

# FINE LINE

## Mental Health/Mental Illness EDUCATIONAL SERIES

A nationally acclaimed photographic exhibit of people experiencing mental health issues accompanied by the subjects' first person accounts of their life challenges.

A series of one hour presentations by mental health professionals on a variety of mental health disorders.

APRIL 17  
THRU  
MAY 31

2015



FORT WORTH MUSEUM  
SCIENCE AND HISTORY



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# FINE LINE

## Mental Health/Mental Illness EDUCATIONAL SERIES

ALL EVENTS ARE IN OAK HALL WEST AT FORT WORTH MUSEUM OF SCIENCE AND HISTORY

Appropriate for (unless otherwise noted): Parents, grandparents, educators, health care professionals, child care workers, faith leaders, law enforcement, first responders, concerned citizens.

### Monday, April 20

#### 10-11 a.m. Mental Health in an Aging Population

Speaker: Alan Frol, PhD, Assistant Professor of Psychiatry & Behavioral Health at UNT Health Science Center

Learn about psychological phenomena ranging from successful aging to curious and disturbing behavioral/psychiatric disturbances.

### Tuesday, April 21

#### 5:30-6:30 p.m. ADHD: Bridging Management Between School and Home

Speaker: Brian Dixon, MD, Psychiatrist, MHMR of Tarrant County

Improve your understanding of ADHD - what it is and how it is diagnosed, including the signs of "typical" childhood development. Learn about psychosocial interventions that can help in treatment between school and home. There will be opportunity for Q&A with Dr. Dixon about medication, treatment options and mental health philosophy.

### Thursday, April 23

#### 10-11 a.m. Suicide Prevention

Speaker: Janine Glassman, LCSW, Clinical Therapist, Department of Psychiatry, Cook Children's Medical Center

Learn how to talk with your children about suicide. Janine Glassman is a clinical therapist who works with children in crisis and those admitted to the hospital for suicide attempts.

### Monday, April 27

#### 10-11 a.m. Asperger's Syndrome: Understanding DSM-5 Changes

Speaker: Carol Nati, MD, JPS Health Network, Medical Director, MHMR of Tarrant County, Distinguished Fellow, American Psychiatric Association

Learn about the Diagnostic and Statistical Manual of Mental Disorders (DSM) description of Asperger's Syndrome and about the differences between DSM-IV and DSM-V. The revisions will be described and discussed in relation to other critical, conceptual shifts in the DSM.

### Thursday, April 30

#### 10-11 a.m. Managing Children's Behaviors with Positive Discipline

Speaker: Ottis Goodwin, MA, LPC, NBCC, Director of Family and Community Resources, Fort Worth ISD

Four common but mistaken beliefs serve as the basis for many parents' understanding of their children's behavior. The Positive Discipline approach focuses on the underlying reasons for misbehavior and ways parents and caregivers can more effectively respond to their children.

#### 1-2 p.m. Poverty and Mental Health

Speaker: Esther Scott, MS, CPC, Director, Counseling Program, Catholic Charities Fort Worth

Learn about the impact of poverty on the mind, body and soul. Gain a better understanding of the three main types of poverty (generational, situational and economic), and explore interventions that can positively affect individuals living in poverty or under financial limitations.

### Friday, May 1

#### 10-11 a.m. Co-Occurring Disorders

Speaker: Christi Weaver, LCSW, Supervisor of Substance Abuse Treatment Services, Lena Pope

Learn about the connection between mental illness and substance abuse, as well as the importance of treatment. Anyone who struggles with mental illness or substance abuse themselves or with family members will learn something new.

#### 1-2 p.m. Cutting and Self-Harm

Speakers: Courtney Landes, MSSW, LMSW, Family Therapist and Lindsey Beckman, MA, LPC, Family Therapist, Lena Pope

Learn about what self injury is; who engages in it; why individuals harm themselves; warning signs; how to identify self injury; the relationship between self injury and suicide; how to help someone who self harms; and treatment options for this behavior.

### Monday, May 4

#### 10-11 a.m. PTSD

Speaker: Mandy Jordan, PhD, Clinical Psychologist, JPS Health Network

Learn about the symptoms and treatment of Posttraumatic Stress Disorder (PTSD), as well as how trauma impacts the body and the brain.



### Thursday, May 7 Children's Mental Health Awareness Day

#### 10 a.m. - 4 p.m. Family Art - Using Art to Reach, Teach and Support Your Young Child

New session every 30 minutes

Presented by The Art Station



This 30-minute session is designed for both parents and children 6 and under to learn innovative ways to interact through art. Parents will gain new skills necessary to practice effective listening and to respond to their children's emotions.

### Monday, May 11

#### 1-4 p.m. Ethics Training

Speaker: Michael Nye, Creator of Fine Line: Mental Health/Mental Illness and Dann Baker, JPS Health Network



Alternate Location: UNT Health Science Center Medical Education Building Auditorium, 1000 Montgomery, Fort Worth, TX 76107.

Registration required at [info@mentalhealthconnection.org](mailto:info@mentalhealthconnection.org) or 817-927-5200. No Cost.

