

CELEBRATING 30 YEARS!



# CALL FOR PRESENTATIONS

30TH ANNUAL ZARROW MENTAL HEALTH SYMPOSIUM

SEPTEMBER 25-27, 2024





# CONFERENCE OVERVIEW

## OVERVIEW

### **30th Annual Zarrow Mental Health Symposium**

### **Life Stages: Mental Health Across a Lifetime**

### **September 25-27, 2024 – a virtual event**

So often a line is drawn between our physical health and our mental health, and yet our brain and our body are one. What impacts one influences the other. From the moment of conception to our final breath, everything from our genetics and family history to our age, lived experiences, and environment can play a role in our overall well-being and how we languish or thrive. As we work toward resilience, wellness and recovery, how do we address life stressors, both physical and emotional, and environmental? What have we learned about natural, systemic and community supports? And how do we as individuals, families, caregivers, organizations, and communities respond to meet the needs of those impacted by mental illness across the lifespan, as well as focus upstream on prevention?

Join us this September as we celebrate the 30th Anniversary of the Zarrow Mental Health Symposium and examine **Life Stages: Mental Health Across a Lifetime**. We're looking for dynamic and experienced presenters to help our participants explore evolutionary research, innovative programs, promising practices, creative collaborations and outside-the-box thinking to address the needs of individuals and families, as well as influence more dynamic and coordinated systems.

The conference will bring together local, regional and national partners from the fields of mental and public health, addiction, neuroscience, research, education, crisis response, government, law enforcement, criminal justice reform, technology and more to explore best practices, emerging knowledge, innovative programs and collaborations to bring mental health treatment, systems and supports to the forefront. The **Zarrow Mental Health Symposium** historically draws over **800 participants** from across the country.



# CONFERENCE OVERVIEW

## WHO SHOULD ATTEND

Attendees represent a broad cross-section of the community ranging from nonprofits, healthcare, education, research, government, law enforcement, faith communities and tribal nations, to mental health professionals including social workers, psychologists, licensed professional counselors, licensed marital and family therapists, licensed alcohol and drug counselors, case managers and peer recovery support specialists, as well as individuals with lived experience, their family members, students and mental health advocates.

## CONFERENCE HOST/INFORMATION MENTAL HEALTH ASSOCIATION OKLAHOMA

With offices in Tulsa and Oklahoma City, Mental Health Association Oklahoma is a statewide, nonprofit organization founded in 1955. It is dedicated to promoting mental health, preventing mental disorders and achieving victory over mental illness through advocacy, education, service and housing. The Association has a reputation for bringing stakeholders together to tackle difficult issues, including improving services for people with mental illness, providing housing and recovery supports, ending homelessness and criminal justice reform as it relates to people impacted by mental illness.

This year's conference will focus on the ever-evolving research and science behind mental illness and recovery, along with the emerging knowledge that will allow us to transform systems and improve the quality of care across the lifespan, inclusive of cultural considerations, as well as at-risk and special needs populations.

## CONFERENCE FORMAT/LOCATION

The 2024 Zarrow Mental Health Symposium will remain a **100% virtual event and professional development opportunity**. Building on our successes and experience gained with the 2020 - 2023 virtual conferences, we are building a robust agenda, with opportunities to learn from nationally recognized speakers, actively engage with presenters and fellow participants and interact with our sponsors and exhibitors. In all, three full days of content will be accessible live, as well as post-event, for a limited time, in our conference archive. This allows attendees to review the presentations and earn additional CEUs. Simply log in from the comfort and safety of your home or office and download the conference app for additional opportunities to network and interact.



# PRESENTATIONS

## PRESENTATIONS

Mental Health Association Oklahoma seeks presentation proposals from presenters around the globe interested in sharing information about treatment modalities, programs, research findings, policies and practices that are informed by science and use creative and innovative approaches to mental health. Presentations utilizing technology, innovative collaborations, new treatment and program models, and emerging knowledge and methodologies are encouraged.

Breakout sessions will be 60 or 90 minutes in length with an emphasis on evidence-based, best practice and/or emerging knowledge. Sessions may feature a single presenter, multiple presenters (3 maximum), or a moderated-panel discussion. Presentations will be 45 or 75 minutes in length and will include 15 minutes of questions and answers and a facilitated discussion at the end. Sessions promoting interactive discussion will be given preference.

## AREAS OF INTEREST

Mental Health Association Oklahoma is seeking a variety of clinical and programmatic presentation proposals addressing strategies, practices, interventions and resources which aid in the healing process and emphasize advancements in the identification and treatment of mental health and related disorders. Proposal topics include research, emerging knowledge and best practices in mental health related to community and policy initiatives, treatment and prevention, recovery supports and cross sector continuum of care. Presentations relevant to the influence of the pandemic, social unrest, creative collaborations, supportive inclusion and resilience, as well as a focus across the lifespan and on at-risk and marginalized populations will be given special consideration.



# PRESENTATIONS

## AREAS OF INTEREST

The following list of topics serves as a starting point, but feel free to make submissions on any topic relevant to the conference theme of Life Stages: Mental Health Across a Lifetime.

