma State University Psychiatry and Behavioral Sciences, Tulsa, OK
Kelly Dunn, MD, OSU Department of Psychiatry and Behavioral Science, Tulsa, OK

American Indian Mental Health: Practicing Cultural Humility and Holisitic Care
Johnna James, MSNAL, Oklahoma Department of Mental Health and Substance Abuse Services, Oklahoma City, OK

Building Baby’s Resilience: Oklahoma’s Growing Initiative
Tessa Chesher, DO, Oklahoma State University Center for Health Sciences, Tulsa, OK

Chronic Illness and Mental Health: Finding Hope While Suffering
Shantel Mitchell-Cooley, AM, LGSW, Generations Psychology and Counseling, LLC, Oklahoma City, OK

H*E*A*L: Empowerment For Justice Involved Women
Jenice Jones, MHR, (PhD candidate), Just the Beginning Inc., Tulsa, OK

Breaking Down Barriers: Homeless to Housed
Noe Rodriguez, MA, Mental Health Association Oklahoma, Tulsa, OK
Ashley Gunnells, MSW, Mental Health Association Oklahoma, Tulsa, OK
Katv Day Inhofe, JD, Pause4Paws, Inc., Tulsa, OK

Peer Advocacy: Voice of the Voiceless
Sean Lovell, C-PRSS, BHWC, NorthCare, Oklahoma City, OK

Understanding the Subculture of Female Veterans
Captain (Retired), Misty Anne Jobe, MA, United States Army, Honoring America’s Warriors, Oklahoma City, OK

11:10 AM – 12:10 PM

Bringing Hope to Homelessness
Ashten Duncan, MPH, CPH, University of Oklahoma-Tulsa, Tulsa, OK

Compassion Fatigue: Burning Brightly or Burning Out?
Kathy Hoppe, DMin, LMFT, Shadow Mountain Behavioral Health System, Broken Arrow, OK
11:10 AM – 12:10 PM

**Harm Reduction = Radical Act of Love**
Andrea M. Haddox, BSW, MSW Candidate, SHOTS - Stop Harm on Tulsa Streets, Tulsa, OK
Hana Fields, Harm Reductionist, SHOTS - Stop Harm on Tulsa Streets, Tulsa, OK

**Hidden Caregivers: Resilient Grandparents Flying Solo**
Tina L. Peterson, MSW, PhD, MPH, CSW, University of Oklahoma Anne and Henry Zarrow School of Social Work, Norman, OK

**Prevention to Intervention: An Overview of Maternal Mental Health & Mental Health Courts**
Margaret den Harder, MPA, Oklahoma Policy Institute, Tulsa, OK
Brittany Hayes, JD, Oklahoma Policy Institute, Tulsa, OK

**Promoting Resiliency in Under-served Maternal Populations**
Su An Phipps, PhD, RN, Community Service Council, Tulsa, OK

**The Importance of Understanding Military Culture for Mental Health Professionals**
Aaron Ashworth, MA, CMIII, LPC, Oklahoma Military Department / Contractor, Broken Arrow, OK

**Trauma-Informed Response to Human Trafficking**
Sara Gadd, MHS, St. John Health System/Ascension, Tulsa, OK
Annie R. Smith, LMSW, MPH, St. John Health System/Ascension, Tulsa, OK

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12:10 PM – 1:55 PM

**Keynote – Trauma: A Missing Piece**
Stephanie S. Covington, PhD, LCSW, Institute for Relational Development/Center for Gender and Justice, La Jolla, CA

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2:15 PM – 3:45 PM

**ETHICS: It’s Time for a Revolution! The Overthrow of Burnout and the Empowerment of Self-Compassion**
Julia Reed, LCSW, University of Central Oklahoma, Edmond, OK

**Building Resiliency in Our Latino Communities**
Erv Janssen, MD, Community Service Council Board of Directors, Tulsa, OK
Jesse Guardiola, MS, Tulsa Police Officer, Tulsa Police Department, Tulsa, OK
Maria Elena Kuykendall, Community Service Council, Tulsa, OK
Reverend Alvaro Nova Ochoa, MDiv, Comunidad de Esperanza, Tulsa, OK

**Clients, Clinicians & Questions: To Cannabis or Not?**
JoAnn Ryan, DO, 4EVERGRN, Tulsa, OK
Michael W. Brose, MSW, Mental Health Association Oklahoma, Tulsa, OK

**Early Adversity, Positive Parenting, and Biology**
David Bard, PhD, University of Oklahoma Health Sciences Center, Oklahoma City, OK
Yui Yamaoka, MD, PhD, Pediatrics Fellow, University of Oklahoma Health Sciences Center, Oklahoma City, OK

