

2024

MEETING OF THE MINDS MENTAL HEALTH CONFERENCE

"30 Years of Growing Forward Together"



Registration Packet

- ▶ *Changing* the mental health narrative
- ▶ *Enhancing* best practices
- ▶ *Amplifying* voices of those with lived experience
- ▶ *Inspiring* inclusiveness

FEATURES:

- 28 Mental Health Workshops
- Community Resource Fair
- Special Panel Presentation during event luncheon
- Networking
- 5 Continuing Education Hours: Ph.D., Psy.D., LMFT, LCSW, RN, CAADE

Who Should Attend:

Mental health professionals, medical professionals, RNs, community agency staff, consumers and families, educators, religious leaders, volunteers, drug and alcohol counselors, residential care facility staff, community advocates, and all!

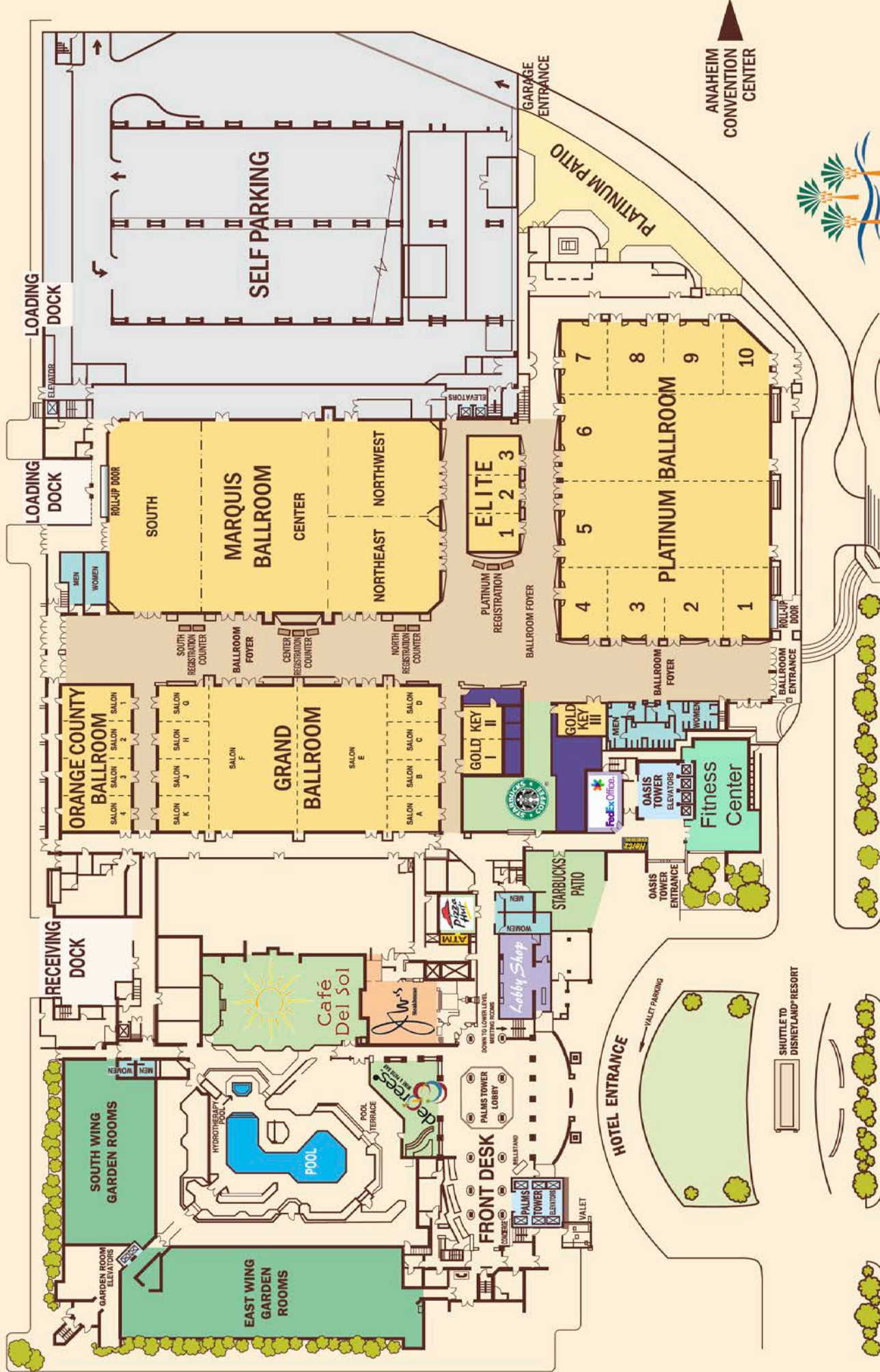
**Bringing together the full spectrum of the
mental health community of Orange County**

