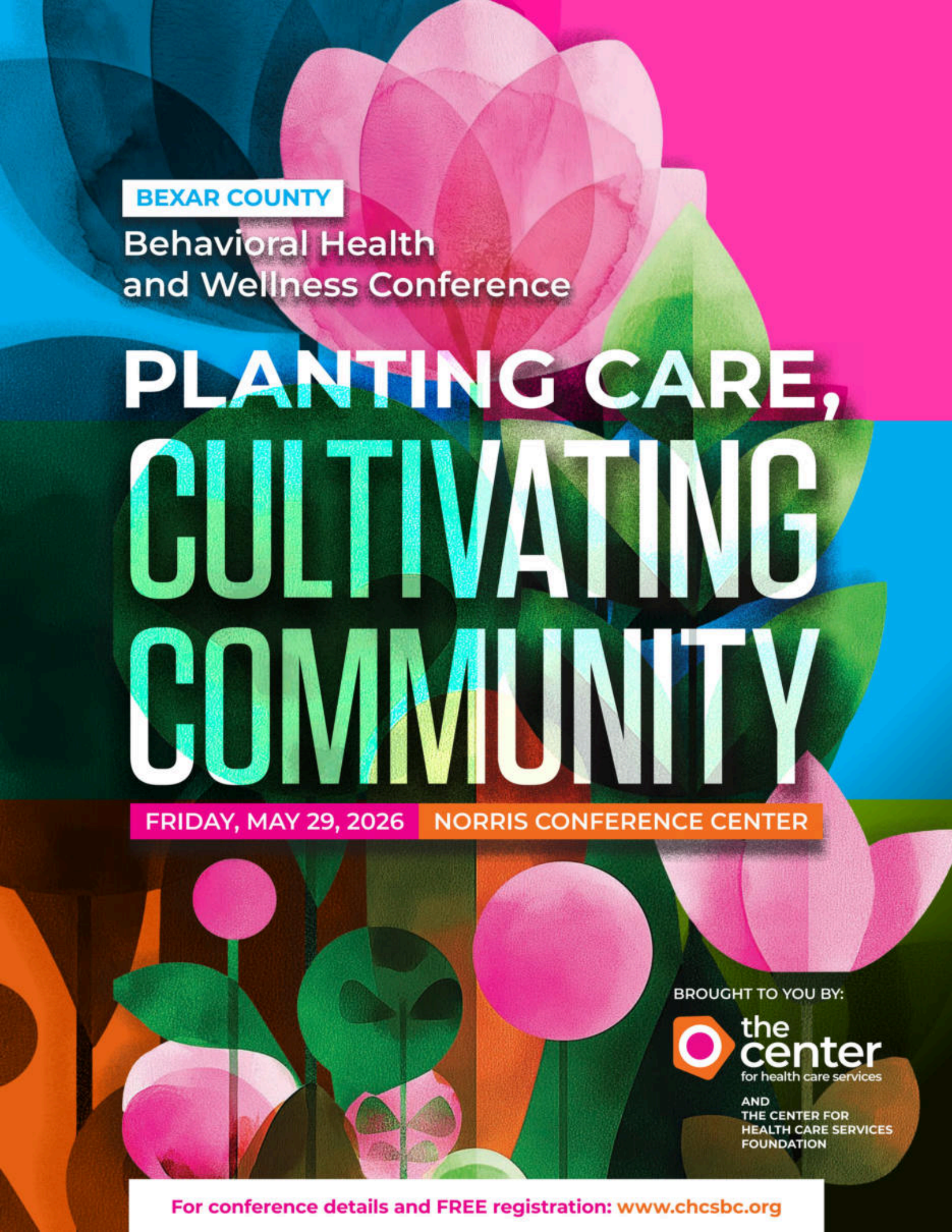

BEXAR COUNTY
Behavioral Health
and Wellness Conference
PLANTING CARE,
CULTIVATING
COMMUNITY
FRIDAY, MAY 29, 2026
NORRIS CONFERENCE CENTER
BROUGHT TO YOU BY:
the center
for health care services
AND
THE CENTER FOR
HEALTH CARE SERVICES
FOUNDATION
For conference details and FREE registration: www.chcsbc.org

San Antonio Water System

Coming together to serve our community

SAWS invests in our water and wastewater systems to keep our city flowing.



Learn more at saws.org

Table of Contents

San Antonio Water System Ad 1
Table of Contents 2
Welcome 3
Schedule at a Glance 4
Facilities Map and Amenities 5
Conference Sponsors 6
Resource Fair 7
Keynote and Awards Luncheon..... 8
Continuing Education (CEU) Information 9
The Center for Health Care Services Hiring Ad 10
Community First Health Plans & University Health Ads 11
Track A 12
Track B 13
Track C 14
Track D 15
Track E 16
Notes ..... 17 - 19
Session Passport..... 20
Feedback Survey..... 21
CHAAT Ad 22
Special Thanks 23-24

Welcome

Dear Community Partners,

On behalf of the Board of Trustees, The Center for Health Care Services and The Center for Health Care Services Foundation, it is our privilege to extend a warm welcome to the 24th Annual Bexar County Behavioral Health and Wellness Conference.

