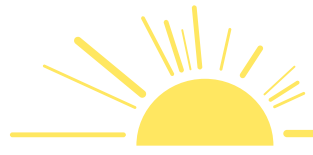


NEW HORIZONS IN BRAIN SCIENCE

2023 Zarrow Mental Health Symposium
September 20-22, 2023

SYMPOSIUM GUIDE

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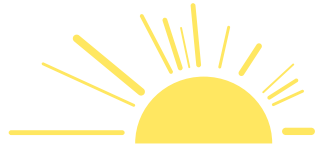
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of Oklahoma**



KEYNOTE SPEAKERS



Xavier Amador, PhD

Dr. Xavier Amador is co-founder and CEO of the Henry Amador Center on Anosognosia and Founder of the LEAP Institute, which has trained tens of thousands of clinicians, family members, law enforcement professionals, justice officials and legislators worldwide on the evidence-based LEAP® method. Dr. Amador is an internationally renowned clinical psychologist, forensic expert, and leader in his field. He is also a family caregiver of two close relatives with schizophrenia and another with bipolar disorder.

Dr. Amador is the author of 9 books, including the Best Seller, *I AM NOT SICK, I Don't Need Help!* Written for both professional and lay readers, he shares research and practical advice on how to help engage persons with schizophrenia and bipolar disorder in treatment. His books, authoritative clinical research, worldwide speaking tours and extensive work in schizophrenia, bipolar and other disorders have been translated into 30 languages.



Xiaosi Gu, PhD

Dr. Xiaosi Gu is an Associate Professor of Psychiatry and Neuroscience and Director of the Center for Computational Psychiatry at the Icahn School of Medicine at Mount Sinai (ISMMS) in New York City. She is one of the foremost researchers in the nascent area of computational psychiatry. Specifically, her research examines the neural computations underlying high-order cognition and behaviors such as social interactions. She is currently leading multiple NIH and foundation grants to study how the social brain might go awry across various psychiatric disorders, including depression, addiction, personality disorders, and autism spectrum disorders.

Dr. Gu received her PhD in Neuroscience at ISMMS and postdoctoral training at the Wellcome Trust Centre for Neuroimaging, University College London (UCL). Before re-joining ISMMS, Dr. Gu held faculty positions at the University of Texas (UT), Dallas and UT Southwestern Medical Center. She has published widely in high impact scientific journals and has advised organizations worldwide such as the Wellcome Trust and the Max Planck Society. Dr. Gu is an Editor-in-Chief for the newly established journal Computational Psychiatry. Beyond her scientific work, Dr. Gu is an avid advocate for raising public awareness in mental health.



Susan Magsamen

Susan Magsamen is the founder and executive director of the International Arts + Mind Lab (IAM Lab), Center for Applied Neuroaesthetics, a pioneering initiative from the Pedersen Brain Science Institute at Johns Hopkins University School of Medicine. Her body of work lies at the intersection of brain sciences and the arts – and how our unique response to aesthetic experiences can amplify human potential.

In addition to her role at IAM Lab, she is an Assistant Professor of Neurology at Johns Hopkins and serves as co-director of the NeuroArts Blueprint Initiative in partnership with the Aspen Institute.

Susan's newest book is *Your Brain on Art: How the Arts Transform Us*, written with Ivy Ross, Vice President of Design for Hardware at Google. It is a journey through the science of neuroaesthetics that offers proof of how our brains and bodies are transformed when we participate in the arts and aesthetic experiences, as well as how this knowledge can improve our physical and mental health, help us learn and flourish, and build stronger communities.



Kara Bagot, MD

Dr. Kara Bagot is a child and adolescent psychiatrist, and an Associate Professor in the Department of Psychiatry and Biobehavioral Sciences at the University of California, Los Angeles. Dr. Bagot has published extensively on the functional impact of addiction on cognitive, neurological, psychological and behavioral development in youth, and development of novel technological methods in which to intervene early in the trajectory of high-risk adolescent behaviors. She has expertise in the burgeoning area of use of mobile technologies in psychiatry, and the ethical challenges that we face in using these technologies in clinical populations. Finally, to increase inclusion, diversity and equity of minoritized investigators in science, as well as amplify the voices of these investigators and the minoritized patient and research populations whom we serve, Dr. Bagot has served as the DEI Editor for JAMA Psychiatry and the co-chair of the JEDI Advisory Council for the Adolescent Brain Cognitive Development Study, a 10 year longitudinal study of child and adolescent development.