APRIL 26, 2024 ANAHEIM MARRIOTT HOTEL

8AM-5PM

FREE PARKING

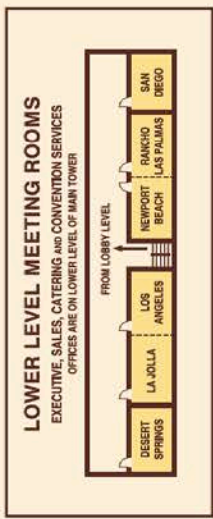
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30th Annual Meeting of the Minds Conference

Friday, April 26, 2024

"30 Years of Growing Forward Together"

Conference Schedule

7:00 A.M.	Exhibitor Registration
8:00 A.M.	General Registration Begins Continuing Education Sign-In Resource Fair
9:00 A.M. – 10:15 A.M.	Workshops 1 – 7
10:30 A.M. – 11:45 A.M.	Workshops 8 – 14
Noon – 1:30 P.M.	Networking Luncheon with Panel Discussion
1:30 P.M. – 2:00 P.M.	Visit Resource Fair
2:00 P.M. – 3:15 P.M.	Workshops 15 – 21
3:30 P.M. – 4:45 P.M.	Workshops 22 – 28
4:45 P.M. – 5:00 P.M.	Empathy Meditation
4:45 P.M. – 5:30 P.M.	Continuing Education Sign-Out

2024 Meeting of the Minds Planning Committee

Judy Ann Adams Community Volunteer	Joanna Constanza Council on Aging OC	Kathryn Hamel, Ph.D. Be Well	KC Pickering, Psy.D. OC Health Care Agency
Mindy Andrews John Henry Foundation	Carla DiCandida, MPA Ocean View Psychiatric Hosp.	Sara Marquez REI	Pam Reed Presnall MHA
Renee Bidwell MHA	Sohail Eftekhazadeh Wellness Center Central	Matthew Menchavez Nooroz Clinic	Margaret Riley, MA Committee Chair
Cassie Chatmon Community Volunteer	Raul Fernandez Wellness Center South	Michael Nicolas, M.Div. Straight Talk Counseling	Michelle Tanner REI
Kevin Connors, MFT Private Practice Clinician			Christine Tran-Le Council on Aging OC

Luncheon Panel Discussion

The Meeting of the Minds Planning Committee invites you to enjoy a special panel discussion which will reflect on the evolution of the mental health continuum of care in Orange County. Panelists will talk about the strengths and weaknesses in the current system and where we see threats and opportunities as we look toward the future.

Panelists include:

Lei Portugal Calloway, Certified Medi-Cal Peer Support Specialist, AOT Peer Team Lead, Telecare

Veronica Kelley, DSW, LCSW, Orange County Health Care Agency

Jeffrey A. Nagel, Ph.D., former Behavioral Health Director, Orange County Health Care Agency

Steve Pitman, President, National Alliance on Mental Illness – Orange County

Michelle Smith, MHA Senior Manager, Orange County Health Care Agency

Michelle Tanner, Certified Medi-Cal Peer Support Specialist, Assistant Education Director, REI

Jeff Thrash, LMFT, Chief Executive Officer of the Mental Health Association of Orange County

Self-Care Meditation

4:45 P.M.

Grand Ballroom – Salon E

Attendees are invited to a special meditation at the end of the conference, led by Brian Ton, Chief Executive Officer of the Illumination Institute. Illumination Institute's work is based on the fundamental belief that the world is filled with ideas and leaders capable of making transformational changes. Furthermore, transformational changes can only occur when people are willing to take risks, collaborate, invoke curiosity, and practice inclusiveness. Today, there is a growing trend of mindfulness practices in schools and other public environments. Illumination Institute's mindfulness program is dedicated to making practices as simple, accessible and versatile as possible.

