



"Caring for Self...Caring for Community"

Wednesday June 3, 2026 “Honoring Growth: Advancing Mental Health for All”

Plenary Session I June 3, 8:15 to 9:30 am

Rebecca Farley David, MPH
Principal Advisor, Public Policy & Special Initiatives
National Council for Mental Wellbeing

Title: Advancing Quality and Access Through the CCBHC Model

Description: This presentation provides an overview of the Certified Community Behavioral Health Clinic (CCBHC) model as a national strategy to improve access to high-quality, comprehensive behavioral health services. It highlights how the CCBHC model strengthens care delivery through integrated services, sustainable financing, quality measurement, and 24/7 access to crisis and community-based supports. The session will also cover next steps and opportunities for South Dakota in advancing the CCBHC model.

Breakout Sessions I June 3rd 9:45-10:45

1. Raelene Broz BA, LAC

Park Haven Treatment and Learning Center

Lewis and Clark's newest treatment opportunity is for Women and Children. We are partnering with Avera Hospital to build and provide treatment services for the whole family. We will provide housing for 18 women and their children. The children can be from birth to age 14 with a limit of 4 children per parent. Our goal is to help women to build to a stronger sense of self and help to reunite families. Our program will work toward addressing mind, body and spirit. Avera will provide not only the structure but also the spiritual component to assist our families in making a stronger connection with their higher power. Lewis and Clark will provide educational and counseling opportunities to assist in healing the damage of addiction for both the children and the women.

2. Shane Toupal, BS, Former Certified Law Enforcement Officer, US Military Veteran, Combat Medic

From Combat to Healing: A Veteran's Experiences with therapies for Depression and PTSD

This session explores the roles of therapy treatments for depression and PTSD through the lived experience of a 23-year military veteran and former law enforcement officer. Shane will share pre-treatment preparation including EMDR therapy, the physiological and psychological experiences of both medicines, integration practices and post treatment outcomes. Emphasis will be placed on safety, therapeutic context, stigma reduction and implications for veterans and first responders seeking healing.

3. Alison Boughn, PhD, ACS, ATR-BC, LIMHP (NE), LMHC (IA), LPC-MH (SD), NCC, QMHP, TF-CBT

The Ethical Integration of Arts Practices Across Professional Disciplines

This presentation offers a grounded and ethical framework for integrating arts practices across professional disciplines through the lens of a board-certified art therapist. Participants will explore the distinctions between art therapy, therapeutic art activities, and creative engagement, and will learn how to implement arts-based practices in ways that are developmentally appropriate, culturally responsive, psychologically safe, and aligned with participants' professional scopes of practice.

4. Melanie Boetel, DSS Division of Behavioral Health Director and Kevin Dunn, DHS Division of Developmental Disabilities Director

State Level Efforts Toward Supporting Individuals with Co-Occurring Intellectual/Developmental Disabilities and Behavioral Health Disorders

This session will provide a state level overview of efforts and activities underway by the Departments of Social Services and Human Services to support system improvement in the services and programming available to individuals with co-occurring intellectual / developmental disabilities and behavioral health disorders.

5. Amanda Hanson, BS Holistic Practitioner, Align Holistics LLC

Where Stress Lives: Emotion, The Body, and Regulation

Stress does not remain in thought alone, it is reflected in tissue tension, breathing patterns, and nervous system activation. This interactive session explores how emotional experiences become embodied and how subtle physiological shifts can create meaningful change. Participants will experience guided exercises and learn practical, clinically applicable techniques that complement traditional therapeutic approaches.

Plenary Session II 11:00-12:15 June 3rd

Leacey E. Brown, M.S., SDSU Extension Gerontology Field Specialist, and Master of Science in Gerontology

Reframing Communication about Aging in Clinical and Community Settings

Ageism, first identified in the 1960s, now carries substantial mental and physical health consequences. Research suggests that ageism can be mitigated by increasing stereotype awareness, promoting intergenerational contact, and improving communication. This session equips mental health professionals with practical communication tools and evidence-based approaches to reduce ageism, strengthen client well-being, and support healthier perceptions of aging across communities.

