

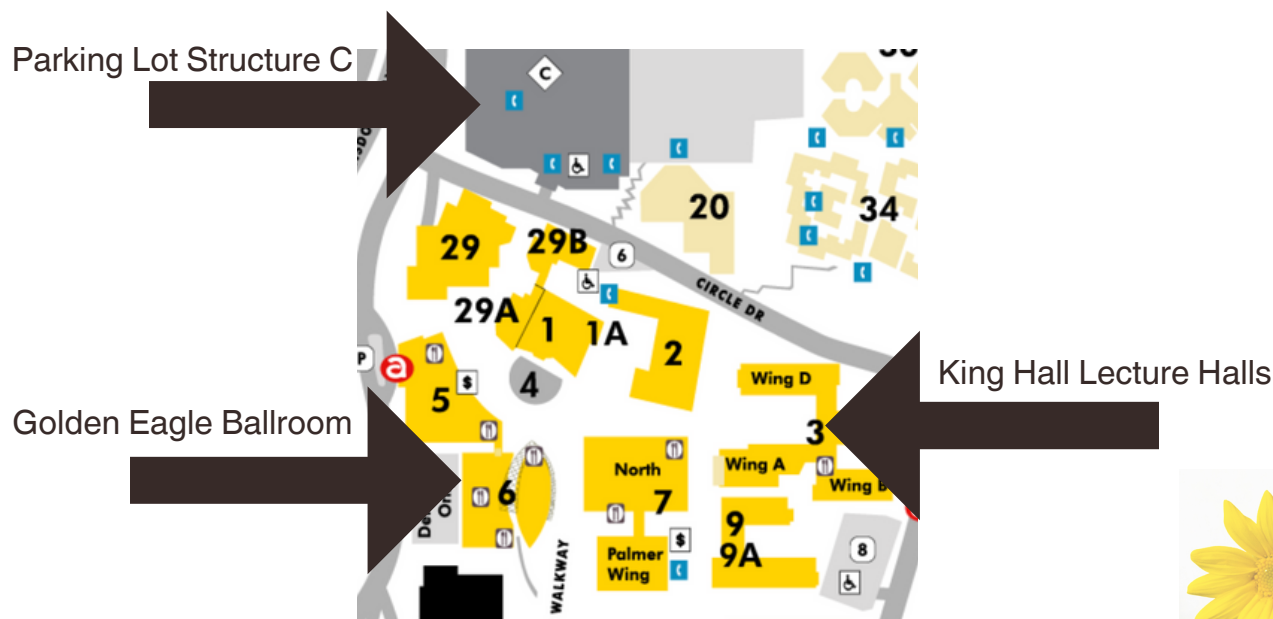


# 8th Annual Mental & Behavioral Health Conference

*Finding your Flow: Mindfulness and Well-Being*  
March 22, 2024

The annual Mental and Behavioral Health Conference hosted by Cal State LA, is a training and professional development opportunity focusing on innovative theory, research, and evidence-based practice. This conference emphasizes the need for collaborative practice to support the successful behavioral and mental health needs of individuals across the lifespan.

## SESSION LOCATIONS & PARKING



### MBH 2024 CONFERENCE PLANNING COMMITTEE

ROBIN DODDS, NICHOLAS B. CASIAS, KEZIA GOPAUL-KNIGHTS, EMILY J. HERNANDEZ, JIWON "LEXI" HWANG, CHRISTIAAN KIER, & JENNIFER R. WEYMAN

**California State University, Los Angeles**  
**5151 State University Dr, Los Angeles, CA 90032**

	GOLDEN EAGLE BALLROOM		KING HALL B2005	KING HALL C2091	KING HALL C3097
Welcome & Keynote 9:00-9:45am	What Does Mindfulness Have to do with Burnout? Fullchange, A.				
Breakout 1 10:00-10:50am	Evidence Based Practice through Collaborative Partnerships: Introducing CAPTAIN LA resources for Professionals and Families Serving Persons with Autism Espinoza, S., Smith, C., Symon, J., & Chang, Y.		Promoting Teacher Wellness and Counteracting Burnout Through the Implementation of Focus-Promoting Strategies for Diverse Multilingual Students with ADHD Montanari, S.	Be Kind to Your Mind Paul, H.	Cross-Racial Mentoring Relationships: The Impact of Racial Identity and the Perception of Multicultural Competence Henderson, R.
Breakout 2 11:00-11:50am	Challenging Epistemic Injustice: Neurodivergent Clients as Experiential Experts Figueroa, C., & Canfield, A.		Calming and Accessible Body-Based Methods of Somatic Therapy for Anxiety Ulibas, V.	Mindfulness App for Parents of Children with Disabilities or Special Health Care Needs: Impacts on Health and Well-being Dodds, R.	Investigating School Psychology Practices in the US and Beyond To, L., Valencia, V., & Quintana, J.
12:00-12:30pm	Audiojack Immersive Soundscape Tobin, D.				
12:30-1:00pm	Lunch (Boxed Lunch Provided)				
Breakout 3 1:10-2:00pm	Appropriately Utilizing Artificial Intelligence (AI) Tools in the Counseling Domain: A Balance Between Technological Advancement and Human Involvement Kier, C.	Poster Session	Social Media's Mental Health Impact on Marginalized Youth Israel, R.	Empowering Healing Through Community: Understanding and Supporting Individuals with Co-Occurring Disorders Juarez, A., & Mancera, C.	LGBTQ+ 101: Harm Reduction and HIV Health Access Anguiano, W., & Hodge, K.
Breakout 4 2:10-3:00pm	The Impact and Treatment of Adverse Childhood Experiences: Therapies in the Reentry Lifeworld and Beyond Stein, J. Project Rebound		Psychedelic Integration Williams Awodeha, N.	Strategies to Assess Familial History of Trauma and Resilience of Youth, Young Adults and Adults Kelly, N.	Mindfulness-Based Approaches to Address Sexual Desire Discrepancy in Same-Sex Relationships Irmes, J.
3:10-4:00pm	Interdisciplinary Panel Barcelona, J., Casas, N., Clarke, C., Javier, J., Morales, G., Munguia, V., Perez, V., Serio, L., & Villalva, L.				