A practitioner of meditation and mindfulness, Brian Ton is the founder of the Illumination Institute. He is passionate about helping others cultivate their own practice and value to achieve peace and happiness, which led to the founding of Illumination. He has experienced a wide range of cultures and professions, and found that cultivating a sense of awareness and presence would benefit his quality of life in any set of circumstances.

Born in Vietnam, Brian has practiced meditation and mindfulness techniques including Qi Gong and Tai Chi, Awareness, Vipassana, and Mindfulness. Brian has completed the Mindfulness Fundamentals for teachers and Mindful Educator Essentials training through Mindful Schools, and the Mindful Educator Retreat through Peace in Schools. He has also participated in the Resilient Mindful Learner Summer Institute workshop by the Center for Healthy Kids and Schools at the Orange County Department of Education.

Workshops 1 – 7
9:00 am – 10:15 am

Workshop 1: Salon A/B

Compassion Fatigue, PTSD and Burnout

Designed for anyone working in a position where they interact with individuals in crisis, this session provides an understanding of vicarious trauma, burnout and PTSD. Attendees will learn strategies for protecting themselves, and how to prevent burnout.

Presenter: Western Youth Services

Workshop 2: Salon C/D

Understanding, Managing and Treating Anxiety

This presentation will explore the symptoms and behaviors associated with the clinical diagnosis of anxiety. It will provide an overview of the cognitive behavioral approaches commonly used when treating anxiety, as well as common barriers to treating anxiety, such as cognitive distortions, societal views, and cultural perspectives.

Presenter: Larry Fernandez, LCSW, Straight Talk Counseling

Workshop 3: Grand Ballroom – Salon E

Borderline Personality Disorder: Where Angels Fear to Tread

Persons with Borderline Personality Disorder (BPD) largely feel misunderstood. This workshop will present the latest research on and diagnostic criteria for BPD, the Biosocial Theory, and the connection to BPD. The clinicians will explain the main components of Dialectical Behavior Therapy (DBT) used to treat BPD.

Presenters: Sarah Lyndon, Psy.D. and Michele Lob, Psy.D., The DBT Center of Orange County

Workshop 4: Grand Ballroom – Salon F

Understanding the Impact of Trauma and Dissociation on People Victimized by Interpersonal Violence

This presentation explores the biopsychosocial impact of complex trauma, how chronically traumatized clients utilize dissociative defenses and how trauma-savvy advocates, first responders, and treatment providers can better facilitate growth and recovery.

Presenter: Kevin Connors, MS, MFT, Clinician in Private Practice

Workshop 5: Salon G/H

Orange County Peers in the Workforce

During this workshop attendees will learn about the role of peers in the behavioral health field and their unique contributions to the recovery process. Panelists will explain the importance of diverse backgrounds, experiences, and perspectives among peers in the workforce, as well as the challenges and potential stressors associated with peer roles in behavioral health.

Presenters: Michelle Tanner, Recovery Education Institute and a panel of Peers in the workforce

Workshop 6: Salon J/K

CARE Act/Care Court

This session will provide attendees with an overview of the CARE Act, a statewide initiative that creates a new pathway to deliver mental health and substance use disorder services to severely impaired individuals who too often suffer in homelessness or incarceration without treatment. Orange County was one of the first counties in the state to implement the program. Attendees will learn about the program's successes since its launch last fall and what has been learned through the implementation.

Presenter: Veronica Kelley, DSW, Chief of Behavioral Health, Orange County Health Care Agency

Workshop 7: Orange County Ballroom 1/2

Enhanced Care Management through CalAIM (Advancing and Innovating Medi-Cal)

This workshop will provide an overview of CalAIM and the community supports included to improve and integrate care for California's physical and mental health needs. It will cover the components of Enhanced Care Management and how to make a CalAIM referral.

Presenter: Nicole Garcia, LMFT, Director of CalAIM Outreach at CalOptima

Workshops 8 – 14
10:30 am – 11:45 am

Workshop 8: Salon A/B

Nutrition, Exercise and Mental Health

Bad habits are difficult to break, but it's not an impossible task. By understanding the brain circuitry on habits, it may make it easier to find ways to break unhealthy habits and develop new ones. The audience will learn more about the effects of psychotropic medications on their health and what they can do to keep themselves healthy.