Plenary Session III 1:00-2:15pm June 3rd

Loretta Bryan, BSN, RN, CPHQ

Walking Through Addiction Together: A Story of Love and Hope

Loretta Bryan, BSN, RN, CPHQ, is a Clinical Improvement Consultant with SDAHO, supporting medical facilities across South Dakota in education on substance use disorders. In this session, she will share professional insights alongside personal experiences of supporting a loved one through addiction. Loretta offers real-life stories of the challenges families face, highlighting compassion, resilience, and hope, while emphasizing that recovery is possible and that even in the mist of chaos, love and understanding can guide healing.

Breakout Session II 2:30-3:30pm June 3rd

6. Brook Thurman, BSW

Beyond “I’m Sorry for Your Loss”: Supporting Grief in Self, Community, and Clinical Practice

This session explores grief from the perspective of lived experience, offering mental health professionals, community supporters, and individuals in grief insight into what supports healing and what may unintentionally hinder it. Participants will examine current research, including the Dual Process Model of Coping with Bereavement, reflect on common misconceptions, and learn practical strategies for fostering meaningful grief conversations. Attendees will leave with tools to support themselves and others, strengthen connections, and navigate the ongoing process of grief with compassion and understanding.

7. Brooke Greenig, Therapist LSCW-PIP

From Critical Incident to Core Belief: Ethical Treatment Considerations for High-Risk Service Professions

First responders are routinely exposed to critical incidents, cumulative trauma, and morally complex situations that can significantly impact psychological functioning, identity, and relationships. These individuals often present with trauma patterns distinct from traditional presentations, including chronic threat exposure, operational stress, and moral injury. This interactive presentation will address clinical and ethical considerations, including therapist competence, pacing trauma processing in high-activation clients, managing dissociation and emotional flooding, and maintaining psychological safety when working with individuals who must continue functioning in high-risk roles. Discussion will focus on how occupational culture, stigma, and identity influence treatment engagement. Participants will examine common trauma-related beliefs and practical strategies for ethically integrating EMDR-informed care.

8. Rebecca Farley David, MPH,

Transforming Rural Behavioral Health

This presentation examines the adaptation and implementation of the CCBHC model in rural areas. The presentation addresses rural challenges such as workforce shortages, geographic isolation, and limited-service availability. Emphasis is placed on rural-focused innovations—including mobile crisis response, cross-sector partnerships, and community-tailored outreach—that help ensure equitable access and improved outcomes for individuals and families in underserved communities.

9. Jim Reese, PhD Professor Mount Marty University

Dr. Jim Reese is an English professor who spent 14 years working with inmates in the Federal Bureau of Prisons, establishing creative writing program

Coming to a Neighborhood Near You: What Mental Health Professionals Should Know About Crime and Trauma

This session will review Reese's extensive work with the Federal Bureau of Prisons and South Dakota Department of Corrections. **Coming to a Neighborhood near You** by Jim Reese is an investigative memoir about crime, punishment, and the U.S. criminal justice system, stemming from the author's personal grief over a high school friend's rape and murder. Reese combines his own experiences, including working in prisons and riding with law enforcement, with true stories from incarcerated individuals to explore trauma, addiction, and the roots of criminal behavior, serving as both a personal reckoning and a call for criminal justice reform.

10. Jordan Mounga, Program Manager- Suicide Prevention & Crisis Services, B.S., Kassy Dunn, Juvenile Services Program Manager, MA, LAC, Shaina Smykle- Substance Use Prevention Program Manager B.S., CPS

Promoting Youth Well-Being: Behavioral Health Resources Across South Dakota

Behavioral health remains a critical component of student success. This presentation will provide an overview of behavioral health challenges affecting youth, with a focus on risk and protective factors, early intervention, and prevention strategies. Participants will explore available behavioral health services and supports in South Dakota, including school-based programs, community mental health centers, and statewide initiatives aimed at promoting well-being among school age youth.

Closing Plenary IV June 3rd 3:45-5:00pm

Dr. Kevin Lein, Wayne State College Associate Professor of Education Leadership. Ed. D., MS, MA, BA, BS

“Turn a heart, touch a soul: A life in search of restorative practice.”

