

15

YEARS

Anniversary

CELEBRATION

2010-2025

Peer

Wellness

Initiative

<https://www.tn.gov/behavioral-health/wellness.html>

Office of Wellness and Employment

TN

Department of Mental Health & Substance Abuse Services

TDMHSAS

Office of Wellness and Employment

Awards & Recognition Ceremony

12:45 PM Central | September 23, 2025

MORE RAPIDLY ACCESS EVENT INFORMATION USING QR CODES . . .

Wellness & Employment Office

CONFERENCE EVALUATIONS

Peer Wellness Initiative

WTE 2025 Conference

CE DOCUMENTATION

TAMHO

Sponsored by:

TN

Department of Mental Health & Substance Abuse Services

In Partnership with:

tamho

tennessee association of mental health organizations

NETWORKING BREAKS

Take a moment to pause, connect, and explore! Enjoy a refreshing break while networking with fellow attendees.

IN-PERSON PARTICIPANTS | Stand-up, stretch, and introduce yourself to at least one person during the break.

VIRTUAL PARTICIPANTS | Stand-up, stretch, and post a comment in the CHAT BOX. Your comment could be why you love your job, something you enjoyed about any of the sessions, or just strike up a conversation with other participants.

NETWORKING LUNCHEON

Take a moment to connect and recharge during our networking lunch! Join colleagues and fellow attendees for lively conversations, meaningful connections, and opportunities to share ideas while enjoying a delicious meal together. This is your chance to foster relationships that can inspire and support your professional journey.

CONTINUING EDUCATION

A certificate of continuing professional development for up to 6.5 contact/clock hours will be made available by TAMHO to all participants upon request for documentation of clock/contact hours earned during this conference.

Please visit the [conference landing page](#), using the QR code within this document, for CE details.

*It is the responsibility of the event attendee to use their professional judgment, to justify that the continuing educational programs attended meet the guidelines of their respective licensure or certification boards/agencies and is relevant to their professional practice.*

SPECIAL DIETARY REQUESTS

A meal card has been provided in your name badge holder if a dietary consideration was submitted during pre-registration.

Please present your meal card to wait staff who will attend to providing your special meal.

WiFi Access

NO PASSWORD REQUIRED

Select Network

HiltonHonorsMeeting

Password Standard2025!

COMPLIMENTS OF EMBASSY SUITES

Wellness

Financial, Physical, & Mental Wellbeing

Substance Use Recovery

Employment

Housing Independence

Crisis Management Resiliency

Tennessee Statewide

Wellness Through Employment

Conference

Sponsored by

TN

Department of Mental Health & Substance Abuse Services

In Partnership with

tamho

tennessee association of mental health organizations

This project is funded under a Grant Contract with the State of Tennessee, Department of Mental Health and Substance Abuse Services.

AGENDA—DAY 1 | September 23, 2025

8:00 AM-8:30 AM

IN-PERSON: Conference Foyer | VIRTUAL: Main Stage

Registration/Log-In, Navigation

Networking and Refreshments

IN-PERSON PARTICIPANTS | Grab a refreshing beverage and snack while networking with fellow attendees and find your way to the General Session room to find the perfect seat.

VIRTUAL PARTICIPANTS | Navigate and become familiar with the conference platform and post a comment in the CHAT BOX. Your comment could be why you love your job, something you enjoyed about any of the sessions, or just strike up a conversation with other participants in your own unique way.

8:00 AM-3:00 PM

IN-PERSON: Oak Room | VIRTUAL: No Option

Wellness Area & Activities

8:30 AM-10:00 AM

IN-PERSON: Birch/Chestnut Room | VIRTUAL: Main Stage

OPENING GENERAL SESSION | From Overwhelm to Empowerment: Thriving in a Fast-Paced World

CONFERENCE WELCOME

Alysia Smith Knight, Executive Director, Tennessee Association of Mental Health Organizations (TAMHO), Franklin, TN

OPENING REMARKS

Mark Liverman, Ed.S., Director, Office of Wellness and Employment, TN Department of Mental Health and Substance Abuse Services, Nashville, TN

Stephanie Cooper, Assistant Director, Office of Wellness and Employment, TN Department of Mental Health and Substance Abuse Services,

Nashville, TN

SPEAKER INTRODUCTION

Constandina 'Dina' Savvenas, Director of Peer Wellness Initiative, Tennessee Association of Mental Health Organizations (TAMHO), Franklin, TN

SPEAKER

Holly Duckworth, CAE, CMP, LSP, Life Coach | Professional Speaker | Award Winning Author

10:00 AM-10:15 AM

IN-PERSON: Conference Foyer | VIRTUAL: Main Stage

Network Break and Refreshments - Take a moment to pause, connect, and explore! Enjoy a refreshing break while networking with fellow attendees.