- Acute/Chronic Disease and Mental Health
- Adapting to Change
- Adolescent/Teenage Brain
- Addiction/Substance Use Disorder
- Advocacy/Policy
- The Aging Brain/Alzheimer's/Dementia
- Anxiety/Mood Disorders
- Autism Spectrum
- Brain Development
- Bullying
- Caregiver Support/Burnout
- Chronic Pain/Illness
- Collaborative Care
- Co-morbidity
- Compassion Fatigue
- Complementary and Alternative Medicine
- COVID-19/Pandemic Impact
- Death and Dying
- Digital Care Options/Teletherapy
- Diversity, Equity and Inclusion
- Eating Disorders
- Emerging Research/Clinical Modalities
- Environment
- Epigenetics/Genomics
- Ethics
- Family Dynamics/Supports
- Grief and Loss
- Healthcare Integration/Mental Health Equity
- Impact of Social Media/Technology
- Intergenerational Trauma
- Isolation/Loneliness
- Life Transitions
- Maternal/Infant Mental Health
- Military Service and the Brain
- Mindfulness-based Intervention
- Multi-generational Approach to Care
- Novel Drug Therapies
- Nutrition
- Parenting
- Peer Support
- Relationships
- Resilience/Recovery
- Reunification
- Sandwich Generation
- Social Connection
- Socioeconomic Determinants of Health
- Stress
- Suicide Prevention/Post-vention
- Trauma Informed Care
- Treatment Modalities/Interventions
- Treatment Resistant Depression
- Whole Person Health
- Work-Life Balance
- Workplace Mental Health
- Youth/Family Voice



# PROPOSAL APPLICATION REQUIREMENTS

You must submit your workshop proposal online at [zarrowsymposium.org](https://zarrowsymposium.org). For questions, please contact Karen LaPlante at **918.382.2411** or [klaplante@mhaok.org](mailto:klaplante@mhaok.org).

In addition to completing the Request for Proposals application, prospective presenters will be asked to submit the following:

1. Presentation Details, which must include the following:
  - Presentation title (concise, interesting, memorable - 6 words or less)
  - No less than three learning objectives (upon completion of this workshop, participants will be able to...)
  - Presentation Summary: This brief summary/description should detail what attendees can expect to take away from your session and will be used on the conference website and in marketing materials (700 characters, approximately 100 words);
  - Sources/references of content (presenters are expected to include evidence-base and best-practice guidelines as appropriate)
  - A brief summary of what makes you (and your co-presenters) uniquely qualified to present on your selected topic (1750 characters, approximately 250 words)
2. Presentation narrative inclusive of topic to be presented, key points that will be addressed, and alignment with the conference theme/area of interest. A detailed outline of your presentation, inclusive of appropriate resource references, is acceptable.
3. Name, inclusive of academic/professional credentials for each presenter, as it should be listed in conference-related materials (e.g. James W. Smith, Ph.D., LPC). Please note, speaker names are not listed in conference materials as 'Dr. You' must provide your academic/professional credentials.
4. A brief biography for each presenter for use in conference materials with an emphasis on relevance to presentation/conference theme (700 characters, approximately 100 words).
5. A resume or vita for each presenter.
6. Please describe your past presentation experience (e.g. conferences you've previously presented at).
7. Contact information. We require email, affiliated organization, mailing address, and phone number for each presenter and the designated contact person.

Application must be submitted via the online portal found at [zarrowsymposium.org](https://zarrowsymposium.org), no later than **Tuesday, April 9, 2024** to be eligible for consideration.



# PRESENTER TERMS AND CONDITIONS

**In submitting a proposal, I understand that I am agreeing to the following on behalf of all individuals participating in this presentation:**

- Presenter(s) must be available to participate in the conference at the time scheduled by the conference organizers, and at the discretion of the organizers, agree to pre-record their session in whole, or in part, with the assistance of the conference technical support team, inclusive of a session facilitator.
- Presenter(s) acknowledge that they have access to adequate technology (computer, camera, microphone, internet connection/bandwidth, etc.) and presentation environment to execute a presentation in keeping with a professional-caliber conference, and that they are comfortable presenting in a virtual environment.
- Agreement to participate in the conference grants permission for the presentation to be recorded (audio and/or video), photographed, and archived for limited participant playback, as well as used in social media and other conference-related summaries and promotion.
- All presenters will be required to complete a conflict of interest/disclosure statement. Corporate support, if any, must be disclosed.
- Presenter(s) will not promote a specific product and/or service for personal gain during the presentation and will not charge participants for handouts or materials.
- Presenters are expected to submit a copy of their presentation and/or a related workshop summary and support materials, which will be shared with conference attendees. Materials may also be made available post-conference in PDF format via the Zarrow Symposium website.
- All handouts must be received in the requested format by **August 16, 2024**.
- Presentations are expected to last the time specified for your session, inclusive of time for questions and discussion.
- Breakout session presenters will receive a complimentary full conference registration. Maximum number of presenters will vary depending on assigned session length and type. Complimentary registrations are non-transferable.
- Lead presenter is responsible for coordinating all presentation-related details and logistics with co-presenters, including completion of online conference registration and disclosure statements. All presenters are required to register for the conference.





# PRESENTER TERMS AND CONDITIONS

## DISCLAIMER

Mental Health Association Oklahoma reserves the right to exclude incomplete submissions from consideration. Workshops may be combined at the discretion of the Conference Planning Committee. Workshop-related verbiage may be edited for inclusion in conference-related materials.

You will be notified of the Conference Planning Committee's decision by **May 31, 2024**.

Call for presentation submissions will be reviewed and scored using the following criteria:

- Relevance to conference theme
- Potential interest to audience
- Evidence-based/Best practice guidelines (as appropriate)
- Presenter's experience, credentials, and presentation history
- Completeness and quality of required materials
- Incorporation of audience participation
- Inclusion of content with relevant implications for practice

**SUBMISSION DEADLINE - Tuesday, April 9, 2024**

**ZARROWSYMPIUM.ORG**