HOPE Consortium Conference

August 26 & 27, 2019

Nicolet Technical College
Rhineland, WI
Welcome

It is with great pleasure that we welcome you to the 3rd annual HOPE Consortium Conference. This conference is brought to you in part by Family Health Center of Marshfield, Inc., a member of Marshfield Clinic Health System, and Wisconsin Department of Health Services, Division of Care and Treatment Services.

HOPE Consortium, formed in 2015, is a partnership of organizations in northern Wisconsin that came together in response to grant funding available under Wisconsin HOPE legislation to address growing problems associated with opioid abuse, and in 2017 was expanded to include the provision of care for those affected by methamphetamine use. HOPE Consortium represents a collaborative rural model for substance use disorder treatment and recovery support. Partner agencies pool resources to support use of evidence-based practices and a regional recovery-oriented system of care. Those served include men, women, and affected family members, with priority for women of childbearing age, who live in Oneida, Vilas, Forest, Price, or Iron Counties or Forest County Potawatomi, Lac du Flambeau Chippewa, or Sokaogon Chippewa Tribal Nations. Family Health Center of Marshfield, Inc., serves as the grantee and provides staff support to the HOPE Consortium.

A special thank you goes out to the HOPE Steering Committee members and staff at Family Health Center of Marshfield, Inc., for all of their work and guidance in planning this Conference. Our theme for this year is self-care/mindfulness for professionals who work in helping careers to avoid burnout.

Thank you to the University of Wisconsin – Stevens Point Continuing Education Office for helping with the logistics. Finally, thank you for joining us! It is inspiring to gather with so many individuals dedicated to making a difference in our communities!

Everything you need is already inside you. Don’t wait for others to light your fire. You have your own matches.
~ UNKOWN
**General Information**

**Hotel Check-in/out:** Participants can check-in to their rooms beginning at 3:00pm daily and must check out of their rooms no later than 11:00am.

**Evaluations (New This Year):** Participants will have the option to fill out session and overall conference evaluations after the conference through an online link that will be emailed or can use paper versions found at the registration desk.

**Name Tags:** Be sure to have your name tag visible for admittance into sessions and meals. If you indicated a special dietary request, you will find a yellow ticket in the back of your name tag. Please show ticket to catering staff and they will assist you.

**Photo/Video Disclaimer:** Organizers of the HOPE Consortium Conference will be taking photographs and videos throughout the event. By attending, you are granting permission to the organizers to:

- Photograph and video-record you at the conference.
- Copyright, use, re-use, publish, republish and/or edit these images and/or videos.
- License and distribute these images and/or videos for education purposes, to promote future HOPE Consortium events.

If you do not wish to be photographed or video-recorded, contact Danielle Luther at 715-387-9180.

**Prize Drawings:** Conference participant names will be entered for drawings to be held during the closing session on Tuesday. Turn in your name badge to enter. Must be present to win.

**Website Access for Handouts:** All handouts received prior to the training are posted online. Continue to check the website after the conference for additional materials and full presenter biographies. Handouts can be found here: https://hopeconsortium.org/trainings/

**Substance Abuse Counselor Continuing Education Credits**

Certified substance abuse counselors can earn continuing education credits at the conference. For those certified substance abuse counselors-in-training who registered with the Wisconsin Certification Board, the continuing education credits may count toward the 360 hours required to obtain certification as a substance abuse counselor, only if they have received a total of 100 hours of approved education.*

For those individuals who are planning to apply for the substance abuse counselor-in-training certificate, continuing education hours may count towards the initial 100 hours required for certification as a substance abuse counselor-in-training.

*As per 2017 Wisconsin ACT 262 enacted April 19, 2018.

If you have questions, please contact the Department of Safety and Professional Services to verify.

