



Upcoming Conferences, Trainings & Seminars to help develop each employee's professional skills. These opportunities for continuous improvement include on-site internal and external trainings as well as off-site opportunities. Please submit completed NCHC Professional Development Request Form to Organizational Development or sign-up in HealthStream.

Open Session Professional Development Opportunities

Register through HealthStream

Topic: Group Facilitation

Time: 2 hours

Description: If you run meetings or work with groups, knowing how to facilitate is critical. In this session you will learn effective facilitation techniques for all size groups and gain an understanding of what techniques work best for challenging group members.

Date: Thursday, September 5, 2019

Time: 2:00pm – 4:00pm

Room: Board Room

Target Audience: All Staff

Presenters: Judy Rannow

New Topic: Change Management

Time: 2 hours

Description: Change is challenging for individuals and can be hard to manage. In this session we will cover basic change management practices and how to manage the people side of change.

Date: Wednesday, September 11, 2019 Time: 1:00pm – 3:00pm

Room: Wausau Board Room

Target Audience: All Staff

Presenters: Judy Rannow & Cagney Martin

Topic: Personal Leadership Brand

Time: 2 hours

Description: Brands distinguish products from one another. They also create a way to easily market products. Just like products, we all have our own brand. If you are interested in exploring and building your leadership brand, this session will be a great start.

Date: Tuesday, September 24, 2019

Time: 8:30am – 10:30am

Room: Iris Room

Target Audience: All Staff

Presenters: Judy Rannow

Additional Outside Professional Development Opportunities

Submit completed NCHC Professional Development Request Form to OD

Just Added: 15th Annual Mental Health and Substance Use Recovery Training Conference

Target Audience: Behavioral health professionals, Clinicians in the criminal and juvenile justice system, adolescent treatment professionals and educators, people in recovery and family members

Date: Tuesday & Wednesday, October 29-30, 2019

Location: Kalahari Resort & Convention Center, Wisconsin Dells

Time: 8:00am – 5:00pm

Cost: \$205 Full Conference (Early Bird due 10/4/19)
\$315 Full Conference on or after 10/5/2019

Description: Be a part of this long-standing, partner-driven conference designed to meet the professional development needs of providers in the State of Wisconsin and learn the latest trends and topics from qualified state and national experts. [Click here](#) for more information.

Keynote Speakers: Jonathan I. Cloud, Human Services Consultant and Trainer – *Discovering Who You Are Through Recovery*; Oscar Jimenez, Solomon, MPH, Behavioral Health Researcher and Advocate, Center of Excellence for Cultural Competence, New York State Psychiatric Institute - *Addressing the Social Determinants of Suicide: Financial Exclusion, Financial Shame and Social Isolation*

UWGB BHTP Professional Development Opportunities

Submit completed NCHC Professional Development Request Form to OD

Just Added: Shame: It's Time to Start Talking About It

Target Audience: Therapists, counselors, behavioral health professionals and others in similar fields

Date: Tuesday, October 1, 2019

Location: Oshkosh Convention Center

Time: 9:00am – 4:00pm

Cost: \$35 Members (includes materials, lunch and morning and afternoon snacks) – 6 CEH's

Presenter: Kyira Wackett, MS, LPC

Description: Shame is a universal experience taboo to discuss in our culture that leads us to believe that we are not "good enough." Silence allows it to build inside of us, leading to the development what Brene Brown calls "Strategies of Disconnection" or

interpersonal defense mechanisms to manage the intensity of the pain. These defenses act as self-preservation but keep us in the stickiness and cyclical feeding of the shame, leading to mental health challenges, interpersonal conflicts, complacency and lack of self-efficacy.

Learn about shame - what it is and how it develops, along with ways to recognize strategies of defense in your clients and selves. From there, you will build the capacity to face and find healing from our shame stories and develop a sense of resiliency to protect us, as practitioners, as well as our clients. Take a deeper dive into practical changes to make to interviews, intakes and the services provided to people in crisis to think about more comprehensive and inclusive responses that consider both their and your own shame narratives.