This year's theme, “Planting Care, Cultivating Community”, is rooted in a shared commitment to healing and hope, and invites us to reflect on the profound impact that intentional care can have when nurtured within a strong, connected community. For 24 years, this conference has brought together individuals, families and advocates united by the belief that mental health and wellness are not journeys we walk alone. Together, we cultivate the understanding, resources and relationships that allow every person to thrive.

We are thrilled to announce that our keynote luncheon will feature AnneMoss Rogers, a mental health and TEDx speaker. AnneMoss transforms the tragedy of her son Charles' addiction and death by suicide into a powerful message of resilience. She educates through storytelling by sharing hope, coping strategies and practical takeaways.

We are excited to, once again, offer a meaningful scholarship to a member of our community pursuing higher education after overcoming life's challenges. Additionally, our Health and Wellness Resource Fair will showcase over 30 participating organizations that are aligned with our mission of keeping All of Bexar in Mind. We extend our heartfelt gratitude to our presenters, speakers and sponsors, who make this conference possible at no cost to you.

As you engage in today’s sessions, may you be reminded that every intentional act of care has the power to take root and transform not only individual lives, but entire communities. Whether you are here seeking support, offering your expertise, or advocating for change, you are an essential part of the community we are cultivating together. The connections and knowledge gained here today will continue to grow and flourish long beyond these walls.

Welcome to the 24th Annual Bexar County Behavioral Health and Wellness Conference.