After experiencing a school shooting as principal at Harrisburg High School in 2015, Dr. Kevin Lein continued a search for “why” and “what next”, a reinforcement of school cultural transformation that would assure hope for every learner. Along the way, the ideals of restorative practice resonated as a template for this change to provide agency not just to every student, but for a life of confidence and trust that all have possibility, that all are given a chance. Schools can be the model of this aspiration, and Lein’s experience will attempt to inform of the power of forgiveness, altruism and a true walk in another’s shoes.



"Caring for Self...Caring for Community"

Thursday June 4, 2026 “Honoring Growth: Advancing Mental Health for All”

Opening Plenary Session V June 4th 8:05-9:35 am

Dr. Paul Gavoni is an esteemed behavioral scientist, educator, and leader

Finding Your Authentic Self: The Fight to Become You

Have you ever found yourself in the same situation over and over again—wondering, why does this keep happening to me? Working hard and doing the "right" things—yet still feeling anxious, overextended, disconnected, or stuck. Most people have good intentions. They're trying to improve, show up, and do what's expected. But in the end, it's not about intention—it's about impact. And for many, their behavior is producing results they never intended. This keynote reframes that experience through the science of human behavior—showing how individuals unintentionally strengthen the very patterns they are trying to change. At the center of this work is authenticity—the fight to become you. Not as a personality trait or label, but as behavior aligned with values over time. When alignment is off, people over-function, seek approval, and operate in survival patterns. When it improves, so do clarity, boundaries, decision-making, and follow-through.

Breakout Sessions III 9:45-10:45

11. Paul Gavoni an esteemed behavior scientist, educator, and leader

Connect, Reflect, Read: Author Meet & Greet + Signing” Participants learn how to identify behavioral blind spots, interrupt unhelpful patterns, and act in alignment with who they actually want to be.

Effective leadership starts with aligned self-leadership.

Based on the best-selling book *Finding Your Authentic Self*, this keynote provides a practical and disciplined approach for creating meaningful change—one behavior at a time.

12. Michael Keller

Suicide Prevention and Outreach Director for the Helpline Center

Grief as a Path Towards Mental Wellness After a Suicide Loss

As a path of pain, grief is often misunderstood, avoided or feared all together. Far from a disorder or a human ailment, grief is a natural and healthy process to loss that builds both an individual's and community's well-being. This session will provide an overview of the barriers and benefits of a grief journey, markers of a healing grief journey and the dance as helpers along the path of other's grief journeys.

13. Leacey Brown, MS *The making of an elder: Purpose, aging, and the future you're creating now*

This session invites you to see aging as an unfolding act of creation. By examining demographic shifts, challenging ageism, and reimagining retirement, you'll explore how purpose can deepen across the lifespan. Through the lens of Gero transcendence, we will illuminate the inner work of becoming an elder and share practical strategies to help you shape a future rooted in meaning, dignity, and connection.

14. Ron Goodsell, President & Dave Williams, Vice President Dakota Plains Transitional Living Centers

“Pathways to Recovery”

Working with others in recovery, everyone's pathways look similar, but ours are slightly different. The four areas we will be looking at will be our mental, emotional, physical, and spiritual wellness. These four aspects of life will be our compass as we journey on the pathways of recovery.

15. **Rebecca Farley David, MPH,**

Funding Behavioral Health Transformation

This presentation provides a concise overview of the Certified Community Behavioral Health Clinic (CCBHC) Prospective Payment System (PPS), explaining how the model supports cost-based reimbursement, service expansion, and sustainable delivery of comprehensive behavioral health care. Special topics will include revenue considerations related to Medicaid payer mix, considerations related to Designated Collaborating Organizations, and opportunities to leverage PPS to advance innovation.

16. Stephanie Lund, MS, NCC, LPC-MH, Owner and Clinician, River's Edge Counseling, Certified School Counselor

ADHD in Education

Attention Deficit/Hyperactivity Disorder (ADHD) is a chronic neurodevelopmental disorder that can affect a person's behavior, memory, ability to learn, and overall quality of life. It is one of the most common mental disorders affecting children, yet it is often misunderstood and underdiagnosed. This presentation will discuss the biology of ADHD, how it can affect learning and behaviors in school, how it is diagnosed and treated, and how we can work together to educate schools, parents, and communities to better advocate for individuals with ADHD.

