



**Solihnten Annual Conference**  
**39<sup>th</sup> Annual**

**WORKING WELL**  
**TODAY *and* TOMORROW**

**September 7-9, 2023**

*Both In-Person and Live Streaming Options*

All scheduled activities will be held at the  
Courtyard by Marriott Denver/Cherry Creek  
1475 S Colorado Blvd, Denver, CO 80222

*All times listed below are in Mountain Daylight Time (Denver)*

[Conference Registration](#)

[Hotel Reservations](#)

### **Agenda Overview**


- For each session, you will see 'thought bubbles' around the question, **HOW DO I...** as so many of us are grappling with similar questions/concerns/fears
- Solihnten is going to be trying some new approaches for this our 39<sup>th</sup> Solihnten Annual Conference. For instance:
  - Rather than one dedicated worship time, we will be starting and ending each day with a devotion from a different speaker. Multiple faith traditions and styles will be represented.
  - On Friday evening, instead of a sit-down dinner, we will have an onsite activity OR if you would rather leave the hotel, options will be available for you to choose your own adventure.

Thursday, September 7

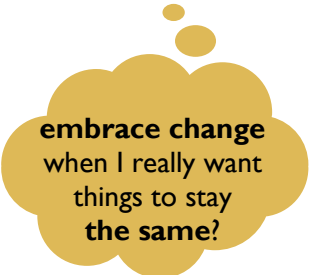
## WORKING WELL from a Place of Resilience

8:30 – 9:15 AM Welcome and Opening Devotion

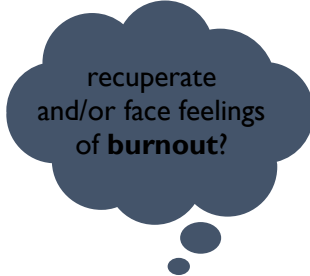
9:15 AM – 12:00 PM Caring for the Caregivers, AM Session  
Matt Bloom, PhD



support those  
around me with their  
feelings of fatigue?



embrace change  
when I really want  
things to stay  
the same?



recuperate  
and/or face feelings  
of burnout?

**Matt Bloom, PhD**, was a tenured professor at the University of Notre Dame for 25 years. He recently changed roles so he can devote his time to bringing the vast but esoteric body of research on **wellbeing** to a wider audience, and to working with his co-founders and team of Ritual that uses simple evidence based practices to focus on how small steps can add up to big changes.

This research focuses on a holistic approach to well-being, which includes all elements of our mental, emotional, spiritual, and social health.

### Learning Objectives

- An explanation and discuss of a scientific model of wellbeing
- Learn five simple daily practices that boost wellbeing and link those practices to specific dimensions of wellbeing
- Gain understanding of ecosystems of wellbeing which are the deep social connections that are integral to our psychological and spiritual flourishing.

12:00 – 1:15 PM Lunch  
*Provided on Site*

1:15 – 4:30 PM Caring for the Caregivers, PM Session

**Matt Bloom, PhD** will continue digging into working well including our capacity to deal with the ups and downs of life.

4:30 PM Closing Devotion

connect with others, beyond my Center, who share my experiences?

## 5:30 PM Social Gathering

One of the most important aspects of being able to gather together for this learning event is to do just that: **be together**. Heavy hors d'oeuvres will be provided and Conference participants can visit with Network colleagues and make new connections.

### Friday, September 8

## 8:30 – 9:00 AM Opening Devotion

## 9:00 – 12:00 Working Well as a Place of Hope Michelle Snyder, MDiv, MSW

recuperate and/or face feelings of **burnout**?

As we continue to find our way through the events of the last few years, combined with our current challenges such as, 'where have all the therapists gone,' tired souls and exasperated people are trying to move forward. **Michelle Snyder, MDiv, MSW** will intertwine teachings of hope and connection from her work with the Soul Shop movement in an effort to equip you to return to your Centers with additional resources to combat the difficult feelings so many of us are working to overcome.

There will also be an opportunity to learn more about bringing Soul Shop to your community, including resources to help defray the costs.

### Learning Objectives

- Explore the multi-dimensional nature of suicide and desperation as a public health crisis.
- Establish a working definition of the word hope that has practical implications for the church and the world.
- Discuss the potential interfaces between congregations as community outposts for mental health service delivery
- Define community wellness through the lens of the collaboration between faith community and non-profit partners.

## 12:00 – 1:30 PM Lunch (Provided on Site at the Courtyard by Marriott) OR

## 12:00 – 1:30 PM Lunch 'n Learn Sessions for: Clinical Directors and Training Directors Development Personnel

A highlight of each year's Annual Conference is the opportunity for personnel within the Solihten Network to gather together with their peers from around the country.

Over this lunch 'n learn session there will be dedicated space for both Clinical Directors and Training Directors to gather with Fonda Latham, LCSW, ACSW, Solihten Institute Vice President; as well as Development Personnel to visit together with Steve Duson, Solihten Institute Vice President, and National Development Director.

connect with others, beyond my Center, who share my experiences?

2:00 – 4:30 PM

## Working Well as a Place of Belonging

**This session is being brought to you by the Belonging, Inclusion, Diversity, and Equity (BIDE) Committee of the Solihden Institute National Board of Directors**

help our Center create a **safe place** for all people?

A hallmark of your Centers and the Solihden model has long been to serve those in need by creating a place that is comfortable and inviting. As we seek to invest in centering the voices of those who have often found themselves on the margins, we must also reckon with a past that still haunts us in the form of discrimination and social inequality. **Michael Torres, PhD** a prominent voice in the health care and spiritually integrated sectors, will help us endeavor to take a justice-based approach in our responsibility to educate ourselves and each other around belonging, inclusion, diversity, and equity principles.