Sincerely,



Jelynne LeBlanc Jamison
President/Chief Executive Officer

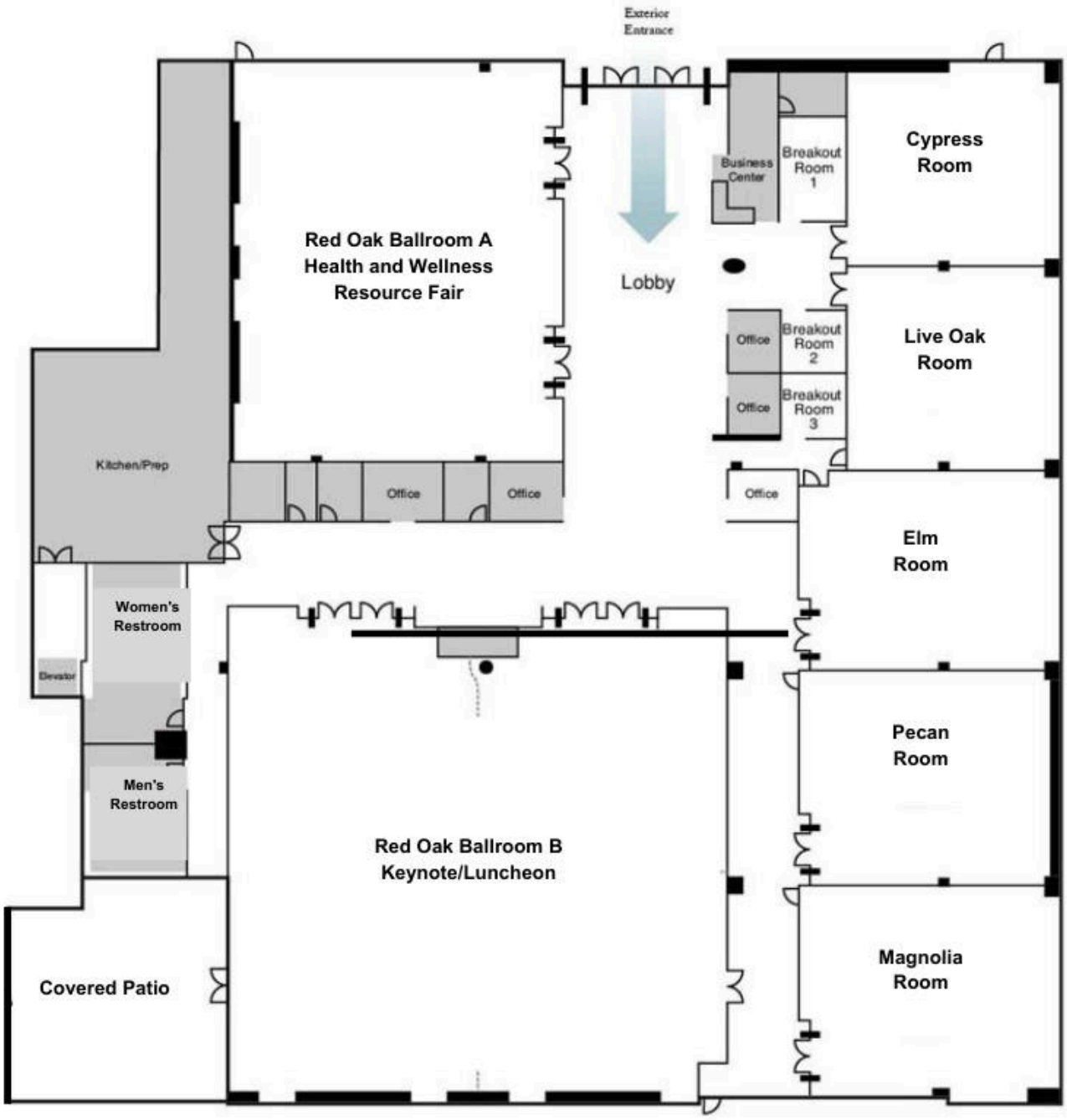


Daniel T. Barrett
Chairman, CHCS Board of Trustees

SCHEDULE AT A GLANCE

TIME	TRACK A CYPRESS ROOM	TRACK B LIVE OAK ROOM	TRACK C ELM ROOM	TRACK D PECAN ROOM	TRACK E MAGNOLIA ROOM
8:30 - 9:20	Legislative Update	Decoding Resistance: Practical Strategies to Support Emotional Wellness in Teens	It Didn't Start With You! Healing Inherited Family Trauma	Big Emotions, Little Words	Empowering Financial Health with Credit Human
9:20 - 9:30	**BREAK**				
9:30 - 10:20	Diversion Center Panel	Beyond Burnout: Nervous System Tools for Sustainable Mental Wellness CEU	Violent Online Networks Target Vulnerable and Underage Populations	Understanding the Civil Mental Health Court Process	Mission Over Method: Staying Grounded and Adaptive Under Pressure
10:20 - 10:30	**BREAK**				
10:30 - 11:20	Resetting Your Personal Compass	Closing the Care Gap in Mental Health: Why Medication Adherence Matters for Everyone CEU	Together We Thrive: Strengthening Resilience in Families	Building Strong Minds and Soft Hearts	Building Effective Youth Recovery Programs CEU
11:20 - 12:30	**RESOURCE FAIR**				
12:30 - 2:00	KEYNOTE LUNCHEON				
2:00 - 2:10	**BREAK**				
2:10 - 3:00	Holistic Wellness Through the Practice of Yoga	Leading with Love and Kindness	Native American Drumming Circle	On the Spot Self Care: A Powerful Tool for Resilience Building CEU	Stress, Burnout, and the Brain: Understanding and Managing the Body Mind Connection
3:00 - 3:10	**BREAK**				
3:10 - 4:00	Talk Saves Lives: Supporting Our Veterans CEU	Supporting Recovery Beyond Treatment: A Community Wraparound Approach to Opioid Use Disorder CEU	Beyond "Pay Attention" An Executive Function Approach to Sustainable Focus	The Hidden Garden: Understanding and Supporting Neurodivergent Women Through Holistic Care	SACRD: Your Guide to Bexar County Resources
4:00 - 4:10	**BREAK**				
4:10 - 5:00	Caring Communities: Guidance for Supporting Survivors of Suicide Loss	The Agent of Change: "Consumer" to "Professional" CEU	Stuck on Start: Before You Judge the Behavior, Experience the Barrier	The Cenikor Foundation: Recovey Housing	Brush Your Stress Away
5:00	**ADJOURN**				

Norris Conference Center Map



Conference Accommodations

Norris Conference Center Wi-Fi Access: The Norris Conference Center provides free wi-fi access. Select the network: NCC1 from the options and use the password: NorrisCenters90.

Crisis Intervention: If you or a fellow conference attendee are needing crisis intervention, please stop by the registration table and one of our onsite counselors will be available to assist.

Lost or Misplaced Items: The Center for Health Care Services and Norris Conference Centers are not responsible for lost or misplaced items. As a community event, we ask all attendees to be responsible for their personal belongings.

Sponsors

San Antonio Water System

Canon

Community First Health Plans

University Health

H.E. Butt Foundation

SWBC

15RX Pharmacy
The Family Pharmacy

San Antonio Behavioral Healthcare Hospital
ELEVATE. EMPOWER. HEAL.

Unity Recovery
Recovery Community Organization
San Antonio, TX

AACOG
alamo area council of governments

The Congregational Collective
Resources for Mental Wellbeing

Silkscreen Texas Embroidery

Special Thanks to Graciela Cigarroa, Sarah McLornan and The Ford Family for sponsoring community non-profit organizations.

the center for health care services

the center for health care services FOUNDATION

Resource Fair



























































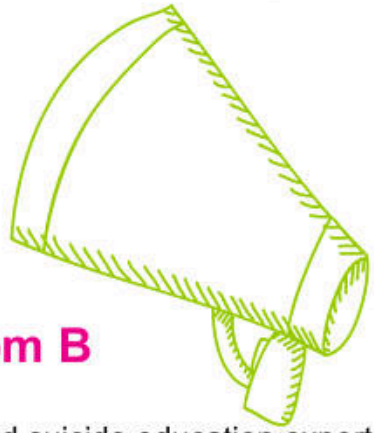








Welcome Remarks: Red Oak Ballroom B



Friday, May 29, 2026

Opening Session 8:00 - 8:20 a.m.