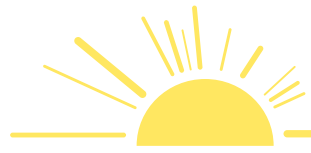
CELEBRATING 30 YEARS OF THE
ZARROW MENTAL HEALTH SYMPOSIUM



JOIN US

SEPTEMBER 25-27, 2024

FREQUENTLY ASKED QUESTIONS



FOR INSTRUCTIONAL VIDEOS VISIT [ZARROWSYMPIUM.ORG/WHOVA](https://zarrowsymposium.org/whoova)

1. HOW WILL CEUs BE TRACKED?

As long as you are logged in and watching keynote and breakout sessions in the Whoova virtual platform, the system will track your time spent and calculate your CEUs, up to the maximum allowed per session. We will email your certificate to you by Friday, October 6.

If you have not received your CEU certificate by that date, please contact us at info@mhaok.org or **918.585.1213**. If you would like an estimate of how many CEUs you have received, reference the "Agenda at a Glance" to see how many CEUs sessions are worth.

2. HOW DO I KNOW WHAT SESSIONS ARE HAPPENING?

Log into the Whoova virtual platform - on the left side of your screen, click "**Agenda.**"

PRO TIP: Click on the breakout sessions to learn more about the session and the speaker(s). You can also add the session to your schedule by clicking "**Add to my Agenda.**"

3. DO I ATTEND ON MY PHONE OR ON MY COMPUTER?

You can access the Symposium on a computer or through the Whoova phone app. To access Whoova on a computer, [follow this link](#). [Follow this link](#) to download the Whoova phone app and learn more about it. Make sure to sign up for Whoova with the email you registered for the Symposium - if the Symposium doesn't show up automatically in the mobile app, click "**Find My Event/Conference**" and search for "**2023 Zarrow Mental Health Symposium**" and once you find the Symposium, click "**Join.**"

4. HOW DO I ATTEND A BREAKOUT SESSION?

On the computer platform:

- On the Agenda page, click the session you want to watch.
- If the streaming screen directly shows up, click "**Proceed**" to start watching the stream.

On the mobile app:

- Navigate to the Agenda from the menu.
- Select the session you would like to stream.
- Once you've accessed the agenda item, select "**Live Stream**" under the Virtual Access heading.

FREQUENTLY ASKED QUESTIONS



FOR INSTRUCTIONAL VIDEOS VISIT [ZARROWSYMPIUM.ORG/WHOVA](https://zarrowsymposium.org/whoVA)

5. WHERE DO I ACCESS SESSION SLIDES OR OTHER MATERIALS?

If a presenter has sent us their slides or other documents to share with attendees, they will be visible at the bottom of the session page. To find them, navigate to the Agenda, select the session and scroll to the bottom of the page. If documents are uploaded, they will appear to download under a **“Handouts”** section.

6. WILL YOU PROVIDE CLOSED CAPTIONS?

We will be able to provide live captions through the WhoVA virtual platform. When a session is streaming, click the **“Closed Captions”** option at the bottom of the screen to turn on automated captions.

7. HOW DO I CONNECT WITH SPONSORS AND EXHIBITORS?

In the WhoVA computer or mobile app platforms, you can connect with the Symposium sponsors and exhibitors to learn about their services! In the menu, click **“Exhibitors & Sponsors”** where you will see a drop down selection to view the sponsor and exhibitor listings for contact information, as well as the option to visit virtual exhibit booths, watch videos, download information and connect with the booth staff through messaging or by setting up a time to meet virtually.

During the three-day **Passport Contest**, you can collect stamps by visiting exhibit booths and claiming deals and offerings, submitting a comment/chat, and liking booths. Access the Passport Contest through the **app’s home page**. Attendees who have collected the most stamps will be entered into a prize raffle and featured in announcements and on the community board.

8. HOW DO I COMPLETE MY SESSION EVALUATIONS?

Your feedback matters, so it’s important to complete your evaluation after each session!

On the computer platform:

- On the Agenda page, click the session you want to evaluate.
- Click on **“Rate this Session”** to open the session evaluation.

On the mobile app:

- Navigate to the Agenda from the menu.
- Select the session you would like to evaluate.
- Once you’ve accessed the agenda item, select **“Session Feedback”** to complete the evaluation for that session.

FREQUENTLY ASKED QUESTIONS



FOR INSTRUCTIONAL VIDEOS VISIT [ZARROWSYMPIUM.ORG/WHOVA](https://zarrowsymposium.org/whoova)

9. HOW DO I WATCH SESSIONS AFTER THE EVENT?

Live sessions will be recorded during the event and uploaded to the agenda after the Symposium. Those recordings will be available no later than **Thursday, October 12**. To watch a session recording, navigate to the session item under the agenda in the Whoova virtual platform and select the session you want to watch.