**Website Access for Handouts:** All handouts received prior to the training are posted online. Continue to check the website after the conference for additional materials and full presenter biographies. Handouts can be found here: https://hopeconsortium.org/trainings/

**Wireless Internet:** Guest wireless internet is available through NicoletPublic and there is no password.

**Booths:** The Conference will feature exhibits from organizations and agencies throughout Wisconsin. This year we welcome the following exhibitors:

- Ascension/ Women’s Outreach
- Family Health Center of Marshfield, Inc.
- HOPE Consortium Care Coordinators
- Lac du Flambeau Tribe – Planning and Development
- Marshfield Clinic Health System AmeriCorps Recovery Corps
- Price County Department of Health and Human Services
- The Human Service Center
- And more!

**Continuing Education Hours (CEHs)**

CEHs for the training are tracked by UWSP Continuing Education and have been endorsed by The National Association of Social Workers and the UWSP Department of Sociology and Social Work. Please indicate the sessions you attend on your Certificate of Completion form, sign the bottom, and retain the white copy as proof for license renewal. Turn in the yellow copy to the registration desk before you leave; they are kept on file at UWSP Continuing Education.
## SESSION OVERVIEW: DAY ONE

**Monday, August 26, 2019**

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<td>8:00am - 9:00am</td>
<td>Breakfast and Registration</td>
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**Theatre**

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<td>9:00am - 9:15am</td>
<td>Welcome &amp; Announcements: Danielle Luther, Project Manager</td>
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<td>&amp; Sheila Weix, Director of Substance Abuse Services, Family Health Center ofMarshfield, Inc.</td>
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**Theatre**

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<tr>
<td>9:15am - 10:30am</td>
<td>Welcome: Ogichidaa Singers</td>
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<td></td>
<td>~Lac du Flambeau School and Brian Jackson, Healthier Community Action</td>
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<td>Team (HCAT) Behavioral Health Project Director</td>
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**Welcome:** Ogichidaa Singers  
~Lac du Flambeau School and Brian Jackson, Healthier Community Action Team (HCAT) Behavioral Health Project Director  
**Keynote:** Baked and Wired  
~Dave Nelson, PhD, Professional Counselor and Published Author  

Professional burnout is something we all face in the field of human services. Self-care is paramount to avoid getting a little too baked and wired professionally and personally. Learning how to keep yourself fresh and resilient in the midst of the fires of helping others will be discussed and practiced, with a special emphasis on mindfulness.

**Objectives:**  
- Identify signs of burnout  
- Learn a simple mindful strategy that can be applied in most situations  
- Have an opportunity to practice a variety of mindful techniques  

**BREAK 10:30am - 10:45am**

**SESSION ONE**

1. WI Prescription Drug Monitoring Program (PDMP) Overview for Law Enforcement  
~Andrea Magermans, Managing Director, Wisconsin Prescription Drug Monitoring Program, Wisconsin Department of Safety and Professional Services  
**Tamarack Center 110**

Hear an overview of law enforcement use of the WI PDMP, highlighting similarities and differences between what law enforcement and healthcare providers can see.

**Objectives:**  
- Explain how the WI PDMP can be used by law enforcement  
- Describe the law enforcement reporting requirement for entering into the WIPDMP  
- Express the value of the law enforcement reporting for healthcare decision support
2. Natural Methods for Managing the Anxiety of Withdrawal
~ Dave Nelson, PhD, Professional Counselor and Published Author

Theatre

Withdrawal from addictive substances brings fear and anxiety to people we serve. Dr. Nelson will share natural and easy strategies to use in assisting individuals to manage their anxiety from physiological discomfort associated with withdrawal. These are easy to teach and practice, and delivered with a hearty dose of laughter and levity.

Objectives:
- Understand the basic strategy of natural anxiety management
- Learn the only cognitive reframe you will need to help your clients refocus and make changes
- Learn and practice a wide variety of anxiety management techniques based on mindfulness, imagery, and humor

3. Drug Trends Related to Marijuana
~ Sheila Weix, MSN, RN, CARN, Director of Substance Abuse Services, Family Health Center of Marshfield, Inc.