**Find Your Voice. Share Your Truth.**
Suzi Craig, Mental Health Connecticut, West Hartford, CT
Janet F. Reynolds, MA, Mental Health Connecticut, Canton, CT
Hopelessness and Suicidality Among LGBTQ Adolescents
Jedediah E. Bragg, MSW, PhD, University of Oklahoma, Tulsa, OK
Julie Miller-Cribbs, PhD, Anne and Henry Zarrow School of Social Work, Tulsa, OK
Chan M. Hellman, PhD, University of Oklahoma College of Arts & Sciences, Tulsa, OK

Improving Well-Being with Hope and Resilience
Ricky T. Muñoz, JD, MSW, Anne and Henry Zarrow School of Social Work, University of Oklahoma-Tulsa, Tulsa, OK
Heather Hanks, MSW, Anne and Henry Zarrow School of Social Work, University of Oklahoma-Tulsa, Tulsa, OK

Rethinking Recidivism: Utilizing Performance Improvement Techniques
Deanna Ackerman, MSW, LSW, DRCC, Mental Health Association of Essex and Morris, Inc., Parsippany, NJ
Suzanne Switlyk, MA, DRCC, Mental Health Association of Essex and Morris, Inc., Parsippany, NJ

ETHICS: Veterans and Serious Mental Illness
Jeff Martindale, PhD, OKC VA Medical Center, Stillwater, OK
Alicia Irvin, PhD, Turnkey Health Clinics, Tulsa, OK

Gender Diverse Youth: Promoting Resilience
Al Carlozzi, EdD, LMFT, Oklahoma State University-Tulsa, Tulsa, OK
Taylor Burns, LCSW, Private Practice, Tulsa, OK

Inflamed Body, Inflamed Mind
Jonathan Savitz, PhD, Laureate Institute for Brain Research, Tulsa, OK
Kaiping Burrows, PhD, Laureate Institute for Brain Research, Tulsa, OK
Bart Ford BS, CG(ASCP), Laureate Institute for Brain Research, Tulsa, OK

Looking Beyond Behaviors: Birth Through 8
Lesley Gudgel, MHR, Sprouts Child Development, Tulsa, OK
Leslie Keenan, LMFT and Registered Play Therapist, Family Hope House, Inc., Tulsa, OK

Managing Risk and Protective Factors for Juvenile Delinquency
Robert W. Mouser, LPC, LADC/MH, Tulsa County Family Center for Juvenile Justice, Tulsa, OK
Heidi T. Pham, MSW, LCSW, Tulsa County Family Center for Juvenile Justice, Tulsa, OK
Blong Lor, LPC-Candidate, Tulsa County Family Center for Juvenile Justice, Tulsa, OK

Rethinking Ambivalence and Intimate Partner Violence
Lauren Garder, LPC NCC, Oklahoma Department of Mental Health and Substance Abuse Services, Moore, OK

Strategies Promoting Resilience in Oklahoma’s Classrooms
Tia Claybrook, MS, Oklahoma State University - Center for Family Resilience, Tulsa, OK
Chantelle Lott, MS, Oklahoma State University - Center for Family Resilience, Tulsa, OK

Substance Use in the Autism Community
Elizabeth Kunreuther, LCSW, LCASA, University of North Carolina at Chapel Hill, Raleigh, NC
FRIDAY, OCTOBER 4

8:30 AM – 9:30 AM

Keynote – The Science and Power of Hope
Chan M. Hellman, PhD, University of Oklahoma College of Arts & Sciences, Tulsa, OK

9:50 AM – 10:50 AM

A Systems Approach to Addiction Recovery
Rebecca L. Hubbard, PhD, Oklahoma State University, Bixby, OK
Bret A. Hubbard, DO, ABOFP, Axis Health Care, Bixby, OK

Connecting Veterans For The Journey Home
Stacy W. Hester, 3C-Concepts, Eagle OPS & Oklahoma Veteran Alliance, Tulsa, OK
Pete Luitweiler, Oklahoma Veteran Alliance w/Community Service Council, Tulsa, OK

Preserving Families: The Immigrant Struggle
Katie Luna, LCSW, Katie Luna, Counseling and Consultations, Tulsa, OK
Linda Allegro, PhD, New Sanctuary Network, Tulsa, OK

Preventing Recidivism Among People with Mental Illness
Deirdra Assey, MA, CSG Justice Center, New York, NY