Presentation of the Colors: Bexar County Sheriff's Office Honor Guard
National Anthem: Mariachi Las Alteñas
Welcome Remarks: Jelynne LeBlanc Jamison, President/CEO
The Center for Health Care Services

Keynote & Awards Luncheon: Red Oak Ballroom B

***Keynote Luncheon**: 12:30 p.m. - 2:00 p.m.*

Keynote Speaker: AnneMoss Rogers, TEDx speaker and mental health and suicide education expert.
The Center for Health Care Services Foundation: Educational Scholarship Presentation
Master of Ceremonies: Daniel T. Barrett, Chairman of the Board, The Center for Health Care Services



AnneMoss is a motivational keynote speaker who captures hearts and fills them with hope.

As one of the most relatable mental health speakers and suicide prevention keynote speakers, AnneMoss transforms the tragedy of her son Charles' addiction and death by suicide into a powerful message of resilience and post-traumatic growth. Far from a story of despair, she focuses on the human capacity to grow through what we go through.

In 2019, AnneMoss published her award-winning memoir, *Diary of a Broken Mind*. In 2020, she co-wrote the bestseller *Emotionally Naked: A Teacher's Guide to Preventing Suicide* with Dr. Kimberly O'Brien, which has been translated into three languages.

A TEDx speaker, AnneMoss has been featured in the New York Times, Variety Magazine, and interviewed by CNN's Erin Burnett on teen mental health at the prestigious Allen & Company Sun Valley Conference. She was the first non-clinician invited to speak on suicide at the National Institute of Mental Health and is one of the editors of the American Academy of Pediatrics Blueprint for Youth Suicide Prevention.

AnneMoss is a graduate of UNC-Chapel Hill and lives in Richmond, Virginia.

Educational Scholarship

The Center for Health Care Services Foundation provided (1) educational scholarship ($1,000 value) to an individual pursuing higher education. The scholarship recipient can use the scholarship award for academic books, materials, school fees, or tuition for post-secondary education. Eligible scholarship candidates are residents of Bexar County, age 17 years or older, who have received or are currently receiving support for mental health, intellectual and developmental disabilities, or substance use recovery and are currently enrolled or plan to be enrolled at a trade school/certification program/university or college for Academic Year 2026. Individuals selected must have at least a 2.0 cumulative GPA and can be a full or part-time student.

Continuing Education Units (CEUs)

The Behavioral Health and Wellness Conference offers attendees an opportunity to acquire CEUs. No partial continuing educational credits will be given at the sessions. Successful completion of the ENTIRE 1.0-hour session is required to receive continuing education credit. Participants seeking continuing education credits should stop by the registration table in the lobby to pick up information.

Credits for Social Work/LPC/LMFT/LCDC/Peer

1. Attend a full 1.0-hour session.
2. Legibly sign the sign-in sheet.
3. Complete the evaluation form and return to the room monitor.
4. Receive the certificate via e-mail the week following the event.

Social Work, Licensed Professional Counselor (LPC), Licensed Marriage and Family Therapist (LMFT), Peer Certification, and Licensed Chemical Dependency Counselor (LCDC) CEUs will be offered for all professional development sessions.

the center
for health care services

WE'RE HIRING

Making a Difference in the Bexar County Community



We are hiring for:

- CLINICAL & NON-CLINICAL POSITIONS
- VARIOUS POSITIONS ACROSS DIFFERENT DEPARTMENTS
- EXPERIENCED PROFESSIONALS AND ENTRY LEVEL POSITIONS

Learn More

If you are passionate about making a difference and eager to contribute to a meaningful mission, we want to hear from you!


COMMUNITY FIRST
HEALTH PLANS
STRENGTH
in WELLNESS
Learn More About Our Health Plans
MEDICAID • MEDICARE
MARKETPLACEPLACE • COMMERCIAL


We're thinking
beyond our world
so you
can thrive
in yours.
Discover what we're doing
today at ThinkingBeyond.net.
University
Health

TRACK A
CYPRESS ROOM

8:30 - 9:20 a.m. Legislative Update

Presenter: Allison Greer-Francis, VP of Governmental Relations (The Center for Health Care Services)

Members of the Bexar County Legislative Delegation will discuss the current legislative landscape and will discuss legislation that was passed in the previous session and how it affects San Antonio and Bexar County. The delegation will also talk briefly about their priorities in the upcoming session.

9:30 - 10:20 a.m. Diversion Center Panel

Panel: Jelynne LeBlanc Jamison, CEO (The Center for Health Care Services), Alexander Testa, PhD (University of Texas Houston), Trish DeBerry, President/CEO (Centro San Antonio)

This panel discussion will explore how diversion programs and recovery-centered alternatives can help address the growing impact of untreated mental illness and substance use within the criminal justice system. Panelists will discuss the strain on the Bexar County Jail, the need for earlier access to behavioral health treatment, and how a potential diversion center could improve outcomes for individuals while supporting public safety and reducing reliance on incarceration.

