

Innovative Approaches to Prevention: Enhancing Mental Health

2015 Massachusetts Department of Mental Health Research Centers of Excellence Conference

Boston, MA

Friday, April 10, 2015

8:15-9:00 **Registration, Coffee, Networking and Poster Set Up**

Welcome and Introductions

9:00 – 9:05 Joan Mikula –*Interim Commissioner, MA Department of Mental Health*

9:05 – 9:10 Kathy Sanders –*Deputy Commissioner for Clinical & Professional Services, MA DMH*

New Directions in Early Intervention

9:10 – 9:20 Larry J. Seidman– *Director, Commonwealth Research Center*

Morning Presentations

9:20 – 9:50 Kristen Woodberry - Innovations in Targeted Intervention with Youth at Clinical High Risk for Psychosis

9:50 – 10:20 Gina Vincent – Maximizing Preventative Interventions: Use of Risk Assessment in Juvenile Justice

10:20 – 10:50 Discussion – Carl Fulwiler and Kate Biebel

10:50-11:20 Matcheri Keshavan – Yoga and meditation as applied to psychiatry

11:20-12:45 **Lunch** (on your own)

12:00-12:45 **Poster Session**

Afternoon Presentations

12:45 – 1:15 Maryann Davis – Investing in Transition Supports to Prevent Compromised Adult functioning

1:15 – 1:45 Cindy Liu and Larry Seidman – Perinatal Risks and Childhood Premorbid Indicators of Later Psychosis: Next Steps for Early Intervention?

1:45 – 2:15 Discussion – Theo Manschreck

2:15-2:30 **Break**

Participatory Workgroups –

2:30 – 3:30 Breakout groups

#1: Michelle Friedman-Yakoobian & Raquelle Mesholam-Gately – Identifying cognitive problems and approaches to improve cognition in Psychosis

#2: Mark Viron & Christian Rosa Baez – Engaging and activating clients in their journey to health and wellness.

#3: David Smelson, Leon Sawh & Linda Larson – Learn about jail diversion programs for people with mental health issues

#4: Carl Fulwiler & Nate Schwirain – Learn about and practice some exercises in mindfulness and stress reduction for mental health prevention and emotional well-being

3:30 – 3:45 Workgroup report back and discussion

Wrap-Up and Final Remarks

3:45 – 4:00 Joanne Wojcik & Carl Fulwiler