4:30 PM

## Closing Devotion

5:30 PM

## Dinner Activity: Choose Your Own Adventure

Our Friday evening dinner has long been a sit-down gathering, but this year we are going to change it up by providing participants with the option to choose your own adventure.

- ☆ You can spend the evening on site, where dinner and an activity will be provided.
- ☆ Or you will have the opportunity to go out on your own.
  - **Please note:** The Institute staff will provide recommendations, but will not be able to support additional logistics.

**connect** with others, beyond my Center, who share my experiences?

*Saturday, September 9*

## WORKING WELL as a Place for Today AND Tomorrow

8:30 – 11:00 AM

## Working Well in a Hybrid World and Making Space for Tomorrow's Technology

Rachael McLaughlin, MA, LPA

**stop worrying** about the rapidly changing behavioral healthcare landscape?

sustain the **community spirit** in a hybrid workplace?

**manage** a hybrid workplace?

“The only thing constant is change;” a two-thousand-year-old expression from Greek Philosopher Heraclitus that remains relevant today. Our world has encountered major change over the past several years. While our first inclination would be to ‘go back to the way they were, pre-pandemic,’ that is not going to happen. Instead, we have to embrace the reality that

there will continue to be changes in the way that clients/employees expect us to conduct business in general, along with transformations in behavioral health care. As providers and staff, you are in many ways at ground zero for the practical applications of these changes. Through this presentation, and beyond, the Institute remains a source of support and consultation.


### Learning Objectives (3 CEs)

- Explain the history of virtual work and its effects on the individual, an organization, and society at large
- Identify best practices and fundamental skills for successful virtual and hybrid work in the context of the clinical setting
- Discuss the benefits, challenges, and outcomes associated with virtual work options and how this translates in the clinical setting in the near- and long-term

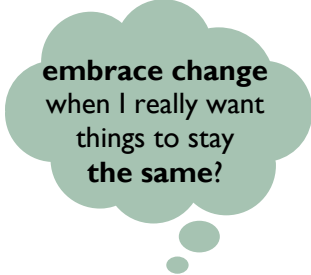
**Rachael McLaughlin, MA, LPA**, Assistant Director of Health System Transformation for the Meadows Mental Health Policy Institute has a very personal frame of reference for working well in a hybrid space as *she joined the Meadows Institute in 2020*. She made the shift after 10 years of experience working as a mental health clinician in a variety of settings. She has a background in mental health counseling and neuropsychology where she has assessed and treated multiple populations including adults and children with chronic physical and mental health conditions.

11:15 – 2:15 PM

**Working Well as a Place for Tomorrow**  
Robert P. Johnson, MS



stop worrying  
about the rapidly  
changing behavioral  
healthcare landscape?



embrace change  
when I really want  
things to stay  
the same?

This three-hour time block, held over lunch, will include a discussion on **Client Outcome Measures**, specifically the Bridges Assessment System (BAS). The BAS includes a client outcome measure called the **CAMOS that assesses six dimensions**: (1) relationship distress, (2) psychological distress, (3) spiritual distress, (4) physical health concerns, (5) treatment progress, and (6) self-harm risk. Additional client outcome measures can be added, if a treatment site, researcher, or business wishes to assess other dimensions of well-being and functioning.

Also, during this time, the Institute will spend some time seeking input about its own tomorrow (and beyond), in the form of leadership succession. This conversation will be incorporated into the annual State of the Solihnten Institute offered by **Robert Johnson, MS, President/CEO**. This offering is a dynamic and engaging presentation around the current work of the Institute, as well as the scope of impact that the Solihnten Network has on our communities. Our time together will close with our last devotion/reflection as we depart for the next leg of the journey - whether this be time together with a Leadership Consultation Group, exploring what Denver and Colorado have to offer in the summertime, or a return to your home - we hope to send you off full in both belly and spirit.

## **Registration Now Open for Both In-Person and Live Streaming Options**

### **What is the pricing structure for Conference Registration\*?**

Each affiliated Center is given **one free** registration (either in-person or via the live stream option; but not BOTH).

For **additional participants – after the free registration** - the pricing is as follows:

#### **In-Person**

- **\$400/person from the same Center** after the free registration is used (with discounts available for three or more additional participants)
- **\$500/person** for anyone who is not affiliated with the Solihten Network.

#### **Live Stream**

##### **Network Affiliate Pricing**

- **\$150/person** from the **same Center** after the free registration is used. *Only the registered individual will be eligible for Continuing Education Units*
- **\$350/Center** (Any/all staff can attend and be granted *Continuing Education Units*)

##### **Out of Network Participant Pricing**

- **\$250/person** *Only the registered individual will be eligible for Continuing Education Units*
- **\$500/Center or Organization** (Any/all staff can attend and be granted *Continuing Education Units*)

**\*Registration closes at 6:00 p.m., Mountain Time on Friday, August 25.**

### **How do I make a hotel reservation?**

Please note that specially priced rooms (**\$149/night, single or double occupancy**) are available at the Courtyard by Marriot Denver/Cherry Creek, which is where ALL Conference events will be held.

Click to [\*\*Book your group rate for Solihten Institute Annual Conference 2023\*\*](#)

Questions for hotel reservations can be directed to [\*\*Amber Mower\*\*](#)

## Continuing Education



Solihten Institute has been approved by NBCC as an Approved Continuing Education Provider, **ACEP No. 7157**. Programs that do not qualify for NBCC credit are clearly identified. Solihten Institute is solely responsible for all aspects of the programs.

In order to be granted CEs, the participant must attend the sessions live (either in-person or via the live stream); the Institute is NOT licensed to provide credit for session recordings.