IN-PERSON PARTICIPANTS | Stand-up, stretch, and introduce yourself to at least one person during the break. Consider visiting the Wellness Area and enjoy the many activities provided by the Peer Wellness Coaches.

VIRTUAL PARTICIPANTS | Stand-up, stretch, and post a comment in the CHAT BOX. Your comment could be why you love your job, something you enjoyed about any of the sessions, or just strike up a conversation with other participants in your own unique way.

10:15 AM-11:15 AM

BREAKOUT SERIES A | A1, A2, A3

A1 | The Wellness Advantage: Reclaiming Energy, Focus, and Purpose at Work

IN-PERSON: Birch/Chestnut Room | VIRTUAL: Main Stage

OPENING REMARKS AND SPEAKER INTRODUCTION

Mark Liverman, Ed.S., Director, Office of Wellness and Employment, TN Department of Mental Health and Substance Abuse Services, Nashville, TN

SPEAKER

Holly Duckworth, CAE, CMP, LSP, Life Coach |

Professional Speaker | Award Winning Author

A2 | Connecting the Dots: Housing, Income, and Employment for Lasting Wellness

IN-PERSON: Hickory/Maple Room | VIRTUAL: Breakout 2 Stage

OPENING REMARKS AND PANELIST INTRODUCTIONS

Stephanie Cooper, Assistant Director, Office of Wellness and Employment, TN Department of Mental Health and Substance Abuse Services, Nashville, TN

SPEAKER

Neru Gobin, Director, Office of Housing and Homeless Services, TN Department of Mental Health and Substance Abuse Services, Nashville, TN

Christy Spangler, Assistant Director, Office of Housing and Homeless, TN Department of Mental Health and Substance Abuse Services, Nashville, TN

Shanaya Maclin, Assistant Director, Office of Housing and Homeless Services, TN Department of Mental Health and Substance Abuse Services, Nashville, TN

A3 | Keeping the Momentum Going Despite a Bumpy Road: Recognizing Mental Health's Impact on Engagement

IN-PERSON: Iris/Azalea Room | VIRTUAL: Breakout 3 Stage

OPENING REMARKS AND SPEAKER INTRODUCTION

Tiffanie Whitaker, IPS Training Program Director, Tennessee IPS, Nashville, TN

SPEAKER

Jennie Keheler, IPS National Trainer and Consultant, The IPS Employment Center, Research Foundation for Mental Hygiene, Inc. (RFMH)

Ruth Brock, IPS National Trainer and Consultant, The IPS Employment Center, Research



Foundation for Mental Hygiene, Inc. (RFMH)

11:15 AM-12:30 PM

**IN-PERSON:** Atrium | **VIRTUAL:** Main Stage  
**Networking Luncheon** - Step away, recharge, and dive into conversation! Savor a refreshing lunch while mingling with peers and expanding your network.

**IN-PERSON PARTICIPANTS** | Proceed to the Atrium area of the hotel for networking and lunch.

**VIRTUAL PARTICIPANTS** | Time to grab some nourishment and exercise. Strike up a conversation in the CHAT BOX. Share with others why you love your job, something you enjoyed about the sessions, and ask them to share the same or just strike up a conversation with others.

12:30 PM-12:45 PM

**IN-PERSON:** Conference Foyer | **VIRTUAL:** Main Stage

**Transition to Awards Ceremony**

12:45 PM-1:45 PM

**IN-PERSON:** Birch/Chestnut Room | **VIRTUAL:** Main Stage

**Wellness Through Employment Annual Awards Ceremony**

**OPENING REMARKS**

**Mark Liverman, Ed.S.**, Director, Office of Wellness and Employment, TN Department of Mental Health and Substance Abuse Services, Nashville, TN

**Sejal West, MA**, Assistant Commissioner, Mental Health Services, TN Department of Mental Health and Substance Abuse Services, Nashville, TN

**Kevin R. Wright**, Assistant Commissioner, Tennessee Department of Human Services, Division of Vocational Rehabilitation, Nashville, TN

**AWARD PRESENTATIONS**

**Stephanie Cooper**, Assistant Director, Office of Wellness and Employment, TN Department of Mental Health and Substance Abuse Services, Nashville, TN

**Tiffanie Whitaker**, IPS Training Program Director, Tennessee IPS, Nashville, TN

**Constandina 'Dina' Savvenas**, Director of Peer Wellness Initiative, Tennessee Association of Mental Health Organizations (TAMHO), Franklin, TN

