

Avera Behavioral Health Symposium

Wednesday September 30th 2026

Time	Presentation	Presenter
8:45 AM	Welcome & Introduction	Thomas Otten, MA, LPC-MH
9:00 AM - Ballroom *Opening Keynote*	Culture of Excellence	Scott Kartvedt, MBA
10:00 AM	Break & Vendors	
10:15 AM – Ballroom	Walking the Hard Road: 10 Practical Tools to Go Beyond “I’m sorry” in Grief Counseling/Support	Mary Weber, MS, LPC, LMFT
10:15 AM- Parlour	Beyond the Baby Blues: Clinical Recognition & Treatment of Perinatal Mental Health Conditions	Briana Powell, PMHNPN CN-W
11:00 AM- Ballroom	Malignant & Covert Narcissism: Definitions, Etiology, Recognition & “Treatment”	Dr. Wallace Jackmon, PhD, LCSW-PIP
11:00 AM- Parlour	Reaching Rural Veterans & Military Families in South Dakota	Jade Ronk, MSW, LCSW, QMHP
11:45 AM - 1:00 PM	Lunch- Provided	
1:00 PM- Ballroom *Keynote*	When Patients Turn to Chatbots	Dr. Nina Vasan, PhD
2:00 PM – Ballroom	Eating Disorders Are Everyone’s Business: Ethics, Clinical Competence, and Behavioral Health Clinician’s Role	Dr. Trisha Gaudig, PhD, LP
2:00 PM - Parlour	Arenas for Change – A Model for Equine Assisted Counseling	Natasha Kellenberger, LMFT Brenda Ling, MSW, CSW-PIP Carissa Palmberg, MS, LPC, LAC
2:45 PM	Break & Vendors	
3:00 PM – Ballroom	Youth Mental Health, Trauma, Resilience: Strength-Based Strategies for Prevention & Healing	Terry Liggins, MPA, SD-ACES-MY, CHW
3:00 PM - Parlour	Social Drivers of Health	Amanda Kriens, C-CHW
3:45 PM	Break & Vendors	
4:00 PM- Ballroom *Closing Keynote*	How to Love Your Craft Without Burning Out	Dr. David Bauman, PsyD Dr. Bridget Beachy, PsyD
5:00 PM	Closing Remarks	Thomas Otten MA, LPC-MH

Avera Behavioral Health Symposium

09/30/2026 at 08:00 AM to 05:00 PM

Live Activity

Purpose:

The 2nd Annual Avera Behavioral Health Symposium is an interprofessional educational activity designed to equip healthcare professionals with current evidence-based approaches to behavioral health assessment, treatment, and care coordination across the continuum of care. Participants will explore emerging trends in trauma-informed care, suicide prevention, addiction treatment, social media influences on mental health, artificial intelligence in healthcare, ethical decision-making, compassion fatigue, and provider well-being. Through expert presentations and collaborative discussions, learners will develop practical strategies to improve patient outcomes, strengthen interdisciplinary teamwork, enhance ethical practice, and promote resilience among healthcare professionals.

Objectives:

- 1 Examine evidence-based strategies to address burnout, secondary traumatic stress, compassion fatigue, moral injury, and vicarious trauma.
- 2 Review the mental health hold process in South Dakota.
- 3 Examine latest evidence surrounding the impact of social media use and how it can contribute to increased anxiety and depression.
- 4 Understand the ethical implications associated with smartphone technology and social media use from a social and professional perspective.
- 5 Discuss the impact of harm reduction and low-threshold addiction treatment on improving whole person outcomes.
- 6 Apply best ethical practices in deploying patient-facing, care planning and back-office AI applications.
- 7 Discuss the concept of compassion fatigue and vicarious trauma and its effects on individuals in support roles.
- 8 Examine evidence-based strategies to address burnout, secondary traumatic stress, compassion fatigue, moral injury, and vicarious trauma.
- 9 Discuss why collaboration with other mental health providers is needed to improve patient care and address ethical considerations.