Presenter: Charles Nguyen, M.D., Psychiatrist in private practice

Workshop 9: Salon C/D

Working Creatively with Complex Family Systems

Dysfunction in family systems affects each member differently. This workshop will discuss how to identify the multi-dimensional needs for each individual. It will provide guidance on how to use creative interventions to further dynamic involvement within the family system and achieve growth and healing.

Presenter: Ari Drosman, LMFT, The Resurface Group

Workshop 10: Grand Ballroom – Salon E

Start the Conversation: Early Signs of Psychosis

This workshop will introduce mental healthcare providers, family members, and peers to the early signs of psychosis and psychosis-risk among youth and young adults. The presenter will discuss conversational tools (including didactic practice and vignettes) to use when having a discussion with a loved one about a mental health screening and treatment.

Presenter: Jason Shiffman, Ph.D., Thrive Together

Workshop 11: Grand Ballroom – Salon F

Breaking the Cycle of Domestic Violence

1 in 3 women and 1 in 4 men in the United States have experienced some form of physical violence by an intimate partner. The rates are even higher for verbal and emotional violence. This presentation will provide a general overview of domestic violence including the cycle of violence and forms of abuse. Presenters will also discuss how supportive services including shelter, therapy, education, case management, and legal advocacy can help break the cycle.

Presenters: Mieka Bledsoe, LMFT, and Young Lin, LCSW, Human Options

Workshop 12: Salon G/H

United We Stand: Peers and Clinicians Working Together to Improve Mental Health Access and Outcomes

This presentation will provide an overview of best practices for Peers and Clinicians collaborating in the recovery setting. It will explain the benefits of Peers and Clinicians working together to improve mental health access and outcomes and will provide an overview of the necessary criteria to determine when a client/patient needs either Peer Support or Clinical Services.

Presenters: Ehsan Gharadjedaghi, Psy.D., Noorooz Clinic and Orlando Vera, Peer Voices OC

Workshop 13: Salon J/K

Behavioral Health Modernization: Prop 1 and the Impacts on the Mental Health Services Act

In this workshop, attendees will learn about the \$6.4B bond authorized under Proposition 1 to build housing and residential treatment centers. The initiative will make changes to the Mental Health Services Act. This will be a high-level overview of those changes and will highlight potential impacts these changes may have on the public behavioral health system.

Presenter: Michelle Smith, MHSA Senior Manager, Orange County Health Care Agency

Workshop 14: Orange County Ballroom 1/2

Psychiatric Advanced Directives

This session will review the use and benefits of psychiatric advance directives for clients, family members, and health care providers. It will provide an overview of the county's implementation plan, including the target population, pilot programs, and the role of Peer Specialists. Attendees will receive an outline of the standardized PAD template, including an example of a completed section for reference.

Presenters: OCHCA Innovation Office, Chorus, and Painted Brain/Camhpro

Workshops 15 – 21

2:00 pm – 3:15 pm

Workshop 15: Salon A/B

Laughter for Wellbeing: Using Humor and Playfulness to Enhance Mental Health

This session will present the research-based benefits of laughter and humor for mental health. Attendees will learn strategies for cultivating playfulness, joy, and levity in their personal and professional lives, and will learn laughter yoga exercises to incorporate into their lives.

Presenter: Jaime G. Raygoza, Certified Laughter Yoga Leader

Workshop 16: Salon C/D

The Benefits of Partial Hospitalization and Intensive Outpatient Treatment Programs: The Benefits to All

Often times, traditional counseling programs are not sufficient treatment strategies. This session will explain how partial hospitalization and intensive outpatient programs can benefit some patients. The presenters will discuss the types of individuals and diagnoses that are served by these programs, and will provide an overview of services included and treatment modalities used in these programs.

Presenters: Danielle White, LMFT, Ass. VP for Outpatient Services and Charley Taite, Community Liaison Director, College Hospital

Workshop 17: Grand Ballroom – Salon E

Trauma Informed Care for Children & Youth: Assessment and Design of Actionable Systems and Practices

Attendees will learn what it means for a system or individual to be “trauma-informed” to best meet the needs of children with trauma histories. Attendees will learn what differentiates this approach from traditional systems. The session will help attendees to plan actionable steps and strategies to develop a successful and effective trauma-informed program.