Second Floor Lakeside

Marijuana use is becoming increasingly common across the United States as individual states continue to approve its use for medicinal and recreational purposes. Increasingly, providers outside the field of substance use disorder treatment are telling their patients about marijuana, which can present as a challenge for the substance use disorder treatment provider. In addition, differences in the legal status of marijuana between states (e.g., Wisconsin and Michigan) can influence trends in availability and prevalence of use.

Objectives:
- Understand trends in the use of marijuana regionally, statewide, and nationally
- Appreciate the challenges faced by substance use disorder treatment providers related to marijuana use
- Critically assess claims regarding the use of marijuana for medicinal and recreational purposes

LUNCH 12:00pm – 1:00pm

The one thing you can control is how you treat yourself. And that one thing can change everything.
~ LEEANA TANKERSLEY
4. An Introduction to Trauma-Informed Responses for Criminal Justice Professionals
   ~ Ashley Drexler, Corrections Field Supervisor, Wisconsin Department of Corrections - Division of Community Corrections
   Second Floor Lakeside

This interactive session is tailored to community-based criminal justice professionals as an introduction to trauma and trauma-informed responses. Participants will learn the impact of trauma on behavior and the interconnectedness of trauma and justice-involved individuals. Additionally, participants will be introduced to how trauma-informed criminal justice responses can help avoid re-traumatizing individuals, increase safety for all, promote recovery, and decrease recidivism.

Objectives:
- Define trauma
- Better understand the impact of trauma on behavior
- Learn what it means to practice trauma-informed responses

5. WI Prescription Drug Monitoring Program (PDMP) Overview for Providers
   ~ Brooke Bartholomew, SAC-IT, Care Coordinator - Substance Use Disorders, Family Health Center of Marshfield, Inc. - Alcohol and Drug Recovery Center, Minocqua
   ~ Andrea Magermans, Managing Director, Wisconsin Prescription Drug Monitoring Program, Wisconsin Department of Safety and Professional Services
   Tamarack Center 110

Learn an overview of how the WI PDMP can be used by providers, highlighting features that make the PDMP an effective tool for clinical decision support, prescribing practice assessment, interdisciplinary communication, and public health analysis. Hear from a provider who uses the PDMP actively to support patient care.

Objectives:
- Explain how the WI PDMP can be used by providers as a clinical decision support tool
- Describe how the WI PDMP can be used as a prescribing practice assessment tool
- Express the value of the interdisciplinary communication component of the WI PDMP for healthcare decision support

For every reason it's not possible, there are hundreds of people who have faced the same circumstances and succeeded.
~ JACK CANFIELD
6. Criminal Gang Facts and Fiction
~ Bryan Kastelic, Special Agent, Wisconsin Department of Justice – Division of Criminal Investigation, Native American Drug & Gang Initiative (NADGI)

Criminal Gangs Facts and Fiction looks at the 21st Century realities and myths of criminal gangs. By utilizing an overview of several gangs the attendee will gain a knowledge of similarities and signs of criminal gang activity.

Objectives:
- Identify the history and development of criminal gangs and how technology has bonded and morphed many gangs throughout Wisconsin
- Identify common signs and signatures of criminal gang involvement as well as associated crimes (e.g., drug and human trafficking)
- Identify strategies to address criminal gang activities

BREAK 2:00pm – 2:15pm

SESSION THREE
2:15pm – 3:30pm

7. Historical Trauma and Inter-Generational Trauma Effects on Tribal Families
~ Alton “Sonny” Smart, Professor of Social Work, University of Wisconsin – Stevens Point, Department of Sociology & Social Work

Tamarack Center 110

This presentation will educate practicing professionals or others interested in understanding the historical effects traumatic policies on tribal people. The presentation will also focus on the historical resilience factors being used to help tribal families today.

