



The Mental Health Center
of Greater Manchester
401 Cypress Street
Manchester NH 03103

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The Mental Health Center of Greater Manchester (MHCGM) is nationally recognized for its treatment programs and leading edge system of care. The largest provider of outpatient behavioral health services in New Hampshire, MHCGM is a registered 501(c)3 organization that serves over 11,000 individuals each year.

An MHCGM Sponsored Event

In collaboration with



13th Annual New Hampshire Mental Health Symposium May 10, 2017

RESILIENCE

Resilience for Children and Adults: Building Foundations for Emotional Well-being and Success



Presenter: Andrew Shatté, Ph.D.

- A fellow at the Brookings Institution's Center for Executive Education
- Former professor of psychology at the University of Pennsylvania
- Currently a research professor in the College of Medicine at the University of Arizona

[CLICK](#) to view 18 minute Ted Talk by Andrew Shatté. Or go to:
<http://andrewshatte.com/speaking.html>

Resilience for Children and Adults: Building Foundations for Emotional Well-being and Success

Why does one person overcome adversity while another falls into helplessness? Resilience is a crucial ingredient – perhaps the crucial ingredient – to a happy, healthy life. In this fast-paced, interactive, and fun presentation, Dr. Andrew Shatté will lead you on a tour of the big questions in the psychology of resilience.

More than anything else, resilience is what determines how high we rise above what threatens to wear us down, from battling an illness or bolstering a marriage to carrying on after a national crisis. Everyone needs resilience.

Through practical methods and vivid anecdotes, Andrew Shatté will present research that proves resilience is not a survival instinct, but rather a skill anyone can master in order to thrive. The single biggest determinant of our resilience is how we think. From the moment of cognizance, we are developing mental pathways and habits that could block our resilience. For example, how we explain events is a product of our thinking styles that may interfere with good problem solving and, ultimately, personal achievement.

Resilience is foundational. It underpins academic, social, and athletic success in our children. Without resilience, talent is rudderless. For adults, it is what drives productivity and performance at work, our sense of well-being, engagement in our lives, physical health, and happiness.

Planning Committee: Daniel Potenza, MD; Harry Cunningham, LICSW; Ed Bailey, RN; Rik Cornell, LICSW; David Carroll, BA; Joann Batty, MA Adult Ed.; Sandra Seney, MBA.

GOALS AND OBJECTIVES

Upon completion of this offering, participants will be able to:

1. List the various dimensions of resilience
2. Identify seven core competencies that have been identified as necessary in building resilience
3. Recognize problematic thinking styles in children and adults
4. List ways to teach children and adults self-efficacy skills that lead to building resilience.
5. Identify nine thinking traps that can reduce one's ability to engage in flexible thinking and resilient behavior
6. Name the four central cognitive skills that develop strong resiliency

TARGET AUDIENCE

Mental Health Counselors, Social Workers, NAMI Members, Family Members, Case Managers, Psychiatrists, Psychologists, Physicians, First Responders, APRNs and Nurses, Consumers, Public Health and Wellness Providers, Educators, Law Enforcement, Corrections.

AGENDA

8:00 AM – 8:30 AM	Registration/Continental Breakfast
8:30 AM – 8:45 AM	Opening Remarks
8:45 AM – 10:15 AM	Morning Session
10:30 AM – 12:00 PM	Morning Session continued
12:00 PM – 1:00 PM	-- Catered Lunch --
1:00 PM – 2:00 PM	Afternoon Session
2:15 PM – 4:15 PM	Afternoon Session Continued

CONTINUING EDUCATION CREDITS

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Dartmouth-Hitchcock and the Mental Health Center of Greater Manchester. Dartmouth-Hitchcock is accredited by the ACCME to provide continuing medical education for physicians.

Dartmouth-Hitchcock designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

6.0 Category I Continuing Education Credits for Social Workers and those certified by the NH Board of Mental Health Practice by the NH –NASW. (PENDING)

NH MENTAL HEALTH SYMPOSIUM – May 10, 2017 – 8:30 AM – 4:15 PM SERESC, 29 Commerce Drive, Bedford, NH

~ Please use one registration form per attendee ~

- Registration Fee \$175.00 For groups of 5 or more who register at the same time: \$165 per person. - Continental breakfast & catered buffet lunch included
- Register online www.mhcg.org

Name and **Credentials:** _____

Organization: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ E-mail (required): _____

Registration fee in the amount of \$ _____ Check payable to: **MHCGM** Master Card Visa Discover

Credit Card #: _____ CVV code: _____ Expiration Date: _____

Name on Card: _____ Signature: _____

Please mail, email or fax completed **Registration Form** to: **Attn: Joann Batty, MHCGM, 1555 Elm Street, Manchester, NH 03101**

Fax 603.628.7756

Register Online: www.mhcg.org

For more information contact: **Joann Batty 603.206.8609, battyjoa@mhcg.org**

The MHCGM is committed to making this event accessible to persons with disabilities or special needs.

Please contact us by **April 11, 2017**, if you will need special accommodations. For information on SERESC, including driving directions, please go to **WWW.SERESC.NET**