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### 2023 MIMH Spring Training

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## Title III Professional Development Blog Post

With the support of the Title III Professional Development funds from Lincoln University of Missouri, I was able to attend the 2023 Spring Training Insititute hosted by the Missouri Department of Mental Health. The conference was held over two days with 60 separate sessions to select to attend. Participants of the conference were providers, staff, and consumers of the Department of Mental Health and were from across the state.

Though several sessions were attended, the focus will be on the two sessions that were most relevant to my teaching and social work practice. The first breakout session was “Body Talks: TheCovert Language of Nonverbal Communication,” presented by Crestin Andrews, DO. This presentation explored common body language cues that indicate comfort vs. Discomfort and how identifying nonverbal communication can aid in patient care. This session provided new knowledge in how to apply nonverbal communication in a variety of scenarios, both as the communicator and the receiver. The information gained will be helpful in classroom teaching, as well as in teaching students about their communication with clients.

The state of Missouri requires licensed clinical social workers to obtain two hours of continuing education credits every two years in suicide assessment/referral/treatment/management. Shari Scott, PhD presented “Youth Suicide: A Look at Before and After. This encompassed the college student population as well as younger youth. This presentation reviewed precipitating factors in youth who die by suicide, as well as risk factors and red flags for youth who attempt it in hopes of informing prevention efforts moving forward. How to best screen kids for suicidality, as well as how to talk to youth who express suicidal thoughts was also highlighted. Additionally, this presentation covered common grief reactions in those working through the death of a loved one to suicide and how to best support those individuals. Eye opening and scary statistics were provided along with stories from the providers own practice in this area, which created a greater understanding among the audience of the realness of the issue.

This training was valuable in addressing the mental health needs of Missourians as well as providing networking opportunities for participants. Participants were provided with links to

slides from all presentations, enabling them to review information from sessions that they weren't able to attend as well as reference in the future. My attendance and participation in this conference is beneficial to my position at Lincoln University as I teach on both issues noted above as well as the other sessions, I attended which included addiction recovery, behavioral health, and creating a racially equitable workplace. I will be able to incorporate the new information learned into lessons, exercises, and courses, as well as put actionable items into my own practice at the university.