1:45 PM-2:00 PM

**IN-PERSON:** Conference Foyer | **VIRTUAL:** Main Stage

**Transition to General Session**

2:00 PM-3:00 PM

**IN-PERSON:** Birch/Chestnut Room | **VIRTUAL:** Main Stage

**GENERAL SESSION: Employment is Essential to Recovery, Not a Reward for Recovery**

**OPENING REMARKS AND PANELIST INTRODUCTIONS**

**Mark Liverman, EdS**, Director, Office of Wellness and Employment, TN Department of Mental Health and Substance Abuse Services, Nashville, TN

**PANEL**

**Katie Lee**, Director of the BHSN Program, TN Department of Mental Health and Substance Abuse Services, Nashville, TN

**Jennifer Armstrong, LPC-MHSP**, Director, Office of Crisis Services and Suicide Prevention, TN Department of Mental Health and Substance Abuse Services, Nashville, TN

**Neru Gobin**, Director, Office of Housing and Homeless Services, TN Department of Mental Health and Substance Abuse Services, Nashville, TN

**Lisa Ragan**, Director of Consumer Affairs and Peer Recovery Services, TN Department of Mental Health and Substance Abuse Services, Nashville, TN

**Jennie Keheler**, IPS National Trainer and Consultant, The IPS Employment Center, Research Foundation for Mental Hygiene, Inc. (RFMH)

**Ruth Brock**, IPS National Trainer and Consultant, The IPS Employment Center, Research Foundation for Mental Hygiene, Inc. (RFMH)

3:00 PM-3:15 PM

**IN-PERSON:** Conference Foyer | **VIRTUAL:** Main Stage

**Network Break and Refreshments** - Take a moment to pause, connect, and explore! Enjoy a refreshing break while networking with fellow attendees.

**IN-PERSON PARTICIPANTS** | Stand-up, stretch, and introduce yourself to at least one person during the break. Consider visiting the Wellness Area and enjoy the many activities provided by the Peer Wellness Coaches.

**VIRTUAL PARTICIPANTS** | Stand-up, stretch, and post a comment in the CHAT BOX. Your comment could be why you love your job, something you enjoyed about any of the sessions, or just strike up a conversation with other participants in your own unique way.

3:15 PM-4:15 PM .....

**BREAKOUT SERIES B | B1, B2, B3**

**B1 | Workplace Wellness (and What about the Other 16 Hours?!)**

**IN-PERSON:** Birch/Chestnut Room | **VIRTUAL:** Main Stage

**OPENING REMARKS AND SPEAKER INTRODUCTIONS**

**Donald Judkins, ACSM-EP**, Peer Wellness Coach Team Lead, Park Center, Nashville, TN

**SPEAKERS**

**Constandina 'Dina' Savvenas**, Director of Peer Wellness Initiative, Tennessee Association of Mental Health Organizations (TAMHO), Franklin, TN

**Barry N. Floyd**, Peer Wellness Coach, Ridgeview Behavioral Health, Oak Ridge, TN

**B2 | Competitive, Integrated Employment: A Key Component to Recovery**

**IN-PERSON:** Hickory/Maple Room | **VIRTUAL:** Breakout 2 Stage

**OPENING REMARKS AND SPEAKER INTRODUCTION**

**Amanda Carr**, Trainer, Tennessee IPS, Jonesborough, TN

**SPEAKER**

**Ruth Brock**, IPS National Trainer and Consultant, The IPS Employment Center, Research Foundation for Mental Hygiene, Inc. (RFMH)

**Jennie Keheler**, IPS National Trainer and Consultant, The IPS Employment Center, Research Foundation for Mental Hygiene, Inc. (RFMH)

**B3 | Connecting the Dots: IPS and Benefit Programs Working Together**

**IN-PERSON:** Iris/Azalea Room | **VIRTUAL:** Breakout 3 Stage

**OPENING REMARKS AND PANELIST INTRODUCTIONS**

**Tiffanie Whitaker**, IPS Training Program Director, Tennessee IPS, Nashville, TN

**PANEL**

**Marquisia Maxie-Harton, MA, CPWIC**, Benefits Counseling Director, Tennessee IPS, Jackson, TN

**Jenna Robl, MA**, Assistant Director, Behavioral Health Safety Net, TN Department of Mental Health and Substance Abuse Services, Nashville, TN

**Kimberly Hagan**, Director of Member Services, Bureau of TennCare, Nashville, TN

**Shanaya Maclin**, Assistant Director, Office of Housing and Homeless, TN Department of Mental Health and Substance Abuse Services, Nashville, TN

**Patria 'Tria' Bridgeman, BS, CPWIC**, Benefits Counselor, Tennessee IPS, Murfreesboro, TN

4:15 PM-4:30 PM .....