Presenters: Rick Bowman, M.A. and Doris Bowman, M.S.

Workshop 18: Grand Ballroom – Salon F

Schizophrenia Treatment Update 2024: Evaluating the Newest Treatments for Major Mental Illness

This workshop will discuss the latest pharmacological treatments that have been approved for Schizophrenia, Bipolar Disorder, and Major Depression. Attendees will learn how the newer compounds compare to agents that have been used in the past and the efficacy and adverse effect profile of these new agents. Presenters will also discuss cognitive interventions used to enhance effectiveness of medications and new strategies to help clients remain adherent to prescribed treatments.

Presenters: Andrew Kami, Ph.D., The John Henry Foundation, and Alexis Seegan, M.D., UCI School of Psychiatry

Workshop 19: Salon G/H

Family Peers: Building Family Recovery Capital through Peer Support

A skills-based approach to family peer support enables family members to build recovery capital by addressing their loved ones’ behavioral health challenges constructively. Participants will learn strategies to encourage loved ones to participate in treatment, how to reduce stress and improve the quality of life for all family members, and effective ways to support a loved one during treatment.

Presenters: Andy Ceckle, LPC and Donella Ceckle, LMSW, The Purpose of Recovery

Workshop 20: Salon J/K

Medication-Assisted Treatment (MAT): Improving Recovery Outcomes

This workshop will provide a history of MAT for Substance Use Disorder and will explain what is involved with this form of treatment, including the pros and cons. The medications approved and used in MAT and how they work on the brain will also be discussed.

Presenters: Mitch Chernes, Debra Kelsey, Mark Hickman and Sam Hale

Workshop 21: Orange County Ballroom 1/2

Be Well Update

Presenters will discuss the progress made in the mental health services landscape through the first Be Well campus in Orange. They will provide an overview of the services provided through Be Well, including the Mobile Crisis Response Teams, and will share plans for the future Be Well campus in Irvine.

Presenters: Lauren Brand, Psy.D. and Rosie Zoll, Be Well Orange County

Workshops 22 – 28

3:45 pm – 5:00 pm

Workshop 22: Salon A/B

Wellness Planning

Through this training, attendees will learn how to optimize overall well-being by incorporating self-care activities into daily routines. The workshop will demonstrate how to conduct a comprehensive self-assessment, including the identification of personal strengths, areas requiring improvement, and the potential sources of stress or challenges in order to inform wellness planning and goal setting.

Presenters: Annie Medina and Jennifer Tipan, Recovery Education Institute

Workshop 23: Salon C/D

Vietnamese Cultural Competency

This workshop is designed to help clinicians and mental health staff develop the skills to employ culturally competent approaches for engaging with the Vietnamese community. Attendees will learn about the distinctions in mental health terminology when translated into Vietnamese, and the differences between Western and Eastern medical practices.

Presenters: Thu Tran, MPH, Program Manager and Kim Phan, Boat People SOS – Center for Community Advancement

Workshop 24: Grand Ballroom – Salon E

Engaging Spirituality: The Benefits of Living within a Spiritual Worldview to build Coping and Resilience

Presenters will discuss principles of spirituality/religion that help improve and maintain mental health. They will explain the similarities and differences between religion and spirituality, and the physical and mental impacts of spirituality/religion, including increased lifespan, better/healthier choices, a sense of connection, and increased meaning in life.

Presenters: Michael J. Mullard, Ph.D., Orange County Health Care Agency and Panelists

Workshop 25: Grand Ballroom – Salon F

Videogame, Social Media and Pornography Addiction: Assessment, Treatment and Prevention

This presentation will cover how the overuse of technology can result in a form of behavioral addiction with serious consequences and co-occurring mental illness. It will also describe a model of dependency and addiction that informs treatment methods. Methods of treatment and prevention will also be discussed.

Presenter: Kenneth Woog, BSEEE, MBA, Psy.D., Pepperdine University, Graduate School of Education and Psychology

Workshop 26: Salon G/H

Re-Entry, Integration and Employment

Attendees of this presentation will learn about the needs of individuals returning from incarceration and the importance of employment, mentorship, and support for successful re-entry. The session is designed to equip attendees with the tools to help support those with incarceration histories and connect them with available community services and resources.