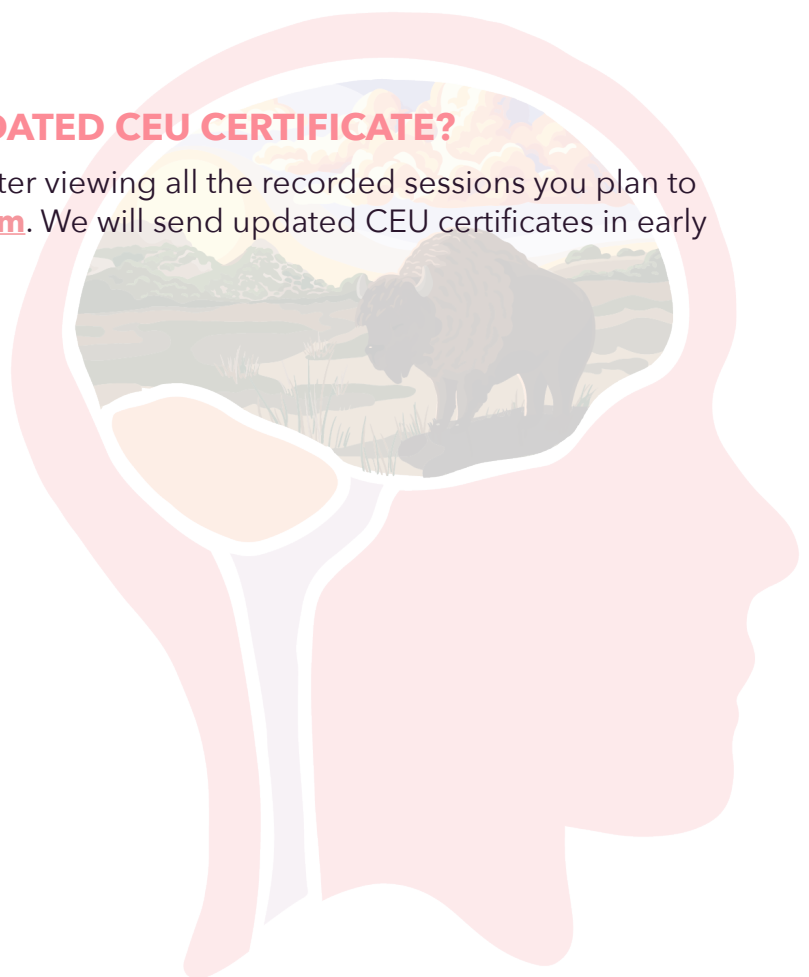
10. HOW LONG ARE VIDEO SESSIONS AVAILABLE AFTER THE EVENT IS OVER?

To receive CEUs for a session, content must be viewed on or before **November 30, 2023**. Conference content, including keynote and breakout session recordings, will be accessible via Whoova until **December 22, 2023**. In addition to session recordings, this includes access to the contacts you make at the Symposium, as well as conference and session materials posted in Whoova.

11. HOW DO I REQUEST AN UPDATED CEU CERTIFICATE?

To receive an updated CEU certificate after viewing all the recorded sessions you plan to watch post-event, submit this [online form](#). We will send updated CEU certificates in early December.

THANK YOU TO



ANNOUNCEMENTS



POWERPOINTS ONLINE NOW!

If a presenter has sent us their slides or other documents to share with attendees, they will be visible at the bottom of the session page. To find them, navigate to the Agenda, select the session and scroll to the bottom of the page. If documents are available to download, they will appear under a **"Handouts"** section.

JOIN THE SOCIAL CONVERSATION WITH #ZMHS2023

Help people experience the Symposium through your social media. Use **#Zarrow2023** to join the conversation and follow along on social media. We also recommend using other relevant hashtags in your posts such as **#NewHorizonsInBrainScience #ZMHS2023**.

EVALUATIONS

Many thanks in advance for your feedback. It's important! Tell us what we are doing well and what we can do better. You can fill out breakout session evaluations as well as the overall conference evaluation through the Whova computer platform or mobile app.

Your feedback matters, so it's important to complete your evaluation after each session!

On the computer platform:

- On the Agenda page, click the session you want to evaluate.
- Click on "Rate this Session" to open the session evaluation.

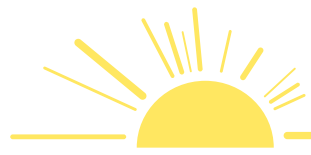
On the mobile app:

- Navigate to the Agenda from the menu.
- Select the session you would like to evaluate.
- Once you've accessed the agenda item, select "Session Feedback" to complete the evaluation for that session.