Objectives:
- Understand etiology of Inter-generational Trauma effects on the four aspects of SELF
- Understand how Historical Trauma affected tribal people and its current effects on behavior
- Understand the use of Inter-generational Resilience factors to help in the healing process for tribal families as well as other families

We generate fears while we sit. We overcome them by action.
~ DR. HENRY LINK
8. The Impact of Scarcity
~ Tony Iniguez, Trauma Education Specialist, Marshfield Child Advocacy Center, Marshfield Clinic
Second Floor Lakeside

When our brain and body perceive scarcity, whether it's food, love/relationships, safety, shelter, sleep or recognition, it hijacks our brain's capacity for reasoning and logic. Scarcity impacts our decision making, our mental state, our reward systems, our functional IQ and our capacity to heal. We will explore a simple framework that will help guide individuals from vulnerability and scarcity towards resilience and healing.

Objectives:
- Recognize the impact of scarcity on healthy choices and positive life outcomes
- Recognize that the brain's capacity for learning and healing is affected by our mental state and drive for attainment of basic needs
- Incorporate trauma responsive strategies to meet the brain's need for relationally mediated approaches, to triage basic needs, and to promote healing through a better understanding of neurobiology

9. Drug Trends in Northern Wisconsin
~ Tony Crum, Detective Sergeant, Forest County Sheriff’s Office
~ Tim Gensler, Investigator, Oneida County Sheriff’s Office
Theatre

Hear an overview of how to recognize specific drugs, how they are commonly used, and some of the effects a person may exhibit if they are under the influence of these substances.

Objectives:
- Recognize drugs that are trending in the area
- Recognize how these substances are being ingested, manufactured, and delivered
- Recognize the symptoms these substances may cause a person to exhibit

BREAK 3:30pm – 4:00pm
SESSION FOUR
4:00pm – 5:00pm

10. Family Circles 7 Grandfather Teachings
~ Brian Jackson, Healthier Community Action Team (HCAT) Behavioral Health Director, Lac du Flambeau Public School
~ Lisa Schuman, Prevention Coordinator, Lad du Flambeau Public School

Theatre

Learn about the Family Circles Program, which focuses on wellness and identity through the lens of Ojibwe 7 Grandfather Teachings. Hear about lessons learned and how to engage the whole family.

Objectives:
- Learn about culturally responsible teachings
- Use this method as a community engagement model
- Learn about life in Indian Country

11. Living on a Budget
~ Michael Larson, PhD, Clinical Pain Psychologist, Marshfield Clinic – Minocqua Center; Director of Scheduled Medication Policy, Marshfield Clinic Health System
~ Jean Yeater, Patient Financial Navigator, Family Health Center of Marshfield, Inc. - Alcohol and Drug Recovery Center, Minocqua

Tamarack Center 110

Review basic information about prioritizing spending while living on a budget. Hear about how healthcare is helping to support its patients in achieving success. Learn how you can apply what you learned in your professional career.

Objectives:
- Prioritize bills and plan spending
- Set goals and plan for the future
- Understand the psychological explanation of issues that lead to emotional spending

12. Evidence Based Practices and Collaborative Supervision
~ Ashley Drexler, Corrections Field Supervisor, Wisconsin Department of Corrections - Division of Community Corrections

Second Floor Lakeside

Participants will gain an understanding of how risk assessments and evidence based practices play a role in offender case management. Basic information will be provided on offender risk scales, criminogenic needs and collaborative treatment strategies. This session is suited for those that provide services to those involved with the criminal justice system.

Objectives:
- Understand the Risk, Need and Responsivity Principle
- Identify criminogenic needs
- Recognize the importance of cross-collaboration to reduce recidivism
5:15pm - 6:15pm
Theater

SCAODA Listening Session (Optional)

The SCAODA Listening Session is an opportunity for the State Council to gather input from the general public and/or conference participants on directions for utilization of the Substance Abuse Block Grant funds and programmatic changes. Everyone is invited to attend with questions related to state substance abuse planning and infrastructure. Input will be collected by State Council Representatives and staff.

A light meal and refreshments will be provided.

SESSION OVERVIEW: DAY TWO

Tuesday, August 27, 2019

7:30am - 8:30am
Theatre
Breakfast and Registration

8:30am - 8:45am
Theatre
Welcome & Announcements

8:45am - 9:45am
Theatre

Opening Session: State Panel Discussion

~ Paul Krupski, Director of Opioid Initiatives, Wisconsin Department of Health Services
~ Scott Stokes, Section Chief, Substance Abuse Services, Wisconsin Department of Health Services

Representatives from state leadership positions will talk about substance abuse and their role in helping to develop programs, practices and policies to support communities in reducing opioid abuse and methamphetamine use.