10:30 - 11:20 a.m. Resetting Your Personal Compass

Presenter: James Pobanz, MSW (VetStrong)

Join us for an engaging workshop designed for social work professionals, students, and community members eager to make a meaningful impact. This presentation will include data and information on how people suffering from mental health and substance use can change their outcomes in life by relearning some of the basic functions in life, from how to navigate the bureaucracies they need to be successful in life to discovering their own "line of accountability".

2:10 - 3:00 p.m. Holistic Wellness Through the Practice of Yoga

Presenters: Meara McMains, PhD (Sul Ross State University)

This session will provide an overview of relevant research surrounding the yoga practice, exploring physical and mental benefits. The session will provide a brief, chair based yoga practiceas well as a list of resources related to yoga in San Antonio.

3:10 - 4:00 p.m. Talk Saves Lives: Supporting Our Veterans *(CEU)*

Presenter: Frances Arias (American Foundation for Suicide Prevention)

This session aims to help audiences understand the impact of suicide among veterans. Participants will learn practical ways to recognize warning signs, navigate difficult conversations, and connect veterans to support while respecting their autonomy.

4:10 - 5:00 p.m. Caring Communities: Guidance for Supporting Survivors of Suicide Loss

Presenter: Julia Hewitt (American Foundation for Suicide Prevention)

This presentation is designed to provide participants with information, resources, and practical guidance on how to support someone who has experienced a recent loss to suicide. The program is suitable for workplaces, community groups, and individuals who want to learn how to build more supportive environments for loss survivors. Caring Communities was developed by AFSP's National Loss and Healing Council, comprised of both experts in the field and people with lived experience of suicide loss.

TRACK B
LIVE OAK ROOM

8:30 - 9:20 a.m. **Decoding Resistance: Practical Strategies to Support Emotional Wellness in Teens**

Presenter: Dr. Ann-Louise Lockhart (A New Day Pediatric Psychology, PLLC)

In this session, participants will learn how to recognize behavior as communication, respond to high-stress moments without escalating conflict, and support emotional regulation in youth experiencing anxiety, ADHD, or overwhelm. This practical, engaging workshop introduces a compassionate, research-informed approach to understanding behavior and responding in ways that support emotional wellness, resilience, and connection. Designed for both professionals and caregivers, the session translates clinical concepts into everyday strategies.

9:30 - 10:20 a.m. **Beyond Burnout: Nervous System Tools for Sustainable Mental Wellness** *(CEU)*

Presenter: Jeri-Ashley Bremer (The Mindfulness Co.)

Burnout has become one of the most pressing challenges for caregivers, helping professionals, and community leaders. Through practical exercises and evidence-based insights, attendees will learn simple, accessible nervous system regulation practices that can be integrated into daily life and professional environments. These tools can help reduce burnout, improve emotional regulation, and support long-term well-being for both individuals and the communities they serve.

10:30 - 11:20 a.m. **Closing the Care Gap in Mental Health: Why Medication Adherence Matters for Everyone** *(CEU)*

Presenter: Ritu Ajmani (15 RX Pharmacy Group)

Mental health outcomes are deeply influenced by whether patients are able to consistently access and take their medications as prescribed. Yet medication adherence remains one of the most persistent and complex challenges in behavioral health care, often leading to preventable setbacks, hospitalizations, and reduced quality of life. This session will explore the real-world barriers that impact adherence from the perspectives of patients, caregivers, and healthcare providers. These include stigma, side effects, cost, health literacy, fragmented care, and lack of coordinated follow-up.

2:10 - 3:00 p.m. **Leading with Love and Kindness**

Presenter: Manizeh Mirza-Gruber, MD (Mindful in Practice)

In these challenging times, stress and anxiety can lead individuals to disconnect from their true selves and essential human needs like love, kindness, and belonging. This session emphasizes the importance of mental, emotional, physical, and spiritual health. Through mindfulness practices, guided meditation, and heart-centered exercises, participants will cultivate love and kindness, fostering healing and connection. No prior experience is required, and everyone is welcome to join in this secular practice.

3:10 - 4:00 p.m. **Supporting Recovery Beyond Treatment: A Community Wraparound Approach to Opioid Use Disorder** *(CEU)*

Presenter: Grizelda Anguiano, MD (Anchored Pediatric Mental Health & Family Coaching)

This session will highlight a community-based wraparound model designed to improve access to treatment and support recovery for individuals living with opioid use disorder (OUD). Participants will learn how integrating medications for opioid use disorder (MOUD) with behavioral health services, case management, and addressing social needs can strengthen engagement in care. Using lessons from the Opioid Treatment and Recovery Services program at University Health, this presentation will explore practical strategies for building low-barrier, person-centered programs that support recovery, reduce stigma, encourage integrated healthcare, and address real-life challenges individuals face on their wellness journey.