Roads to the Unconscious
Michael J. Hanes, MAT, ATR-BC, LPC, Arcadia Trails INTEGRIS, Edmond, OK

Summer Counseling Programs: Prevention and Empowerment for Children & Adolescent
Kaitlin Keiswetter, MA, LPC, Morton Comprehensive Health Services, Tulsa, OK
Emily Lau, MHR, LPC, Morton Comprehensive Health Services, Tulsa, OK

The Pen is Mightier Than the Self
Victoria McArtor, MFA, MUSED., Tulsa, OK
Valerie Larson-Howard, LCSW, LLC, MUSED., Tulsa, OK
Autumn Slaughter, MSCP, University of Tulsa, Tulsa, OK

Trauma Recovery and Reclaiming Personal Authenticity
Teresa J. Deck, MS, LPC, Green Shoe Foundation, Edmond, OK

11:10 AM – 12:10 PM

Chuckles & Guffaws: Humor as Self-Care
Tina Ryker-Bevans, MSW, LCSW, Foundations of Change, LLC, Broken Arrow, OK

Police and the Mental Health System
Demita Kinard, Tulsa Police Department, Tulsa, OK
11:10 AM – 12:10 PM

**Polyvictimization: Linking Victimization Across the Lifespan**  
Janine Collier, MA, Family Safety Center, Tulsa, OK  
Jody Worley, PhD, University of Oklahoma-Tulsa, Tulsa, OK

**Reconnecting with your Unconquerable Spirit**  
Shelby Rowe, MBA, Oklahoma Department of Mental Health and Substance Abuse Services, Oklahoma City, OK

**Resilience: Triumph over Tragedy**  
Jose Vega, Dennis R. Neil Equality Center, Tulsa, OK  
Mary Waters-Bilbo, EdD, LPC, Northeastern State University, Tulsa, OK

**Rethinking Mental Health for Adoption Populations**  
Jimmy Clare, MA, MS, LMFT-S, Family Hope House, Tulsa, OK  
Leslie Keenan, LMFT and Registered Play Therapist, Family Hope House, Inc., Tulsa, OK

**Using Faith to Increase Resilience**  
Natasha Halliday MA, CYC, Lakeridge Health Oshawa, Toronto, ON  
Dr. Natasha Williams, C-Psych, Allied Psychological Services, North York, ON

12:10 PM – 1:55 PM

**Keynote – Drug Talk for Grown-Ups**  
Carl Hart, PhD, Ziff Professor of Psychology (In Psychiatry); Chair, Department of Psychology, New York, NY

2:15 PM – 3:45 PM

**ETHICS: Ethical & Legal Concerns - Brave New World or Same Old Same Old? Part 1**  
Bruce Hodson, PhD, Muscogee (Creek) Nation Behavioral Health & Substance Abuse Services, Tulsa, OK

**Check Yourself Before You Wreck Yourself and Your Patients**  
Sara Barry, MEd, LBP, INTEGRIS Behavioral Health Services, Oklahoma City, OK  
Honorable Kenneth M. Stoner, Oklahoma County District Court, Oklahoma City, OK

**Enhancing Behavioral and Emotional Health in Child Welfare**  
Sara Coffey, Oklahoma State University Center for Health Sciences, Tulsa, OK  
Deborah Shropshire, MD, University of Oklahoma Children’s Physicians, Oklahoma City, OK  
Carisa Wilsie, PhD, Oklahoma University Child Study Center, Oklahoma City, OK

**Grief: Resiliency When it’s Rough**  
Jessica Orvis, MS, LPC, The Tristesse Grief Center, Tulsa, OK  
Susan Miller, MSW, LCSW, The Tristesse Grief Center, Tulsa, OK

**Patient Dumping: Rethink Discharging**  
Lucinda Morte, MS Counseling, Mental Health Association Oklahoma, Tulsa, OK  
Michael W. Brose, MSW, Mental Health Association Oklahoma, Tulsa, OK