### Tuesday, May 12

#### 6-8 p.m. Cyber Bullying and Social Media Panel

Moderator: Bennie Medlin, Assistant Director, Tarrant County Juvenile Services

Panelists:

Dr. Terri Mossige, Principal, Paschal High School

Paris Blake, Behavior Interventionist, Paschal High School, Fort Worth ISD

Cynthia Bethany, Critical Incident Specialist, Fort Worth ISD

Ignacio Cruz, School Resource Officer, Stripling Middle School and Fort Worth

Police Department

Veronica Villegas, President, FWISD Council of PTA's

Learn about the threats of social media to children including cyber bullying and its prevalence, reasons for concern and its impact on mental health. Learn more about what is being done in our schools and what parents and practitioners can do to safeguard children.

### Friday, May 15

#### 10-11 a.m. Trauma

Speaker: Emily Millican, LCSW, Child Therapist, Alliance for Children

Learn about the specifics of trauma, including the causes and appropriate steps to take to intervene with child and adolescent victims of trauma.

#### 1-2 p.m. Depression, Anxiety and Mood Disorders in Children

Speaker: Lena Zettler, MA, LPA, Director, Psychology Department, Cook Children's Medical Center

Learn about the impact of mood disorders in children (Depression, Anxiety, and Bipolar and other related conditions).

### Monday, May 18

#### 10-11 a.m. Psychotropic Medications

Speaker: Justine McClelland, PharmD, BCPP, Psychiatric Clinical Pharmacist, JPS Health Network, In-Patient Pharmacy

Learn about psychotropic medications in the treatment of mental illness.

### Monday, May 25

#### 1-2 p.m. Depression

Speaker: Alan L. Podawiltz, DO, MS, FAPA, Associate Professor, Chair of Psychiatry and Behavioral Health, University of North Texas Health Science Center and Chair of the Department of Psychiatry at John Peter Smith Hospital

Learn about the epidemiology of depressive disorders; symptoms of depressive disorders; how to differentiate/diagnose the characteristics of depressive disorder; drugs and medical illnesses that may induce depression; physiologic abnormalities caused by psychotropic medications; strategies to assist the compliance of patients with recommended treatment; impact of illness on activities of daily living; early development; access to diagnosis and treatment; cultural influence on illness.

### Tuesday, May 26

#### 1-2 p.m. Date Rape

Speaker: Sandy Parker, LCSW, and Maggie Eckhardt, PhD, LPC-S, Rape Crisis and Victim Services Programs, The Women's Center of Tarrant County

Learn typical responses to sexual trauma as well as resources for coping and support. This workshop is appropriate for survivors of sexual assault and those who care about them as well as professionals and educators.



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## Wednesday, May 27

### 10-11 a.m. Local Outreach to Suicide Survivors (LOSS)

Speaker: *Lezlie Culver, LOSS Team Program Director, Mental Health America of Greater Tarrant County*

Anyone who has been touched by suicide or knows someone who has will want to attend this presentation on the LOSS Team Active Postvention Model.

## Thursday, May 28

### 10-11 a.m. The Disease of Addiction

Speakers: *Virginia Hoft, LCDC, Executive Director, Santa Fe Youth Services and Julie Tomberlin, M.D., a pediatrician with special emphasis in the disease of addiction.*

Learn about the research that demonstrates that alcohol and drug addiction are complex brain diseases. Explore how public attitudes regarding addiction are often out of sync with science. Learn about risk factors for developing addictions and particularly vulnerable populations, including adolescents and young adults.

### 1-2 p.m. Understanding Autism

Speakers: *Matthew Robinson, LMSW, Clinical Director, and Tracy Harrington, PhD, Psychologist, Child Study Center*

Learn about the major changes in Autism diagnostic criteria along with evidence-based interventions and treatments.

## Saturday, May 30

### 10 -11 a.m. Managing Challenging Behaviors

Speaker: *Cheryl Mixon, PhD, Camp Fire First Texas*



Parents and children under 6 can learn together the components of social/emotional development, along with techniques that promote self-regulation using the framework from Conscious Discipline.

## Sunday, May 31

## FINE LINE EXHIBIT ENDS

The Fine Line: Mental Health/Mental Illness Educational Series is presented at no charge to the community in conjunction with the Fine Line Exhibit at the Fort Worth Museum of Science and History from April 17 to May 31, 2015. Exhibit is also free. The exhibit and the education series is presented through the collaborative efforts of JPS Health Network, Mental Health Connection, and Fort Worth Museum of Science and History.

The educational series is an effort to provide information and resources about a variety of mental health disorders and is presented by Mental Health Connection member agencies, all of whom are donating the time of their professional staff members to serve as faculty.

For information, go to [www.finelinefortworth.org](http://www.finelinefortworth.org) #finelinefw

Mental Health Connection is a community collaboration of agencies, individuals and professionals, all focused on sustained improvements in mental health care.

JPS has worked for over 100 years to improve the health of Tarrant County residents. In recognition of the impact and consequences to our community of stigma and untreated mental illness, JPS is proud to sponsor this community awareness event.



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