

ADVISORY | **FOR IMMEDIATE RELEASE** | October 22, 2021

McInerny to kick off the N.D. Behavioral Health & Children and Family Services Conference on Oct. 26 in Bismarck (and virtually)

BISMARCK, N.D. – Author and podcast creator **Nora McInerny** will kick off the North Dakota Behavioral Health and Children and Family Services Conference with a keynote address at 8:30 a.m. CDT, on Tuesday, Oct. 26, at the Bismarck Event Center and virtually.

WHAT: This is the first conference sponsored by the North Dakota Department of Human Services focused on blending behavioral health with child and family well-being and resiliency topics. Details about the Oct. 26-27 conference are available online at www.behavioralhealth.nd.gov/conference.

WHO: Other featured speakers include:

- **Joyce Marter**, a licensed clinical professional counselor, will share ways individuals can support their mental health and wellness and build healthy relationships.
 - Oct. 26, 12:15 - 12:45 p.m. CDT: Mindfulness meditation experience, Prairie Rose rooms 101-104
 - Oct. 26, 1:30 - 2:30 p.m. CDT: "The Psychology of Success: How to Cultivate Positive Mental Health and Holistic Wellness" keynote session in Hall A
 - Oct. 26, 3 - 4 p.m. CDT: "How to Practice Self-Care, Access Real Support, and Increase Work Satisfaction," breakout session in Hall A
- Author and podcaster **John Moe** will explore society's reluctance to discuss mental illness and offer ways to overcome the stigma for a more fulfilling life.
 - Oct. 27, 8:30 - 9:30 a.m. CDT: "How I Discovered How Hilarious Depression Truly Is," keynote session in Hall A
- Child welfare professional **Matt Gebhardt** from Casey Family Programs will discuss the transformation of North Dakota's child welfare system and what this means for supporting families and keeping children safe.
 - Oct. 27, 12:30 - 1:30 p.m. CDT: "Transformation of 21st Century Child Welfare System," keynote session in Hall A
- **Ben Nemtin**, author and cast member of MTV reality show "The Buried Life," will discuss how to rethink mental health to build resilience, lower stress and become equipped to manage the ups and downs of life.
 - Oct. 27, 3:15 - 4:30 p.m. CDT: "Resilience in the Face of Uncertainty," keynote session in Hall A

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