

# WELCOME TO THE 2023 INDIANA AHEC CONFERENCE

## BUILDING HEALTHY COMMUNITIES:

*Self-Care is Patient Care*



# CONFERENCE AGENDA



TIME	DESCRIPTION	LOCATION
9:00 a.m. – 9:50 a.m.	Conference Check-In & Coffee & Headshots	First Floor Atrium
9:50 a.m. – 10:00 a.m.	Welcome: Dr. Jennifer Taylor	Ballroom Room 212
10:00 a.m. – 10:50 a.m.	Opening Keynote: Coping with Life Post Covid with Kimble Richardson	Ballroom Room 212
10:50 a.m. – 11:00 a.m.	Break + Headshots + Exhibit	Upper Mezzanine
11:00 a.m. – 11:40 a.m.	Concurrent Sessions 1	Rooms 118-121
11:40 a.m. -11:55 a.m.	Break + Headshots + Exhibit	Upper Mezzanine
11:55 a.m. – 1:10 p.m.	Lunch & Awards	Ballroom Room 212
1:10 p.m. – 2:10 p.m.	Afternoon Keynote: Crafting an Authentic Pitch with Tatiana Kolovou	Ballroom Room 212
2:10 p.m. – 2:20 p.m.	Break + Headshots + Exhibit	Upper Mezzanine
2:20 p.m. – 3:00 p.m.	Concurrent Sessions 2	Rooms 118-121
3:00 pm – 4:00 pm	Optional Session: Talk Saves Lives – American Foundation for Suicide Prevention	Room 121

# 2023 Keynote Speakers



## **KIMBLE RICHARDSON, M.S., LMHC, LCSW, LMFT, LCAC**

Kimble received his Master's degree with honors in Counseling and Counselor Education from Indiana University in 1987. With 35 years of experience in healthcare, he has been co-coordinator for emergency department services at Wishard Hospital/Midtown Community Mental Health Center (now Eskenazi Health), served in various capacities at Ascension St. Vincent, and currently is Manager of Business Development and Referrals for Community Health Network – Community Fairbanks Behavioral Health.

## **TATIANA KOLOVOU, MBA**

Tatiana is a member of the Association for Business Communication, and the Association for Talent Development and is accredited through the Center of Applied Psychological Testing and The Leadership Circle.

She is a World Works licensed mentor, a program designed to help professionals be successful when managing cross-cultural teams and individuals in a global work environment.



# CONCURRENT SESSIONS 1

TIME	DESCRIPTION	LOCATION
11:00 a.m. – 11:40 a.m.	Working Together to Address Healthcare Needs: A Collaborative Panel	Room 118
11:00 a.m. – 11:40 a.m.	A Longitudinal Curriculum for Professional Identity Formation for Medical Students	Room 119
11:00 a.m. – 11:40 a.m.	Leaders' Commitment to Self-Care Activities for Healthcare Workers/Healthcare Students	Room 120

# CONCURRENT SESSIONS 2

TIME	DESCRIPTION	LOCATION
2:20 p.m. – 3:00 p.m.	Nail the Interview	Room 118
2:20 p.m. – 3:00 p.m.	Healthcare Access Challenges for the Hearing-Impaired Community	Room 119
2:20 p.m. – 3:00 p.m.	Caring for Diverse Patients Starts with Caring for Diverse Health Professional Trainees: Pre-Health Scholars Curriculum, a Work-in-Progress	Room 120
2:20 p.m. – 3:00 p.m.	Escape Diet Culture and Make Peace with Food	Room 121



## Escape Diet Culture and Make Peace with Food

Lauren attended Ball State University where she received her Bachelor's in Dietetics and completed the 1200 hour clinical dietetic internship. She began her career as a dietitian at the YMCA of Greater Indianapolis where she gained experience working with a diverse population. Lauren also has several years of experience working with various wellness companies and Indiana University Health Hospital. Lauren initially created Renovate Your Plate to better reach her community by practicing Health At Every Size® and Intuitive Eating. From 2016-2021 she was the lead dietitian at Mindful Me Intensive Outpatient Program specializing in eating disorder treatment.

In 2021, Mindful Me and Renovate Your Plate merged and now are Collaborative Counseling and Nutrition. Lauren now manages the practice, offers an online program called Free to Nourish, and sees a limited number of clients 1:1. In her free time, she is chasing her two young daughters around. She loves going to concerts and trying new restaurants with her husband and friends. Food is her passion and laughing is her hobby. Her happy place is Colorado where she plans a trip at least twice a year to see her sister.