Presenter: Meghan Medlin, H.I.R.E. and a Lived Experience Panel

Workshop 27: Salon J/K

Stories Over Stigma: Overcoming a Voice of Self-Doubt

Presenter will share her personal story—the challenges she faced in her youth and the negative coping mechanisms she employed as a result. Through the workshop, attendees will learn the importance of vulnerability and self-identity, and how finding one's voice can empower your recovery.

Presenter: Morgan Hannaleck, Minding Your Mind

Workshop 28: Orange County Ballroom 1/2

SSI/SSDI Work Incentive Rules and Employment

Attendees will learn about Work Incentive Rules, how they work, and how to maintain cash and Medi-Cal/Medicare benefits while working. Presenter will also explain how to reinstate SSI/SSDI benefits if a worker loses a job or discontinues employment.

Presenter: Dung Le, Mental Health Worker III, SSI/SSDI Work Incentives & Employment Consultant, OC Health Care Agency

MHA thanks our 2032 Meeting of the Minds Conference sponsors for their generosity and participation

Showcase of Community Resources

(partial listing of 2023 sponsors and exhibitors)

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AAA Hoarding & Biohazard Removal
BMD Rescare
Depression and Bipolar Support Alliance – OC
ETN Medical Infusion

Nonprofit Exhibitors

Alzheimer's Association of Orange County
Alzheimer's Orange County
APAIT
Behavioral Health Advisory Board (OCHCA)
Be Well OC
Big Brothers Big Sisters
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Mental Health Recovery Services (OCHCA)
Minding Your Mind
Norooz Clinic
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Olive Crest
OMID Institute
Partners4Wellness
Peer Voices OC
Radiant Health Centers
Recovery Education Institute
Strong Families, Strong Children – Child Guidance Center
The John Henry Foundation
The Priority Center
The Purpose of Recovery
Thrive Together OC
Tierney Center for Veteran Services
Wellness Center West / MHAOC
Wise Place

mha Meeting of the Minds
April 26, 2024
Individual Registration (*Please type or print clearly*)

Name: _____ Title: _____

Address: _____

Phone: _____ Email: _____

The Small Print: Conference cancellations must be in writing and faxed or post-marked by April 15 to be eligible for a refund less a \$20 non-refundable processing fee. Cancellations after May 1st and no-shows, are not eligible for any refund or credit; and your tuition will be considered a tax-deductible donation to MHA. (IRS TAX ID # 95-2036972). Workshop admission is on space-available basis, so arrive early.

Registration deadline is April 16, 2024 No walk-ins will be accepted

Select One: The Sooner You Register, the More You Save!

- Individual Registration: \$150 (through March 15) \$175 (March 16 – April 16)**
Includes: admission to all workshops, showcase of community resources, catered networking luncheon, keynote presentation, validated parking
- Senior Registration (Age 64+): \$115 (through March 15) \$130 (March 16 – April 16)**
Includes everything under individual registration
- Student Registration: \$95 (through March 15) \$115 (March 16 – April 16)**
Includes everything under individual registration
- Agency Sponsored Mental Health Consumer Attendance: \$70 (through March 15) \$90 (March 16 – April 16)**
If you are an agency and you are paying for a client to attend, you must pay this registration fee. No exceptions.
- Mental Health Consumer Registration: \$35 (through April 16)**
By signing below, I am certifying that I am low income and requesting a discounted registration fee.

Signed: _____

- Continuing Education Units: \$25** Please indicate type of credit you are requesting: _____
Five hours of continuing education for the following:
Ph.D., Psy.D., LMFT, LCSW, RN, CAADE for five contact hours. OC Health Care Agency is an approved provider of continuing education credits by the California Board of Behavioral Sciences for Ph.D., Psy.D., MFT, LCSW and by the California Board of Registered Nursing for RNs. MHA is an approved provider of CAADE continuing education units.

*Attendees must **sign-in and sign-out** at CE table to meet criteria for certification.*

OPTIONS:

- Complimentary Luncheon:** YES! I will attend the luncheon at no additional charge.
- I am requesting a vegetarian meal**
- Business Card: \$50 per card** (Submission Deadline: **April 10, 2024**)
Features publication of your business card in conference program that can be helpful in acquainting the Orange County Mental Health community with your practice of specialty. If possible, please submit by email as a **JPEG or PNG** file.
For larger advertisements in the program, see exhibitor/underwriter registration on next page.