BECOME A SPEAKER IN 2024

We hope you'll join us in September 2024 for the 30th Annual Zarrow Mental Health Symposium where we will explore **Life Stages: Mental Health Across a Lifetime**. Mental Health Association Oklahoma will celebrate the 30th year of cutting edge mental health education by seeking proposals from presenters around the globe who are interested in sharing information about emerging knowledge, innovations, new treatment modalities, promising programs, and best practices. Sign up for conference updates at zarrowssymposium.org to receive more information, and watch the website for the official Call for Presentations, COMING SOON!

ANNOUNCEMENTS



YOGA AND MEDITATION SESSIONS INFO

Join Oklahoma City based yoga teacher, Karli Altenbern, for a relaxing meditation session on Thursday, 9/21 at 3:40pm during the afternoon break! To find this session, navigate to the Agenda and find the session **"Meditation Break with Karli Altenbern"**.

During the lunch break on Friday, 9/22, join Tiffany Tran for a yoga practice designed for all skill levels. To find this session, navigate to the Agenda and find the session **"Yoga Session with Tiffany Tran"**.

These sessions are not CEU eligible.

JOIN A DISCUSSION

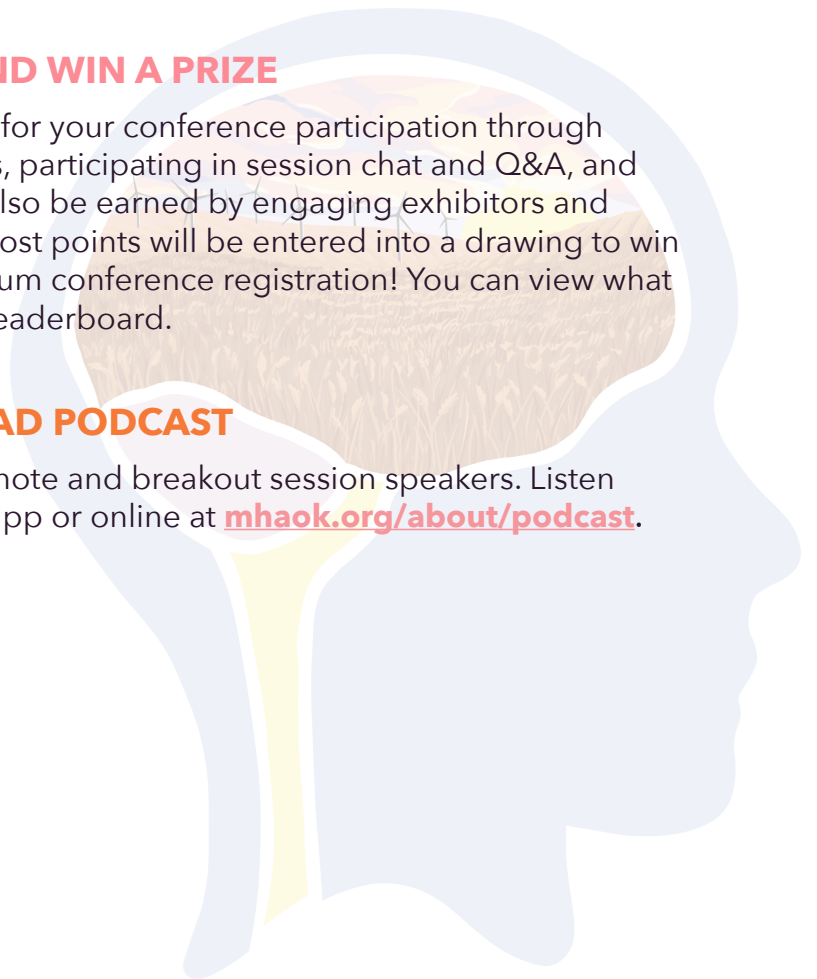
Network with peers and discuss your experiences through the Whova web or mobile app! On the main menu, select **"Community"** and engage in discussions related to various topics, or add your own!

EMBARK ON THE TRAILHEAD AND WIN A PRIZE

As an attendee, engage and earn points for your conference participation through Whova! In addition to attending sessions, participating in session chat and Q&A, and completing session surveys, points can also be earned by engaging exhibitors and sponsors. The attendees who earn the most points will be entered into a drawing to win prizes, including a 2024 Zarrow Symposium conference registration! You can view what actions earn you points by viewing the Leaderboard.

THE MENTAL HEALTH DOWNLOAD PODCAST

Listen to interviews with Symposium keynote and breakout session speakers. Listen now via your favorite podcast listening app or online at mhaok.org/about/podcast.





