



9th Annual Primary Care & Behavioral Health Integration Summit

December 6, 2018 | 9:00a.m. – 4:30p.m. | Jacobs Center | 404 Euclid Ave San Diego, CA 92114 www.sandiegointegration.org

Schedule of the Day

8:00 – 8:55 a.m. Check-In / Breakfast Served **CELEBRATION HALL**

9:00 – 10:50 a.m. MORNING PLENARY **CELEBRATION HALL**

Welcome and Logistics of the Day

Marty Adelman, MA, CPRP, Health Center Partners

A Message from County Leadership

Alfredo Aguirre, LCSW, County of San Diego, HHS, BHS

Keynote Address "Trauma Informed Care, Implementing the Approach"

R. J. Gillespie, MD, MHPE, Pediatrician, The Children's Clinic, Portland Oregon

10:30 – 10:40 p.m. MORNING BREAK **CELEBRATION HALL**

10:40 – 11:55 p.m. MORNING BREAKOUTS **CELEBRATION HALL**



Breakout Room A

The Transition from Primary Care to Trauma-Informed Care: A template for change- Most of us know what trauma informed care is. In this session **Leon Altamirano, Psy.D.** shares the steps taken at North County Health Services to enhance the culture of an entire FQHC to make the trauma-informed approach meaningful.



Breakout Room B/C

SDOH 101 - Wendi Vierra, PhD, of Neighborhood Healthcare explains what Social Determinants of Health are, why is it important that we screen for them, how do we screen for them, and what do we do with the findings.



Breakout Room D/E

Optimizing Your Mental Health Through Physical Activity and Nutrition **Kelsey Graham, M.Ed.** associate professor at Mesa College and health coach teaches us how exercise and a healthy diet can aid in recovery from depression, anxiety and other chronic conditions and make you the best version of you.

12:00 – 12:40 p.m. LUNCH **CELEBRATION HALL**

Eat- Overview of Afternoon

12:45 – 2:00 p.m. LARGE GROUP ACTIVITY **CELEBRATION HALL**

Where Are We Currently with Cross-System Collaboration

Amanda Lee, LCSW, Union of Pan-Asian Communities (MH-PC Shared treatment)
Terry Aperule, CADC II, Mental Health Systems (SUD - PC, SUD-SUD Shared Treatment)
Nicole Anderson, LCSW, Family Health Centers of San Diego (PC- Justice, Systems Transition)

2:05 – 3:20 p.m. AFTERNOON BREAKOUTS **BREAKOUT ROOMS**



Breakout Room A

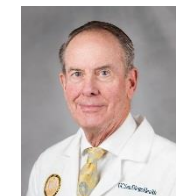
Care Integration and the County's SUD Treatment Programs

County of San Diego's Behavioral Health Services is in the Midst of a Complete Re-Design of the Substance Use Disorder System. **Nicole Esposito, MD**, of County of San Diego, HHS, BHS will give us a picture of what it will look like when it's done.



Breakout Room B/C

SDOH 201 - Wendi Vierra, PhD of Neighborhood Healthcare April House, MHA of San Ysidro Health talk about how their health centers have successfully used Social Determinants of Health to improve the health and wellness of their patient population".



Breakout Room D/E

The Controversy Around Cannabis As Medicine

In this presentation **J.H. Atkinson, MD**, Co-Director, Center for Medical Cannabis Research at UCSD will provide clinicians with as much research-based information as possible about the risks and benefits of cannabis as a medicine, so they can treat their patients accordingly.

3:20 – 3:30 p.m. AFTERNOON BREAK **CELEBRATION HALL**

3:30 – 4:25 p.m. AFTERNOON PLENARY **CELEBRATION HALL**

"Taking Care of Yourself While Taking Care of Others: Self-care, conquering compassion fatigue and finding happiness" - Jean Steel, MS, Happy People Win

Healthcare is stressful, no doubt, but in what other industry can you make a difference EVERY. SINGLE. DAY?

It is easy to get overwhelmed, but in this keynote, Jean shares her tips on becoming positive, recognizing compassion fatigue, reducing stress and improving your attitude. Do you know we can prime our brains to focus on positivity? That the outcome of each day often depends on the choices we make? We know happiness is an inside job – it is our decisions on how we live our life that determines our personal and professional success.

Changing attitudes, taking responsibility, and making authentic choices are not always easy. With an engaging mix of personal experiences, real life examples, and surprising facts, Jean shows us how to step up, run wild and live our precious lives to their fullest.

4:30 END of DAY **CELEBRATION HALL**