Target Audience:

Physician, Nurse - RN, Technician, Social Worker, Counselor / Therapist, Nurse - Nurse Practitioner, Addiction and Prevention Professionals, Psychologist, Nurse -LPN/LVN

For successful completion:

- Attend education
- Complete evaluation

Accreditation & Credit Designation:

Accreditation



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Avera is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Continuing Education Credit Designation(s)



IPCE CREDIT™

IPCE (Team-based): This activity was planned by and for the healthcare team, and learners will receive 6.25 IPCE credit(s) for learning and change.

REMINDER

Attendance can be texted up to 24 hours after the activity



Medicine CME: Avera designates this live activity for a maximum of 6.25 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurse CE: Avera designates this activity for a maximum of 6.25 ANCC contact hour(s). Nurses should claim only the credit commensurate with the extent of their participation in the activity.



Social Work: As a Jointly Accredited Organization, Avera is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 6.25 Ethics continuing education credit(s).

Counselors, Marriage and Family Therapy (SD Board of Examiners): Avera is a recognized provider of continuing education, for all counseling related content, for the South Dakota Board of Examiners for Counselors and Marriage and Family Therapists. Social Workers will receive 6.25 continuing education clock hour(s) for participating in this course.

Disclosure Policy:

Due to the regulations required for CE credits, all conflicts of interest that persons in a position to control or influence the education must be fully disclosed to participants. In observance of this requirement, we are providing the following disclosure information: all relevant financial relationships disclosed below have been mitigated.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Kelsey Bahr, RN, Nurse	Committee Planning Member	Nothing to disclose
David Bauman, PsyD	Faculty	Ownership-Beachy Bauman Consulting, PLLC
Bridget Beachy, PsyD	Faculty	Ownership-Beachy Bauman Consulting
Tracy Bird, MPH, Educator	Committee Planning Member	Nothing to disclose
Shantrel De Jong, BS	Committee Planning Member	Nothing to disclose
David Ermer, MD	Committee Planning Member	Nothing to disclose
Trisha Gaudig, Ph D	Faculty	Nothing to disclose
Paige Goldade, RN, Clinical Nurse Educator	Committee Planning Member	Nothing to disclose
Julia Hershman, BSW, Social Worker	Committee Planning Member	Nothing to disclose
Wallace Jackmon, Ph D, Clinical Psychology	Content Expert - Committee Member, Faculty	Nothing to disclose
Scott Kartvedt, MBA	Faculty	Nothing to disclose
Natasha Kellenberger, LMFT	Faculty	Nothing to disclose
Gracee Krall, RN, Nurse	Committee Planning Member	Nothing to disclose
Amanda Kriens, C-CHW, Behavioral Health Care Manager	Faculty	Nothing to disclose
Terry Liggins, MA, SD ACES and Resilience MT, Community Health Worker	Faculty	Nothing to disclose
Brenda L Ling, MSW, Social Worker	Faculty	Nothing to disclose

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Lawrence Ling, MSW, Social Worker	Committee Planning Member	Nothing to disclose
Thomas Otten, LPC-MH, Administrator	Faculty	Nothing to disclose
Carissa Palmberg, LPC, LCA	Faculty	Nothing to disclose
Briana Powell, APRN, PMHNP, CNM	Faculty	Nothing to disclose
Vonda Reed, A.S. Accounting, Accountant	Committee Planning Member	Nothing to disclose
Jade Ronk, MSW	Faculty	Nothing to disclose
KELSEY SJAARDA, MSW, Social Worker	Lead Planner	Nothing to disclose
Christa Sobocinski, BA, Medical Educator	Committee Planning Member	Nothing to disclose
Nina Vasan, MD	Faculty	Nothing to disclose
Mary Weber, LPC	Faculty	Nothing to disclose

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