WEDNESDAY, SEPTEMBER 20

4.5 CEUs available for Wednesday, September 20, including ETHICS

Breakout Session 1: 9:00 - 10:30 a.m. (1.5 CEUs)

Breakout Session 2: 11:30 - 1:00 p.m. (1.5 CEUs)

Breakout Session 3: 2:00 - 3:30 p.m. (1.5 CEUs)

WED 9:00 - 10:30 a.m.

ETHICS: Multiculturalism in Mental Health: Practical and Ethical Considerations

Anna Mazur, PhD

Matthew T. Yelle, DHA, MS

N.E.A.R. Science-Beyond ACEs

Carly M. Dunn, MPH

Roxanne Bilby

Lana Beasley, PhD

Neurobiology and Eating Disorders

Scott Moseman, MD, CEDS-S

Emily M. Choquette, PhD

Sahib S. Khalsa, MD, PhD

Veteran-Specific Care for Providers

Christi Sherril, MPH

Chetana Musapeta, MPH

Why Opioids are Hard to Beat

Dan Cross, MDiv, LADC/MH-S

WED 11:30 - 1:00 p.m.

ETHICS: Running on Empty: Ethics of Self-Care, Part 1

Roy W. Van Tassell, MA, LPC

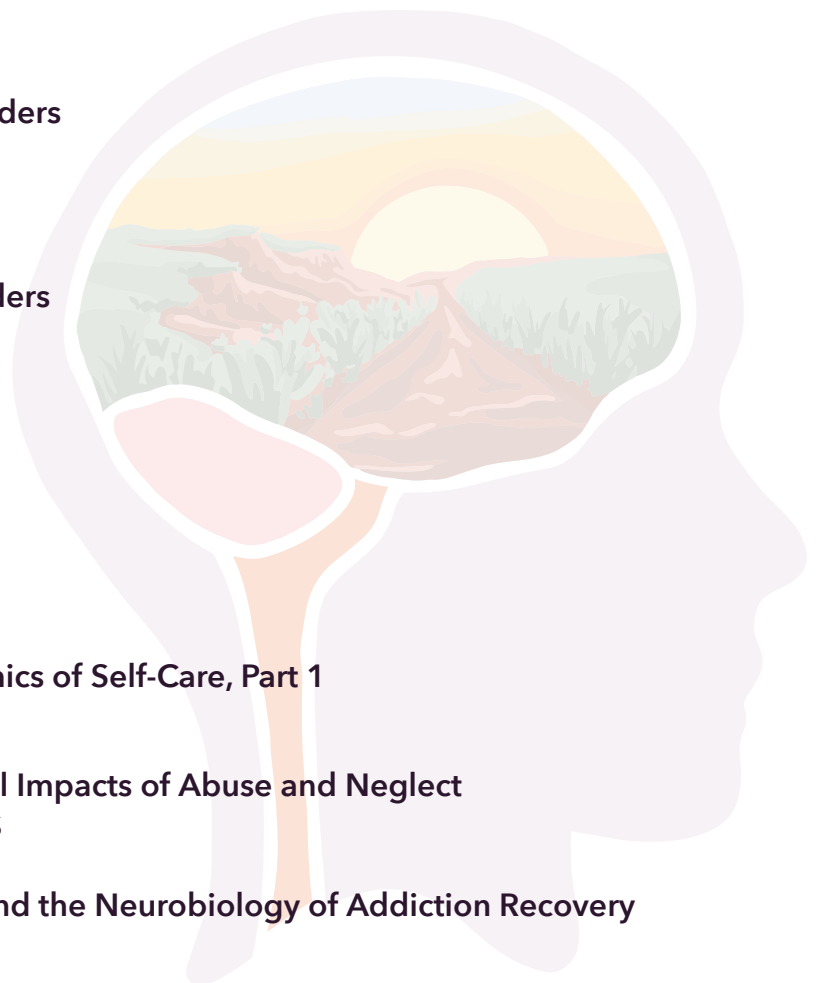
Countering the Neurobiological Impacts of Abuse and Neglect

Leslie Keenan, MA, LMFT-S & RPT-S

Hope, Social Connectedness, and the Neurobiology of Addiction Recovery

Andrea Walker, LADC

Ricky T. Munoz, JD, MSW





Practical and Neuroscientific Perspectives of Behavioral Therapy

Robin Aupperle, PhD
Elisabeth Akeman, MS, LPC
Hannah Berg, PhD

Stress and the Brain-Body Connection

Cheryl Step, MS, LPC, NCC, NCSC

WED 2:00 - 3:30 p.m.

