



# 10th Annual Primary Care & Behavioral Health Integration Summit

December 4, 2019 | 9:00a.m. – 4:30p.m. | Jacobs Center | 404 Euclid Ave San Diego, CA 92114 [www.sandiegointegration.org](http://www.sandiegointegration.org)

## Schedule of the Day

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

9:00 – 10:30 a.m. MORNING PLENARY CELEBRATION HALL

### Welcome and Logistics of the Day

Marty Adelman, MA, CPRP, Health Center Partners

### Opening Remarks From County Leadership

Luke Bergmann, PhD, County of San Diego, HHS, BHS

### Keynote Address "Harnessing the Power of Mindset to Improve Healthcare Outcomes"

Kari Leibowitz, Stanford Interdisciplinary Graduate Fellow, Researcher - Stanford Mind & Body Lab

10:35 – 10:45 p.m. MORNING BREAK CELEBRATION HALL

10:45 – 12:00 p.m. MORNING BREAKOUTS BREAKOUT ROOMS



#### Breakout Room A

### The Implementing Strategies for Utilizing Mindset in Practice

Kari Leibowitz, MA, researcher at the Stanford Mind and Body Lab will dive deeper into how to utilize mindsets in healthcare, with a focus on strategies for identifying and shaping patient mindsets, and reflections, discussion, and activities that will allow you to customize these strategies based on your personal clinical experience.



#### Breakout Room B/C

### How Intuitive Eating Can Help You Be Healthier, Happier, Stronger and More Resilient

Steph Gaudreau, NTP, Certified Intuitive Eating Counselor and nutritional therapy and strength training expert will tell us how through intuitive eating we can change our relationship with food and become healthier, happier, stronger and more resilient.



#### Breakout Room D/E

### Healing Touch: Experience the Value of Energy Therapies

Patients are turning to various holistic and age-old practices, now backed by scientific research, to complement (not replace) allopathic medical practices. In this experiential session, Lisa Golden, a Health Touch Certified Practitioner and Instructor, will educate us on one such practice, Healing Touch, so we can be supportive of patients' and clients' health options and approaches.

12:00 – 12:50 p.m. LUNCH CELEBRATION HALL

12:55 – 2:10 p.m. AFTERNOON BREAKOUTS BREAKOUT ROOMS



#### Breakout Room A

### What We Should Know About Sleep That Will Help Us Sleep Better

According to the CDC one in three Americans gets significantly less sleep than necessary which is associated with an increased risk of developing chronic conditions such as obesity, diabetes, high blood pressure, heart disease, stroke, and frequent mental distress. Wendy Hileman, PhD, will tell us what else we need to know about sleep and how to sleep better.



#### Breakout Room B/C

### The Evolution of MAT services in FQHCs: What Have We Learned?

FQHCs in San Diego have been providing Medication Assisted Treatment for opioid use disorders for few years now. Jeffrey Norris, MD, and Gabriel Rodarte, MD, will discuss how each of their organizations have implemented MAT including the challenges, what have we learned, and where are we going in the future.



#### Breakout Room D/E

### Integrating Eastern and Western Medicine for Optimal Health

Dr. Christine Adamo, board certified, holistic medical physician, will tell us how about we can integrate Eastern and Western medical practices to optimize the health and wellness of our patients and clients.

2:15 – 3:15 p.m. LARGE GROUP PRESENTATION CELEBRATION HALL



### How Prevention and Early Intervention Programs Can Lead to a Brighter Future

Together Joseph Edwards, LMFT, Clinical Supervisor at Kickstart and Christine Frey, founder of Brain XP will tell about the Kickstart program, a prevention and early intervention program, and show us how programs like this can led to a brighter future for the individuals they serve.

3:15 – 3:30 p.m. AFTERNOON BREAK CELEBRATION HALL

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

### Superhero Leadership: How Everyday People Can Have An Extraordinary Impact

Brett Culp, Documentary Filmmaker

4:30 END of DAY CELEBRATION HALL