4:10 - 5:00 p.m. **The Agent of Change: "Consumer" to "Professional"** *(CEU)*

Presenters: Jamie Lynch, Christopher Wolf, Roberto Garcia, Armando Sanchez (The Center for Health Care Services)

The transition from consumer to professional is more than a career move; in the peer world, it is the ultimate expression of "voice and choice." This discussion explores how a service provider role can shift from being "experts in charge" to "partners in discovery." It highlights that early recovery is stabilized when a person is treated with dignity of risk in their own care, which in turn builds the confidence necessary to enter the professional workforce.

TRACK C
ELM ROOM

8:30 - 9:20 a.m. **It Didn't Start With You! Healing Inherited Family Trauma**

Presenter: Dr. Keely Petty, Ph.D (WestCare Texas Foundation)

Join us for a transformative workshop that explores the concept of inherited family trauma and its impact on our emotional well-being. This session will delve into the idea that unresolved traumas from our parents, grandparents, and even great-grandparents may be influencing our mental health today. Participants will learn specific methods to identify the words, fears, and physical symptoms that act as clues to uncover ancestral trauma.

9:30 - 10:20 a.m. **Violent Online Networks Target Vulnerable and Underage Populations**

Presenter: Randy Reyes (FBI)

The Federal Bureau of Investigation (FBI) is warning the public of a sharp increase in the activity of "764" and other violent online networks which operate within the United States and around the globe. These networks methodically target and exploit minors and other vulnerable individuals, and it is imperative the public be made aware of the risk and the warning signs exhibited by victims.

10:30 - 11:20 a.m. **Together We Thrive: Strengthening Resilience in Families**

Presenter: Dulce Arellano (KLRN-TV)

Join KLRN to explore bilingual Sesame Street resources you can use in your program or classroom. These resources are designed to support children and families with practical tools and coping strategies to navigate everyday challenges and life's bigger moments. Building resilience helps children adapt, recover, and continue growing even during difficult times.

2:10 - 3:00 p.m. **Native American Drumming Circle**

Presenter: Olga Lora (Spiritual Journeys with Olga)

The sound of the heart is the first beat you heard in your mother's womb. The rhythmic sound of the drum, rattles, and other instruments create an energetic frequency that helps the mind and body to release, recenter, ground, and rejuvenate. Drumming has provided therapy to many different cultures from around the world for multiple generations. Whether you've ever had the opportunity to experience a drumming circle before, or this is your first time, come and join in the rhythm. Allow yourself to indulge in the historical stories and the sacred sound!

3:10 - 4:00 p.m. **Beyond "Pay Attention" An Executive Function Approach to Sustainable Focus**

Presenter: Grizelda Anguiano (Anchored Pediatric Mental Health & Family Coaching)

In this engaging and practical session, Dr. Grizelda Anguiano explores the executive function skills that influence attention, motivation, emotional regulation, and daily routines in children with ADHD and neurodiverse wiring. Participants will gain a deeper understanding of how the ADHD brain develops and why traditional approaches such as "just try harder" often backfire. Through a strengths-based, brain-informed lens, attendees will learn practical strategies to help children get started, stay engaged, manage big emotions, and build independence at home and at school.

4:10 - 5:00 p.m. **Stuck on Start: Before You Judge the Behavior, Experience the Barrier**

Presenter: Grizelda Anguiano (Anchored Pediatric Mental Health & Family Coaching)

Join this immersive, hands-on session designed to help participants feel what ADHD barriers actually look like in real time. Through interactive simulations, attendees will experience common executive function challenges such as task initiation paralysis, cognitive overload, time blindness, and difficulty sustaining effort. Rather than simply learning about ADHD conceptually, participants will step into the internal experience of wanting to perform yet feeling unable to access the starting point. Participants will leave with increased empathy and actionable strategies they can immediately apply in behavioral health, education, leadership, and caregiving settings.

TRACK D
PECAN ROOM

8:30 - 9:20 a.m. Big Emotions, Little Words

Presenter: Nisi Bennett (All Heart Initiative)

Big Emotions, Little Words delves into why having knowledge about emotions is not the same as genuinely understanding or managing them. Participants will explore the distinctions between self-regulation, co-regulation, and environmental regulation, and how each influences leadership, relationships, and workplace culture. Significant focus will be placed on "NeuroSpicy" nervous systems — including ADHD, autism, anxiety, trauma, and sensory differences — highlighting how emotional intensity is often misunderstood rather than adequately supported.

9:30 - 10:20 a.m. Understanding the Civil Mental Health Court Process

Presenters: Oscar Kazen (Probate Court 1)

For more than two decades, Judge Kazen has overseen sensitive cases involving guardianships, mental health care commitments, and estates. He is widely recognized for bringing both empathy and accountability to the courtroom, ensuring that every person is treated with respect and that their legal rights are protected. Under his leadership, Probate Court No. 1 has become a model for innovation, efficiency, and care—streamlining operations while never losing sight of the human impact behind every case. Judge Kazen will go over the process of the civil MH process and the difference between civil Mental Health Court and criminal Mental Health Court.