ETHICS: Running on Empty: Ethics of Self-Care, Part 2

Roy W. Van Tassell, MA, LPC

ETHICS: Law and Ethics of Anosognosia

J. Michael E. Gray, JD, MUP

Dragons on the Horizon: Table Top Gaming as a Therapeutic Modality

Autumn Slaughter, PhD

Streets to Stability: The Role of Medical Respite Care in Ending Homelessness

Sherri Downing, BA

The Intergenerational Trauma Treatment Model (ITTM)

Valerie E. Copping, PsyD
Linda Barnum, PhD

THURSDAY & FRIDAY, SEPTEMBER 21-22

5.5 CEUs available for Thursday and Friday, September 21-22

Welcome Message & Keynote - 9:00 - 10:30 AM (1.25 CEUs)

Breakout Session 1 - 11:00 AM - 12:00 PM (1 CEU)

Breakout Session 2 - 12:45 - 1:45 PM (1 CEU)

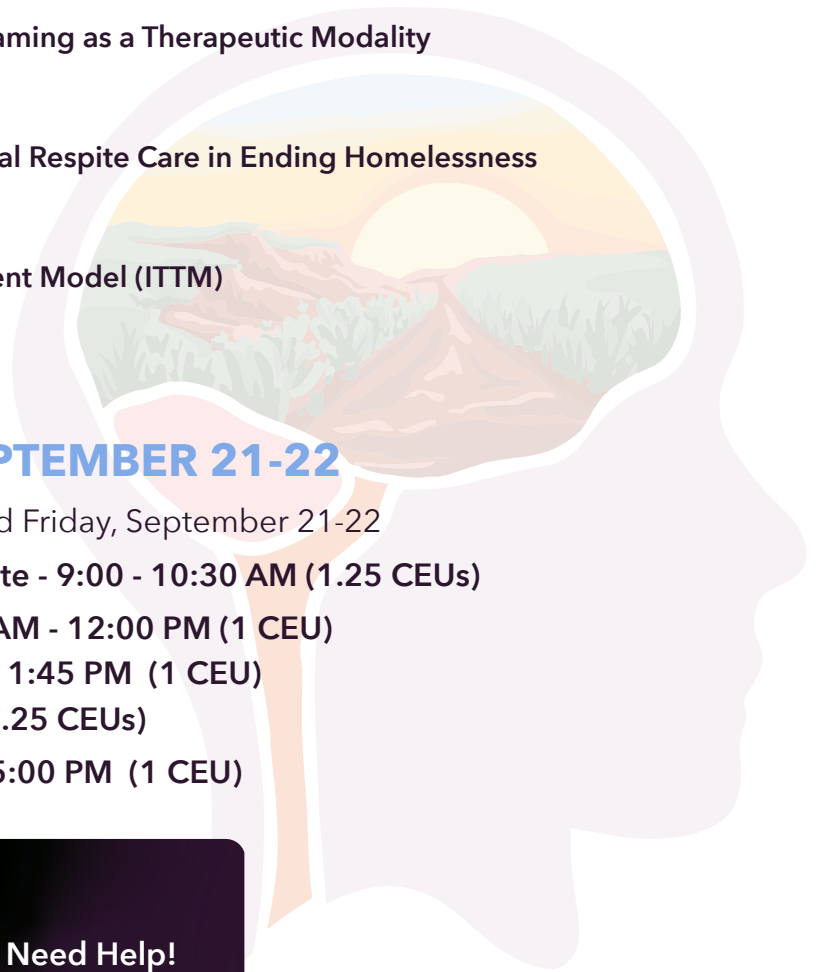
Keynote - 2:15 - 3:30 PM (1.25 CEUs)

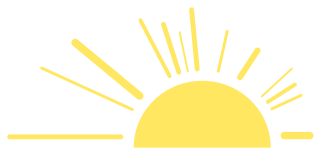
Breakout Session 3 - 4:00 - 5:00 PM (1 CEU)

THU 9:00 - 10:30 a.m.

KEYNOTE: I AM NOT SICK, I Don't Need Help!

Xavier Amador, PhD





THU 11:00 a.m. - 12:00 p.m.

LEAP® - A Communication Approach That Leads to Trust, Treatment & Recovery

Xavier Amador, PhD

Marriage Vows: How Ancient Wisdom Can Influence Modern Thoughts and Improve Relationships

Swarna Singhal, PhD

Promoting Infant Mental Health in Oklahoma with the HealthySteps Model

Jessica Richardson, LMSW, IMH-E®

Nicolle Moore, MS, LMFT, IMH-E®

Sex Education Promotes Autistic Adolescent Wellbeing

Gale Hann, MPH

J. Jaye Capretto, PhD, LPC

Kathryn Moore, PhD

Jenny Sperling, PhD

Tabitha Fleming, PhD

Caitlin Bullard, MS

Understanding Psychedelic-Assisted Therapy

David Esselman, MBA

Sarah Abedi, MD

THU 12:45 - 1:45 p.m.