Thursday June 4th Plenary Session VI 11:00-12:15pm

Kathryn Hecht Weber, PhD Assistant Professor Creighton University

In My Boundaries Era: Saying no without Guilt

Ethical practice is foundational across the helping professions and plays a critical role in protecting both clients and practitioners. This session explores the intersection of self-care, boundary management, and ethical decision-making, examining how burnout, role strain, and blurred professional limits can impact judgment, effectiveness, and client safety. Participants will engage in applied discussion and reflection to strengthen ethical awareness and develop sustainable boundary practices that support long-term professional wellness.

Plenary Session VII 1:00-2:15pm Thursday June 4th

Brandon Dunn is the Co-Founder and Vice President of the Forever 15 Project, a nonprofit dedicated to fentanyl crisis awareness, youth prevention, and education.

Fighting Fentanyl: The Noah Rodriguez Story

Janel Rodriguez and Brandon Dunn are the founders of the Forever 15 Project, an organization created after the tragic loss of their 15-year-old son, Noah Rodriguez, who died from fentanyl poisoning in 2022. Since then, Janel and Brandon have shared Noah's story across the country to raise awareness about the dangers of fentanyl. Through more than 500 presentations, she has reached over 150,000 students and adults, helping communities better understand the fentanyl crisis and how to protect lives.

Thursday June 4th 2:30 pm– 3:30 pm Breakout SESSION IV.

17. Aryn L Hasley, PLMHP, MBS, MCMH

New Player! Navigating the Video Game Landscape and their implications for Behavior Health Services

Technology eventually outruns all of us and the video game landscape if no different. Nearly 85% of teenagers play video games according to the Pew Research Center. This means that most of our kids probably do too. During this session, I'd like to bring awareness to some of the most popular video games and sites being accessed right now. We'll discuss the pros and cons that come with game play and how we can utilize what we learn during a session.

18. Gazmyne Johnston, Licensed Esthetician, Reiki Practitioner

Balancing Mind and Body: Integrative Approaches to Managing Stress, Anxiety, and Emotional Health

Session will be about reiki and somatic facial therapy, how it helps with stress, anxiety, depression along with emotional blockages, balancing the mind and body. Learn about the amazing benefits both practices have and how to incorporate them both in daily life activities and the workplace.

19. Jim Reese, PhD Writing for Wellness

From 2007-2021, Reese was one of five artists-in-residence throughout the country who were part of the National Endowment for the Art's interagency initiative with the Department of Justice's Federal Bureau of Prisons. Here he established Yankton Federal Prison Camp's first creative writing workshop and publishing course, editing a yearly journal, 4 P.M. Count, which featured creative writing and visual artwork by "inmates". For three years he also worked as a Contractual Education Instructor for the South Dakota Department of Corrections Writing for Reentry Program. He speaks throughout the country on the repercussions of crime, the benefits of writing for wellness in a correctional environment and connecting with people in marginal, non-traditional spaces.

20. Janel Rodriguez and Brandon Dunn are the founders of the Forever 15 Project *What We Wish We Knew: Warning Signs, Vaping Trends & How Narcan Saves Lives*

Through the story of Noah, this breakout session will explore behavioral warning signs that may indicate substance use among youth, current trends involving vaping devices and illicit drugs, and practical overdose response strategies. Participants will gain

hands-on knowledge about recognizing an opioid overdose and administering Narcan to potentially save a life.

21. Kathryn Hecht Weber, PhD.,

Quieting the Inner Critic

This reflective, wellness-centered breakout session invites participants to explore the powerful connection between personal well-being and ethical practice. Through guided journaling, values clarification activities, and small-group reflection, participants will examine how stress, burnout, and competing demands influence boundaries and decision-making. Emphasis is placed on identifying personal priorities, reconnecting with professional values, and recognizing early signs of ethical vulnerability. By integrating wellness practices with ethical responsibility, participants will develop greater self-awareness and leave with practical reflection tools and boundary strategies that support sustainable practice, sound judgment, and long-term professional resilience.

Closing Plenary VIII Thursday June 4th 3:30-4:30

Ronald Goodsell with Special Guests: DPTLC house guests Dakota Plains Recovery Group and Sisseton-Wahpeton Peer Recovery Program

“Mental Health in a Recovery Commitment”

- 1. My testimony – my story*
- 2. My experience, strength, and hope*
- 3. What is was like, what happened, and what it’s like now*