**Promoting Family Resilience in Children’s Mental Health**  
Rebecca L. Hubbard, PhD, Oklahoma State University, Bixby, OK  
Kami L Gallus, PhD, LMFT, Oklahoma State University, Tulsa, OK  
Carolyn S. Henry, PhD, LMFT, CFLE, Oklahoma State University, Stillwater, OK
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<tr>
<th>Time</th>
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<tr>
<td>2:15 PM – 3:45 PM</td>
<td><strong>Resilience: Marginalized Communities and Historical Trauma</strong></td>
<td>Valerie McGaha, PhD, LADC, LPC, Oklahoma State University - Tulsa, OK</td>
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<td>Mary Waters-Bilbo, EdD, LPC, Northeastern State University, Tulsa, OK</td>
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<td>Tayrin Saldivar-Hernandez, CREOKS Behavioral Services, Tulsa, OK</td>
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<td>4:05 PM – 5:35 PM</td>
<td><strong>Rethink Mental Health with Emotion Code</strong></td>
<td>Kelly A. James, PhD, LPC, NCC, CCTP, CATP, CPC, RPT-S, EMDR Trained, Author, Dr. Kelly A. James-</td>
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<td>Foundational Solutions, Tulsa, OK</td>
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<td>Susan Bachmann, MEd, LPC, RPT, NCC, EMDR Certified Therapist, and Author, Family Therapy and Renewal</td>
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<td>Center, Tulsa, OK</td>
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<td>4:05 PM – 5:35 PM</td>
<td><strong>ETHICS: Ethical &amp; Legal Concerns - Brave New World or Same Old Same Old? Part 2</strong></td>
<td>Bruce Hodson, PhD, Muscogee (Creek) Nation Behavioral Health &amp; Substance Abuse Services, Tulsa, OK</td>
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<td><strong>Adolescent Adversity from the ABCD Study</strong></td>
<td>Florence Breslin, MS, Laureate Institute for Brain Research, Tulsa, OK</td>
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<td>Janna Colaizzi, PhD, Laureate Institute for Brain Research, Tulsa, OK</td>
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<td>Ashleigh Chief, MPH, Oklahoma State University, Tulsa, OK</td>
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<td><strong>African American Views of North Tulsa’s Race Massacre</strong></td>
<td>Steven Byers, Northeastern State University, Broken Arrow, OK</td>
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<td>Dr. Greg Meyer, Oral Roberts University, Tulsa, OK</td>
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<td>Mechelle Brown, BS, Historical Speaker, Greenwood Cultural Center, Tulsa, OK</td>
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<td><strong>Connectivation: Breaking Barriers to Build Confidence &amp; Trust</strong></td>
<td>Kristy K. Boone, Premium Impact, LLC, Oklahoma City, OK</td>
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<td><strong>Inspiring Hope &amp; Resilience Today</strong></td>
<td>Robert G. Harmon, Mental Health Association Oklahoma, Tulsa, OK</td>
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<td><strong>Promoting Recovery: An Innovative Approach</strong></td>
<td>Lissa James, MS, LPC, Grand Lake Mental Health Center, Nowata, OK</td>
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<td>Josh Cantwell, MSW, LCSW, Grand Lake Mental Health Center, Nowata, OK</td>
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<td>Jason Cagle, BS, Information Technology, Grand Lake Mental Health Center, Inc., Nowata, OK</td>
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<td><strong>REAL: A Transdisciplinary Moral Injury Group Therapy</strong></td>
<td>Carter Check, CCC, MDiv, Eastern Oklahoma VA Health Care System, Muskogee, OK</td>
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<td>Steffanie Ward, LCSW, Eastern Oklahoma VA Health Care System, Muskogee, OK</td>
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<td><strong>Women Are Sacred</strong></td>
<td>Ann Dapice, PhD (Lenape/Cherokee), T.K. Wolf Inc., Skiatook, OK</td>
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<td>Deborah J. Hunter, BS, BHCMII, Family &amp; Children’s Services, Tulsa, OK</td>
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<td>Vanessa Adams Harris (Muscogee Creek), Lions and Butterflies Artwork, Tulsa, OK</td>
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• Access session handouts
• Communicate & network with other conference attendees

Visit zarrowsymposium.org for instructions on downloading the mobile app.

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The Oklahoma Department of Mental Health and Substance Abuse Services, Institute for Mental Health and Substance Abuse Education and Training will request approval of 14.5 credit hours (up to 7.25 hours each day) through the Oklahoma State Board of Licensed Social Workers, the Oklahoma Board of Examiners of Psychologists, the Oklahoma Board of Licensed Alcohol and Drug Counselors, the Licensed Professional Counselor Committee, the Licensed Marital and Family Therapist Committee, Certified Prevention Specialists, and the Council on Law Enforcement Education and Training. Continuing education hours will also be requested for Certified Behavioral Health Case Managers and credentialed Peer Recovery Support Specialists.

For participants from outside of Oklahoma seeking CEUs, please contact your licensing/accreditation authority to ensure they accept CEUs from our provider.
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Room rates are subject to state and local taxes and reservations must be made on or before September 17, 2019 to qualify for the conference rate. Rooms are subject to availability.

For information on how to book your reservation, visit zarrowsymposium.org

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