Total amount enclosed payable to MHA \$ _____ *Please do not send cash*

Credit Card Authorization: _____ Visa _____ Mastercard _____ American Express
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Credit Card Registration: *email* this registration form with credit card information to: presnall@mhaoc.org
Secure e-fax the registration form with credit authorization to: 714-242-9807
register online: www.mhaoc.org/events

Registration by Mail: *mail* registration form with payment to: MHA, 1971 E. 4th Street, Suite 130A, Santa Ana, CA 92705

Call 714-547-7559 with any questions

Meeting of the Minds, April 26, 2024

Exhibitor/Sponsor Registration

Exhibitor/Underwriter Name: _____

Address: _____ City: _____ State: ____ Zipcode: _____

Telephone: _____ Email: _____

Names of Attendees: _____

All Exhibitor/Sponsor Registrations include:

Exhibit space at Showcase of Community Resources (6 ft. table, 2 chairs), organization name placard, recognition in program, and listed on recognition board at the event. Admission for number of persons specified below, including all workshops, catered networking luncheon, keynote presentation, validated parking, and CEU processing fees.

Please check appropriate box for your level of support:

- \$25,000 **Keynote Sponsor:** Featured as chief sponsor in event program and in all media for the event. Program acknowledgement on front cover and full-page inside. Noted on MHA web site through 2024. Preferred booth location in high-traffic corridor. Admission and preferred luncheon seating for 20. Two rooms at the hotel the night before the conference.
- \$10,000 **Titanium Sponsor:** Featured as chief sponsor in event program and in all media for the event. Program acknowledgement on front cover and full-page inside. Noted on MHA web site through 2024. Preferred booth location in high-traffic corridor. Admission and preferred luncheon seating for 20. One room at the hotel the night before the conference.
- \$5,000 **Platinum Sponsor:** Featured as chief sponsor in event program and in all media for the event. Program acknowledgement on front cover and full page inside. Noted on MHA web site through 2024. Admission for 12.
- \$2,500 **Gold Sponsor:** Featured as supporting sponsor in event program and in all media for the event. Program acknowledgement on front cover and half-page inside. Noted on MHA web site through 2024. Admission for 8.
- \$1,200 **Silver Sponsor:** Featured as supporting sponsor in event program and in all media for the event. Program acknowledgement on quarter page inside. Noted on MHA web site through 2024. Admission for 5.
- \$600 **Bronze Sponsor:** Featured as supporting sponsor in event program and in all media for the event. Program acknowledgement on business card size ad. Noted on MHA website through 2024. Admission for 3.
- \$400 **Friend:** Includes supporting sponsor recognition in program plus admission for 2.
- \$300 **Non-Profit Exhibitor:** Admission for 2.

Number of persons who will attend the luncheon: _____ Number of Vegetarian meals: ____ (circle names above)

EXHIBITOR REGISTRATION DEADLINE: Friday, April 12, 2024

Program Acknowledgements:

Digital artwork must be submitted to MHA as a **JPEG or PNG** file by **April 12, 2024**. **No PDFs please**. Email to Presnall@mhaoc.org

Additional/Optional Program Acknowledgement Space, to publicize your agency services or business and to support this conference:

_____ \$500 Full page (8"x10½") _____ \$250 Half page (4"x10½") _____ \$125 Quarter page (4"x5¼") _____ \$50 Business Card (3"x2½")

\$ _____ Total amount enclosed, payable to MHA. Please do not send cash.

Credit Card Authorization: _____ Visa _____ Mastercard _____ American Express

Credit Card # _____ Expiration Date _____

Print Name on Card _____ Authorized Signature _____

- Mail form and check to MHA, 1971 E. 4th Street, Suite 130A, Santa Ana, CA 92705
- Email form with credit authorization to presnall@mhaoc.org
- Fax form (secure E-fax) with credit authorization to 714-242-9807

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**30th Annual
Meeting of the Minds
Mental Health Conference**



Friday, April 26, 2024

Anaheim Marriott Hotel
Anaheim, CA

Registration Information Enclosed

5 Continuing Education Hours