BREAK 9:45am - 10:00am

Self-care is how you take your power back.
~ LALAH DELIA
SESSION FIVE
10:00am – 11:00am

13. Readiness for Recovery (Recovery POD and Programs)
~ Julie DeVerney, LCSW, Medical Social Worker, Peter Christensen Health Center
~ Ashley Drexler, Corrections Field Supervisor, Wisconsin Department of Corrections - Division of Community Corrections
~ Tammy Duwe, Corrections Sergeant, Vilas County Jail
~ Heather Gehrig, Recovery Coach, Marshfield Clinic Health System - Center for Community Health Advancement, Minocqua
~ Richard McCoy, Spiritual Mentor/Administrator, Circle of Change
~ Pasangi S. Perera, MS, Epidemiologist, Great Lakes Inter-Tribal Epidemiology Center, Great Lakes Inter-Tribal Council Inc.
~ Christine Rencontre, PhD, Grant Writer, Lac du Flambeau Band of Lake Superior Chippewa Indians Planning and Development Department
~ Sara Richie, MS, Health & Well-being Extension Educator, University of Wisconsin - Madison Division of Extension, Oneida, Vilas and Forest Counties
~ Randy Samuelson, Health Administrator, Peter Christensen Health Center
~ Patty Thompson, Administrator, Gookomis Endaad Treatment Facility
~ William Weiss, Vilas County Jail Administrator, Vilas County Sheriff’s Office
~ Jay Wentworth, Administrator, Circle of Change/ Empowered Affiliates
~ John Young, MS, Resource Development Specialist, Lac du Flambeau Tribal Planning Department

Second Floor Lakeside

A majority of the team will be present to talk about the Vilas County Jail program. The Jail has developed a 14 bed male Addiction Recovery POD and an 8 bed female Addiction Recovery POD for people that wish to recover from drug and/or alcohol addiction and make a change in their lives. There are many core programs that participants in the Recovery PODS must attend.

Objectives
• Define MRT
• Define SMARTRecovery
• Understand what a Recovery POD is
14. Supporting the Challenging Client in Recovery
~ Lorie A. Goeser, Consultant, Professional Trainer and Clinical Supervisor for Substance Use Disorder Treatment Services, Rosenweg Services, LLC
Theatre

This session will offer attendees the opportunity to participate in a discussion on strategies, structure, and interventions to help the challenging client become engaged to take on the tasks for their recovery. Learn about how the challenging client is unique at times in how the symptoms of addiction and their own personality traits can be their best assets for recovery as well as one of the strongest barriers. Focus on the little steps and “not feel like you are drowning” in the process. Practice reframing providers’ thinking for self-care and having balance to assist a client in the journey of recovery.

Objectives:
- Identify two strategies to assist in engagement of the challenging client
- Learn and practice two self-care techniques to use in the work setting
- Learn how to use the treatment plan as a tool with the challenging client

15. Stealing Your Smile: Substance Abuse and Your Teeth
~ Kirandeep Kaur, DDS, Dentist, Family Health Center of Marshfield, Inc.
~ Janis Falesch, RDH, Dental Hygienist, Family Health Center of Marshfield, Inc.
~ Shari Danielson, Dental Center Manager, Family Health Center of Marshfield, Inc.
Tamarack Center 110

Discuss the correlation between oral health and substance abuse and learn about what help we can provide as dental providers. Access to oral care can increase patient confidence through the recovery process to assist in getting back into society by addressing dental needs.