10:30 - 11:20 a.m. Building Strong Minds and Soft Hearts

Presenter: Nickolas Raczek (The Center For Health Care Services)

Join us for an engaging and transformative workshop focused on shifting trends in mental health by fostering leadership, character, and purposeful action. This session aims to move beyond traditional anti-bullying initiatives and instead prioritize the cultivation of resilience and strength through compassion and core values.

2:10 - 3:00 p.m. On the Spot Self Care: A Powerful Tool for Resilience Building *(CEU)*

Presenter: Valeria Salazar (San Antonio Behavioral Healthcare Hospital)

This workshop provides a powerful resilience-building tool that is focused on mental health practitioner wellness. Participants will learn "On the Spot" self-care techniques using the Four R Method: Recognize, Resource, Reframe, and Respond. This method helps practitioners regulate their nervous system, shift out of reactive patterns, and respond to high stress situations from a grounded, values-driven place. Attendees will leave with a clear, actionable framework to support both client safety and their own emotional sustainability in the demanding work of mental health support.

3:10 - 4:00 p.m. The Hidden Garden: Understanding and Supporting Neurodivergent Women Through Holistic Care

Presenter: Emily Surratt (The Well Mind Center of San Antonio)

This presentation aims to help practitioners recognize these disparities in research, diagnostic practices, and treatment approaches while introducing integrative strategies for neurodivergent women. Topics will include neurological/ biological considerations, lived experiences of neurodivergent women within healthcare settings, and differences between male and female presentations within current diagnostic frameworks.

4:10 - 5:00 p.m. The Cenikor Foundation: Recovey Housing

Presenters: Barbara Hood (The Cenikor Foundation)

Join us this workshop with Barbara Hood about Recovery Housing with the Cenikor Foundation. The Cenikor Foundation is dedicated to helping individuals overcome substance use disorders and reclaim their lives. Recovery housing plays a crucial role in this mission by providing a supportive and structured environment for individuals in recovery.

TRACK E
MAGNOLIA ROOM

8:30 - 9:20 a.m. **Empowering Financial Health with Credit Human**

Presenter: Destiny Juarez (Credit Human)

This comprehensive workshop is designed to enhance your financial well-being. Destiny will start by discussing the role of Credit Human in supporting attendees' financial health. She will then address the impact of financial stress on individuals and outline effective strategies to alleviate it. The focus will shift to understanding the significance of financial health, why it matters, and what it includes. Throughout the workshop, Destiny will emphasize the importance of planning for financial stability, highlighting how it fosters awareness and security. Additionally, she will examine the effects of debt and the key components of credit scores. Attendees will leave with practical tools and resources aimed at improving their overall financial well-being.

9:30 - 10:20 a.m. **Mission Over Method: Staying Grounded and Adaptive Under Pressure**

Presenter: Jesse Lopez (University of Texas at San Antonio)

This workshop introduces a practical, accessible framework for staying grounded and adaptive during challenging moments. Participants will explore how separating the goal from the method can reduce stress, support clearer decision-making, and promote resilience when plans break down. Drawing from real-world leadership experience in high-stakes environments and translated for everyday life, the session emphasizes maintaining purpose while allowing flexibility in how outcomes are achieved.

10:30 - 11:20 a.m. **Building Effective Youth Recovery Programs** *(CEU)*

Presenters: Ricky Hill (Rise Recovery)

Building Effective Youth Recovery Programs at Rise Recovery provides an overview of the policies, procedures, and operational practices that support consistent, high-quality, youth-centered recovery services. The program focuses on establishing clear operational standards that promote accountability, and continuous improvement. Participants will gain insight into how structured program operations enhance service delivery, support staff effectiveness, and improve outcomes for youth and families. This program is designed for program leaders, staff, and stakeholders seeking to strengthen operational systems and ensure sustainable, mission-aligned recovery programming.

2:10 - 3:00 p.m. **Stress, Burnout, and the Brain: Understanding and Managing the Body Mind Connection**

Presenter: Samantha Coleman (The Center for Health Care Services)

This workshop explores the science of stress and burnout, their effects on the brain and body, and practical strategies to manage and prevent them. Participants will gain deeper understanding of how chronic stress can impact physical health, cognitive function, and emotional well-being, as well as the differences between everyday stress and full burnout.

3:10 - 4:00 p.m. **SACRD: Your Guide to Bexar County Resources**

Presenter: (SACRD)

www.SACRD.org has over 11,500 resources around Behavioral Health and Wellness and connects you to resources, tools, and strategies that promote recovery, resilience, and personal empowerment. Join Alice for a live demonstration and follow along on your device to learn about SACRD Portals (Mental Health, Substance Use, Intellectual & Developmental Disabilities, and more) that guide you to narrow down your search and find the best resource for your wellness journey.

4:10 - 5:00 p.m. **Brush Your Stress Away**

Presenter: Nicholas Holstein (HUGME INK)

Join us for an interactive workshop that explores how art can serve as a powerful tool for recovery. Participants will have the opportunity to express themselves creatively by creating their own art piece. Additionally, attendees will learn how to organize their own art workshops to enhance their peer support programming. Embrace your creativity and experience the freedom of self-expression!