A Window Into the Depressed Brain

Leandra Figueroa-Hall, PhD, MSc, BSc

Kaiping Burrows, PhD

Co-morbidity in Mental Health and Substance Abuse Treatment

Jennifer Leggett, LPC, LADC, CPRSS

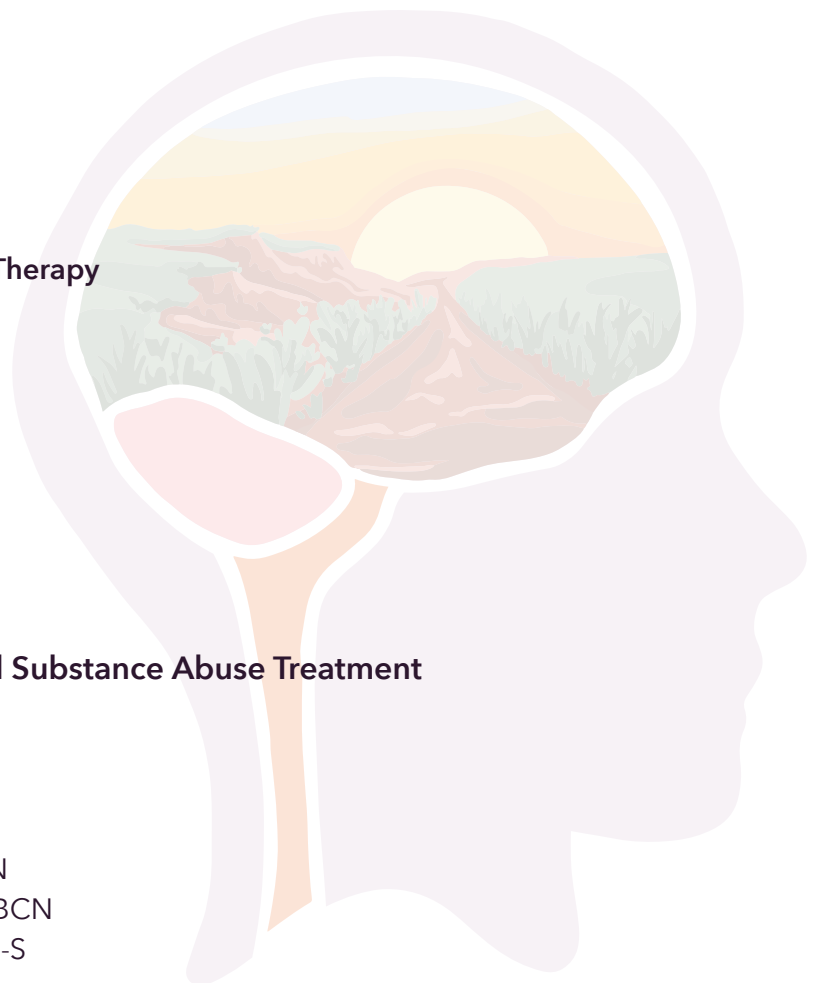
Kimberly Hill-Crowell, LCSW

Getting Started with Neurofeedback

G. Michael Russo, PhD, LPC, NCC, BCN

Cian L. Brown, PhD, LPC, NCC, CCAT, BCN

Evan Smarinsky, PhD, NCC, LMHC LPC-S





Handle With Care OK: Lessons Learned and Next Steps

Adrienne Elder, MPH

Psychopharmacology of Depression: A Primer for Non-prescribing Behavioral Health Professionals

Tammy L. Lambert, PharmD, PhD

Michael Ihnat, PhD

THU 2:15 - 3:30 p.m.

KEYNOTE: Computational Psychiatry: Can AI Solve the Mental Health Crisis?

Xiaosi Gu, PhD

THU 3:40 p.m.

Meditation Break with Karli Altenbern

Join Oklahoma City based yoga teacher, Karli Altenbern, for a relaxing meditation session.

*not CEU eligible

THU 4:00 - 5:00 p.m.