Objectives:
- Understand the impact of substance abuse on oral health
- Learn about resources that dental professionals can provide
- Discuss the role of dental professionals in restoring patient confidence by addressing dental needs during the recovery process

BREAK 11:00am - 11:15am
SESSION SIX
11:15am – 12:15pm

16. Recovery Journey
~ Becky Boquist, Program Manager - Recovery Corps, Marshfield Clinic Health System - Center for Community Health Advancement, Minocqua
~ Jeff Frye, Recovery Coach, Marshfield Clinic Health System - Center for Community Health Advancement, Minocqua
~ Jessica Steinmetz, Recovery Coach, Marshfield Clinic Health System - Center for Community Health Advancement, Minocqua

Second Floor Lakeside

Listen to a brief overview of the Marshfield Clinic Health System Recovery Corps program and then delve into the personal recovery stories of two local recovery coaches.

Objectives:
- Gain a greater understanding of substance use disorder
- Reduce the stigma associated with substance use disorder
- Learn about MCHS Recovery Corps as a local resource

17. Pee with a Purpose: UDT and Other Assessments to Monitor Treatment Adherence and Progress
~ Michael Larson, PhD, Clinical Pain Psychologist, Marshfield Clinic - Minocqua Center; Director of Scheduled Medication Policy, Marshfield Clinic Health System

Tamarack Center 110

Review basic information about the techniques used to monitor treatment adherence in substance use disorder treatment. Discuss urine drug testing and other methods (e.g., saliva).

Objectives:
- Learn basic ways to monitor adherence to treatment for substance use disorders
- Understand how to review the results with patients in a motivating and effective manner
- Review basic options including urine and saliva

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Don’t let yesterday take up too much of today.
~ WILL ROGERS
18. Benefits of Utilizing an Integrated Model of Treatment for Co-occurring Disorders
~ Katherine Tagalos, LPC, CSAC, Psychotherapist, Ascension Koller Behavioral Health Theatre

With such high rates of co-occurring diagnoses, it is important to provide holistic treatment to meet the needs of the “whole person.” An integrated treatment approach does just that by assessing and concurrently treating one’s individual needs, including mental, physical, and emotional health.

Objectives:
• Explain what integrated treatment model includes
• Why integrated treatment is effective
• Learn about treatment access barriers

LUNCH 12:15 – 1:00pm

1:00 - 2:15pm
Theatre

Closing Remarks
~ Attorney General Josh Kaul

Closing Keynote: The Dark Storm in the Bright Sky – Substance Use in Rural Wisconsin
~ Lorie A. Goeser, Consultant, Professional Trainer and Clinical Supervisor for Substance Use Disorder Treatment Services, Rosenweg Services, LLC

Substance use in rural areas has become the silent storm that is devastating families, communities and lives. This plague of devastation has engulfed close knit communities when no one was watching. The inherent strength, resiliency and resourcefulness of those living in the rural areas of Wisconsin are the key to addressing this substance use devastation. Teamwork, understanding of substance use recovery, welcoming new paths to recovery, and use of technology are key to the healing and recovery of our rural areas. Hear about how the positives of rural living help keep us grounded to do this healing.

Objectives:
• Identify two key factors in creating the inequalities of rural substance use
• Identify three strengths in rural communities to address substance use
• Practice a grounding exercise related to rural culture

CLOSING & PRIZES
2:15pm - 2:30pm
### Day 1 - Monday, August 26, 2019

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<td>Opening Keynote</td>
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<td>Transition to Breakouts</td>
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<td>10:45 – 12:00</td>
<td>Breakout Session 1</td>
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<td>12:00 – 1:00</td>
<td>Lunch</td>
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<td>Transition to Breakouts</td>
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<td>Breakout Session 3</td>
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<td>Afternoon Break with Snack</td>
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<td>Breakout Session 4</td>
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<td>End of Conference Day 1</td>
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<td>5:15 – 6:15</td>
<td>SCAODA Listening Session (optional)</td>
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<td>Breakout Session 6</td>
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<td>12:15 – 1:00</td>
<td>Lunch</td>
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<td>1:00 – 2:15</td>
<td>Closing Keynote</td>
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<td>2:15 – 2:30</td>
<td>Closing &amp; Prize Distribution</td>
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**LEARN MORE**

www.hopeconsortium.org

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