



## 2024 Military Mental Health Conference

Thursday April 25 Camp Ripley Recreation and Training Center, Building 6-97

# Support, Connect, and Thrive

7:30-8:15AM (0730-0815)	Registration and Continental Breakfast
8:15-9AM (0815-0900)	Opening Ceremony
9-11AM (0900-1100)	Mindful Presence: Compassionate Care for Self and Others—Steve Hoover, PhD
11-11:15AM (1100-1115)	Break
11:15AM-12PM (1115-1200)	#1 Lethal Means Safety— Laura Stumvoll, MSN BSN, RN #2 What is Mental Wellbeing? Creating a Community Prevention Approach— Cari Micheals, MPH and Sara Croymans, Med, AFC
12-1PM (1200-1300)	Lunch, networking, resource exhibits
1-1:45PM (1300-1345)	#1 Self-Care in a World of High Expectations— Cari Michaels, MPH and Anita Harris Hering, MA #2 Trauma Informed Care— Amanda Hooper
1:45-2PM (1345-1400)	Break
2-2:45PM (14—-1445)	#1 Problem Gambling in Active Military and Veterans: Raising Awareness and Preventing Harm—Sonja Mertz, MLIS, CPP #2 The Role of Recovery Organizations and Peer Recovery Support in the Community— Katie Blue #3 TBD
2:45-3PM (1445-1500)	Break
3-4:30pm (1500-1630)	15 Things Veterans Want You to Know with panel discussion

*Schedule is subject to changes*

You are invited to join us at the Viking Club (8 –195 Artillery) for light appetizers and networking 6-8pm (1800-2000)

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## 2024 Military Mental Health Conference

Friday April 26 Camp Ripley Recreation and Training Center, Building 6-97

# Support, Connect, and Thrive

7:30-8:15AM (0730-0815)	Registration and Continental Breakfast
8:15-8:30AM (0815-0830)	Welcome
8:30-9:30AM (0830-0930)	The Temple of Mars: Recovering Spirituality and the Soul in Addressing Veteran Mental Health— Michael Gruber
9:30-9:45AM (0930-0945)	Break
9:45-10:30AM (0945-1030)	#1 The Temple of Mars Q&A— Michael Gruber #2 Bold Yet Seldom Told story circle— Lowell Johnson #3 Guardians of Well-being: Nurturing Resilience in Military Caregivers through Self Care Practices
10:30-10:45AM (1030-1045)	Break
10:45-11:30AM (1045-1130)	#1 Bold Yet Seldom Told (con't)— Lowell Johnson #2 County Veteran Service Officer roundtable
11:30AM-1PM (1130-1300)	Lunch, networking, resource exhibits ( <i>**exhibitors can start tear down at 1pm/1300**</i> )
1-1:45PM (1300-1345)	#1 Art Therapy— JR,True Top 1% Foundation #2 Holistic Health and Fitness (H2F)— Jolene Carlson #3 Fostering Connection as a Measure of Safety and Resilience— Kristin Kvaal, MSW, LICSW, Kristin Jurek, PsyD, LP, Stephany Himrich, PsyD, LP, Erin Talberg, MSW, LICSW

1:45-2PM (1345-1400)	Break
2-2:45PM (1400-1445)	#1 Military Life and Family— Sterling and Suzanne Hartwick  #2 TBD  #3 TBD
2:30-2:45PM (1430-1445)	Break
2:45-4PM (1445-1600)	Hero Care— Rachel Roehl  Final Announcements, Raffle Drawing— Arlene Selander

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## **2025 Conference**

**April 24 and 25, 2025**

**Camp Ripley, Little Falls MN**



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