Active Treatment: Substance Abuse Crisis Care

Larry Smith, CPRSS

Josh Cantwell, LCSW, CPRSS

COVID-19: An Insult to the Brain

William D. Ruwe, Psy, PhD

Fair Housing, Subsidized Housing and Medical Marijuana

Teressa Webster, JD, MTA, LLM

When Anxiety Is Migraine

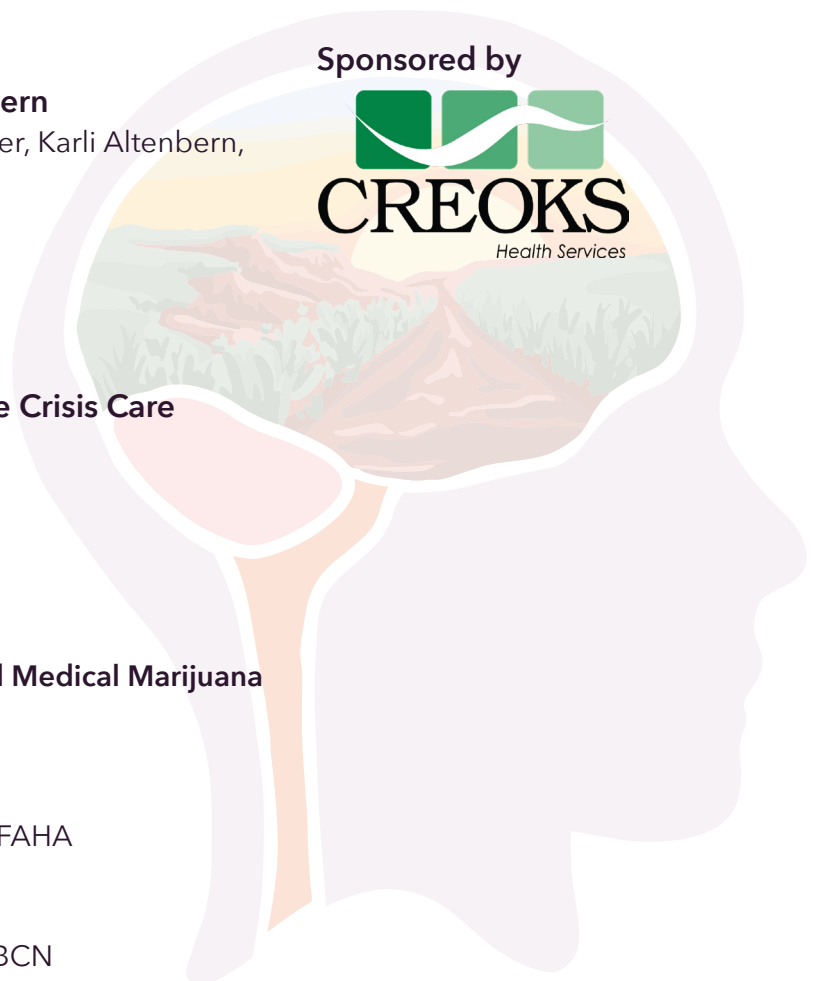
David Lee Gordon, MD, FAAN, FANA, FAHA

Your Brain on Adventure Therapy

Cian L. Brown, PhD, LPC, NCC, CCAT, BCN

Sara Hunter, MS, LCMHC

Christy Jo Crowley





FRI 9:00 - 10:30 a.m.

KEYNOTE: Your Brain on Art: How the Arts Transform Us

Susan Magsamen

FRI 11:00 a.m. - 12:00 p.m.

Autism Training for Healthcare Professionals

Chandee Kott, CAS, BSW

Ketamine: Innovative Therapy for Major Depression & Suicidal Ideation

K. Michael Saliba, MD

Naomi Walcott, RN

The Changing Landscape of Alzheimer's and Dementia Research

Rebecca Edelmayer, PhD

FRI 12:15 p.m.

Yoga Session with Tiffany Tran

Join Tiffany Tran for a yoga practice designed for all skill levels.

*not CEU eligible

Sponsored by
Ascension St. John



FRI 12:45 - 1:45 p.m.

ACTing to Reduce Overdose in Tulsa

Emily McPherson, MPA

Julianne Leber, MSW

Anosognosia on the Street

Kellie A. Wilson, LCSW

Michael W. Brose, MSW, LCSW

Compassionate Sound Meditation: An Evidence-Based Experience

Joe Holcomb, MBA

Lauree Dash, BA, MMTCP

Focused Ultrasound: An Emerging Neuromodulation Tool

Salvador M. Guinjoan, MD, PhD

Aki Tsuchiyagaito, PhD





FRI 2:15 - 3:30 p.m.

KEYNOTE: Trends in Adolescent Addiction - The Impact & Promise of Digital & Mobile Technologies

Kara Bagot, MD

FRI 4:00 - 5:00 p.m.

The Science of Addressing Addictive Behavior

Susan M. Zbikowski, PhD

Bob Gold, MS

This is Your Brain on Trauma

Carolyn S. Burns, LCSW

Latia Parker, LPC, LADC, LPC-Supervisor, MA

Using Mindfulness to Hijack Your Nervous System

Emilie Smith, MA, LPC

Veterans Coffee Socials: Connecting Veterans in Communities

Leslie Franklin, MSW, LCSW, C-DBT

Kelly White, LCSW