## Leaders' Commitment to Self-Care Activities for Healthcare Workers/Healthcare Students

Dr. Marsha King is the former Dean of the University of Saint Francis, Crown Point, Indiana site and Associate Professor. She received her Associate, Bachelor's, and Master's Nursing degrees from Purdue Northwest. She received her Doctor of Nursing Practice from Rush University in Systems Leadership. She also holds a Master's in Business Administration degree. She is certified as a Nurse Executive-Advanced and a Certified Nurse Educator. Dr. King has extensive experience in leadership positions in clinical, administrative, and academic environments. She was a member of the Indiana State Board of Nursing and President for 4 years. She has received the Sagamore of the Wabash Award, Northwest Indiana Influential Women in Education, 2016 and the 2017 Athena Award, for leadership and mentoring of women. She has worked with AHEC for a number of years serving on the NWI Advisory Committee and offering USF Summer Healthcare Camps for students.



# Working together to address healthcare needs: A collaborative panel of health professionals



**Lindsay G. Flegge, PhD, HSPP**



**Dr. Courtland Blount**



**Amirah Butler, PA-C**



**Denise Ferrell, DNP, HSPP**



**Dr. Justin Cornewell, PharmD**



**Dr. Arnold Henry**



**Tanya Downing, MSW, LSW**



**Rebecca Buchan, MA,  
CI, CT, IIC**

## Nail the Interview



Mike Polites has been teaching Public Speaking, Interpersonal Communication and Interviewing Principles and Practices at Indiana University Purdue University Indianapolis (IUPUI) for nearly two decades. He has helped thousands of people overcome their fear of communicating and taught them how to present with power and interview with confidence. His belief that learning to be more comfortable communicating can truly benefit anyone in his or her career is a force that drives him.

His career as a stand-up comedian and his belief that a positive attitude is a key to success has enabled him to keep audiences engaged and smiling! He welcomes the opportunity to facilitate training, perform comedy or do keynote speeches all over the country. For more information, Mike can be reached at [mpolites@iupui.edu](mailto:mpolites@iupui.edu)

## Healthcare Access Challenges for the Deaf Community

Kelsey is from Crown Point, IN. She and her husband have a 3-year-old lab and 3 cats! She likes to rock climb, hike and kayak. She is interested in hospital medicine, teaching, wellness, and women's health.



## Caring for Diverse Patients Starts with Caring for Diverse Health Professional Trainees: Pre-Health Scholars Curriculum, a Work-in-Progress



Emily Young, MD, joined the MU-COM clinical faculty in 2015 as assistant professor of pediatrics. She is board certified in both internal medicine and pediatrics. Her research interests include 1) continual improvement in teaching and learning strategies, 2) diversity, equity, and inclusion in higher education, and 3) qualitative research on mentoring during the pre-clinical years of undergraduate medical training to develop a humanistic approach to patient care in future physicians.

Kelli Manikowski is a 4th year medical student at Marian University College of Osteopathic Medicine who hopes to match in neurology. She is doing an academic medicine rotation with Dr. Emily Young where her main objective is to understand and apply the basics of developing a curriculum with a focus on the Pre-Health Scholars program. Prior to medical school, Kelli received her master's degree in biomedical research where she defended her thesis on mechanisms regulating osteoblast activity.

She enjoys exploring the outdoors with her family, snowboarding and riding her bike with her husband.







## **A Longitudinal Curriculum for Professional Identity Formation for Medical Students**

Lyree Mikhail, MD, MBA joined the clinical faculty of Marian University College of Osteopathic Medicine (MUCOM) as an Associate Professor in January of 2016. She earned a Bachelor of Science degree in Biology from Purdue University in 1986, followed by her MD degree from Washington University School of Medicine in St. Louis, MO in 1990. She completed her residency in Obstetrics and Gynecology at University of Chicago in 1995. Most recently she completed her Masters in Business Administration from Quantic School of Business and Technology. She has had a long career in medical education and has contributed to undergraduate and graduate medical education at a local, regional and national level. Her academic interests are varied, but include application of evidence-based medicine to clinical practice, humanism and professionalism in the practice of medicine, and medical student recruitment and retention.

Talk Saves Lives is AFSP's standardized, 45-60 minute education program that provides participants with a clear understanding of this leading cause of death, including the most up-to-date research on suicide prevention, and what they can do in their communities to save lives.

Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe.



# EXHIBITORS



# CONFERENCE PARTNERS



**IVY TECH**  

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**COMMUNITY  
COLLEGE**

*Jade  
Eliza  
Media*

*Jacquie's*  
gourmet catering

**THANK YOU!**