Notes:

Notes:

Notes:

SESSION PASSPORT

- 8:30 SESSION
- 9:30 SESSION
- 10:30 SESSION
- 2:10 SESSION
- 3:10 SESSION
- 4:10 SESSION

Attend one session per timeslot and collect a stamp in your passport for each one. Earn all six stamps, and you'll unlock an exclusive discount to purchase your official 2026 conference t-shirt. Redeem at the t-shirt sales table.

SHARE YOUR FEEDBACK, AND LET'S PLANT CARE AND CULTIVATE COMMUNITY

SCAN ME

Your Voice Matters

Bexar County
BEHAVIORAL HEALTH
& WELLNESS
CONFERENCE



Community Health Awareness for Adolescents and Teens (CHAAT) is an innovative program designed to encourage resiliency, coping, and social skills, develop healthy habits, and improve social and family relationships.

CHAAT addresses pressing issues affecting today's adolescents and teens, including social media usage, sleep hygiene, recognizing online grooming, and ensuring safe online gaming practices. We aim to empower 800 local teens, parents, and professionals with the knowledge and tools to navigate these challenges confidently. Through this program, CHAAT will also provide families with actionable resources and ongoing support to help prevent future crises, fostering resilience and well-being in our community. We are proud to have connected with and positively impacted the lives of over 500 individuals in the Bexar County community.

CURRENT TOPICS

- Online Grooming
- Positives and Negatives of Social Media
- Sleep Hygiene
- Gaming
- Suicide Prevention
- AI and Digital Safety

To learn more, contact:

Email: CHAAT @chcsbc.org

Nick S. Raczek MS, LPC / *CHAAT Clinic Administrator*

Program recommended for ages 11 and up

the center for health care services

Special Thanks to:

Canon for their continued support and generosity as Print Sponsor.

San Antonio Water System (SAWS) for their generosity in signing as Resource Fair Sponsor.

Community First Health Plans and **H. E. Butt Foundation** for their support as the Meal Sponsors.

University Health and SWBC for their support as Wellness Champion Sponsors.

Texas Silkscreen & Embroidery for their generosity in covering the cost to produce the conference t-shirts.

San Antonio Behavioral Health Hospital, 15RX, and **Unity Recovery** as Community Care sponsors.

AACOG and The Congregational Collective as Recovery Advocate Sponsors.

Bexar County Sheriff's Office Honor Guard

Our numerous volunteers who dedicated their time to making this event a success.

Special Thanks to:

The conference steering committee who, without their knowledge, expertise, and continued support, this conference would not have been possible. This special group of professionals and peers collectively brainstormed conference themes, coordinated workshop logistics, and worked through the nitty-gritty details of conference planning. They are the ones who rolled up their sleeves and made the tough phone calls, sent and resent emails, and continued to show up month after month for committee meetings to cast votes, pitch ideas, and put in their two cents about how to make this conference relatable to the people who need it most – YOU! Some committee members have returned year after year to do their part in ensuring the overall success of the conference, and other new members provided invaluable insight into what will be most beneficial to consumers, family members of consumers, professionals, and partnering agencies alike.

Attendees, it's important for you to know what goes into making this conference happen every year. It's designed and created with each of you in mind by a committee of dedicated people who care about your mental health and well-being and want you to walk away from this conference feeling more empowered than you did the day before. That's what this is all about – surviving and thriving your way to wellness! We sincerely thank you for entrusting us to produce a conference that is meaningful to your life and can help you in your own personal journey of recovery, health, and wellness.

A heartfelt and very special THANK YOU to the 2026 Bexar County Behavioral Health and Wellness Conference Steering Committee:

Grecia Garcia Navarro, Conference Chair, The Center for Health Care Services
Erinn Graber, The Center for Health Care Services
Cerise Edmonds, The Well Mind Center
Jessica Motayne, Bexar County Sheriff's Office
Ashley Esparza, The Center for Health Care Services
Daniel Perez, The Center for Health Care Services
Joseph Kluger, The Center for Health Care Services

MENTAL HEALTH FIRST AID

What Is It?

Mental Health First Aid (MHFA) is an evidence-based training that teaches participants how to identify, understand, and respond to someone who is experiencing a mental health and/or substance-use challenge.

REGISTER FOR A TRAINING TODAY!

Some of the Topics Covered:

- Signs and symptoms of mental health and substance use challenges
- An action plan people can use to identify and respond to those signs and symptoms
- Ways to decrease the stigma surrounding mental illness and substance use
- Mental health awareness

Types of Trainings We Offer:

Adult MHFA Train adults to provide stigma-free support to other adults (18+)

Youth MHFA Train adults to provide stigma-free support to youth (age 12-17)

Teen MHFA Train high school students to support their peers



CONTACT US FOR DETAILS

Email: mhfa@chcsbc.org
Website: www.chcsf.org

the center for health care services FOUNDATION