**IN-PERSON:** Conference Foyer | **VIRTUAL:** Main Stage

**Adjournment Day 1 - Evaluations, CE Requests, Closeouts, etc.**

Your opinions and feedback are very important to us. We actually read and consider every comment and session rating as part of our planning and quality assurance for future events. Please plan to use this time to complete the evaluations and apply for documentation of the CEs you earn.

## AGENDA—DAY 2 | September 24, 2025

**In-person only attendance on Day 2. No Virtual attendance option for Day 2.**

8:00 AM-8:30 AM

**IN-PERSON:** Conference Foyer | **VIRTUAL:** No Option

**Registration**

**Networking and Refreshments**

Make time for networking and refreshments as you gather and prepare for the Interactive Discussions.

8:00 AM-3:00 PM

**IN-PERSON:** Oak Room | **VIRTUAL:** No Option  
**Wellness Area & Activities**

8:30 AM-9:30 AM

**INTERACTIVE DISCUSSION SERIES A | A1, A2**

**A1 - Peer Wellness**

**IN-PERSON:** Hickory/Maple Room | **VIRTUAL:** No Option

**Peer Wellness Interactive Discussion Facilitator**

**Constandina 'Dina' Savvenas**, Director of Peer Wellness Initiative, Tennessee Association of Mental Health Organizations (TAMHO), Franklin, TN

## SPEAKERS, PANELISTS, MODERATORS, AND FACILITATORS



**A2 - IPS Group Scenario**

**IN-PERSON:** Birch Room | **VIRTUAL:** No Option

**IPS Group Scenario Interactive Discussion Facilitators**

**Tiffanie Whitaker**, IPS Training Program Director, Tennessee IPS, Nashville, TN

**Mikayla Moore**, IPS Trainer Program Manager, Tennessee IPS, Knoxville, TN

**Jesselyn Rives**, Trainer, Tennessee IPS, Memphis, TN

**Kiara Hunt**, Trainer, Tennessee IPS, Nashville, TN

**William Otey**, Trainer, Tennessee IPS, Hendersonville, TN

**Amanda Carr**, Trainer, Tennessee IPS, Jonesborough, TN

9:30 AM-9:45 AM

**IN-PERSON:** Conference Foyer | **VIRTUAL:** No Option

**Network Break and Refreshments** - Take a moment to pause, connect, and explore! Enjoy a refreshing break while networking with fellow attendees.

9:45 AM-10:45 AM

**INTERACTIVE DISCUSSION SERIES B | B1, B2 - Group 1, B2—Group 2**

**B1 - Peer Wellness**

**IN-PERSON:** Hickory/Oak Room | **VIRTUAL:** No Option

**Peer Wellness Interactive Discussion Facilitator**

**Constandina 'Dina' Savvenas**, Director of Peer Wellness Initiative, Tennessee Association of Mental Health Organizations (TAMHO), Franklin, TN

**B2 - IPS Role Specific Groups - Group 1**

**IN-PERSON:** Chestnut Room | **VIRTUAL:** No Option

**DISCUSSION FACILITATORS**

**Tiffanie Whitaker**, IPS Training Program Director, Tennessee IPS, Nashville, TN

**Mikayla Moore**, IPS Trainer Program Manager, Tennessee IPS, Knoxville, TN

**Jesselyn Rives**, Trainer, Tennessee IPS, Memphis, TN

**Kiara Hunt**, Trainer, Tennessee IPS, Nashville, TN

**William Otey**, Trainer, Tennessee IPS, Hendersonville, TN

**Amanda Carr**, Trainer, Tennessee IPS, Jonesborough, TN

**B2 - IPS Role Specific Groups - Group 2**

**IN-PERSON:** Birch Room | **VIRTUAL:** No Option

**DISCUSSION FACILITATORS**

**Tiffanie Whitaker**, IPS Training Program Director, Tennessee IPS, Nashville, TN

**Mikayla Moore**, IPS Trainer Program Manager, Tennessee IPS, Knoxville, TN

**Jesselyn Rives**, Trainer, Tennessee IPS, Memphis, TN

**Kiara Hunt**, Trainer, Tennessee IPS, Nashville, TN

**William Otey**, Trainer, Tennessee IPS, Hendersonville, TN

**Amanda Carr**, Trainer, Tennessee IPS, Jonesborough, TN

10:45 AM-11:00 AM

**IN-PERSON:** Conference Foyer | **VIRTUAL:** No Option  
**Adjournment Day 2 - Evaluations, CE Requests, Closeouts, etc.**

Your opinions and feedback are very important to us. We actually read and consider every comment and session rating as part of our planning and quality assurance for future events. Please plan to use this time to complete the evaluations and apply for documentation of the CEs you earn.