



Better Choices, Better Health® SD (BCBH) Network Conference

2017 Theme: A Day in My Shoes

AGENDA

DAY 1 - Wednesday October 4, 2017

1:00-2:00 pm	Conference Registration
2:00-2:30 pm	Welcome and Conference Kick-off
2:30-3:30 pm	A Conversation with Dr. Kate Lorig ~ Engage in dialogue with Dr. Kate Lorig, founder of Chronic Disease Self-Management Education Programs and Partner in the newly formed Self-Management Resource Center.
3:45-4:45 pm	<p>BREAKOUT SESSIONS - You may choose to attend one of the sessions below.</p> <p>Reinvestment in BCBH Knowledge ~ Vicki Palmreuter and Jessica Rappe, BCBH Master Trainers An interactive discussion on BCBH tools and materials, and ways to get excited about leading workshops. This is an opportunity to get committed to or reinvested in BCBH and make a difference where you live and work.</p> <p>Self – Care and Optimal Performance ~ Dr. Laura Hughes, Clinical Neuropsychologist, Regional Health Improving self-awareness and self-care, to perform your best at work and in life. The presentation includes consideration of health behaviors, the effect of technology, and how the limits of human information processing interact to affect optimal performance.</p> <p>Self-Efficacy: Building Confidence in Self-Management Skills ~ Rich Preussler, M.A., Sanford Academic Affairs Building self-efficacy is essential in the move from knowledge to behavioral change. Managing chronic conditions well requires several self-management skills and this Breakout session covers the fundamental strategies related to self-efficacy.</p>
4:45-5:15 pm	Break
5:45-6:15 pm	BCBH Leadership – Kiley Hump, SD DOH; Jamie Seiner, SD DHS; Suzanne Stluka, SDSU Extension
6:15-6:45 pm	BCBH Master Fellows – Kari Blasius, Rosebud Indian Health Services; Shelly Roy, Regional Health
6:45-7:30 pm	<p>BCBH ~ Where We Are, and Where We're Going</p> <p>Enjoy a unique presentation from panelists sharing their stories about the excitement surrounding BCBH! Updated BCBH website; BCBH Diabetes; BCBH Online; BCBH Worksites; Celebrating A Day in My Shoes Challenge; BCBH Photo Voice Preview!</p>

Day 2 - Thursday October 5, 2017

<p>8:00-9:00 am</p>	<p>Health and Attitude: Believing in Your Best Self ~ COL Michael Oster, SD National Guard This program is built around the understanding that the mind can be one of the most powerful tools available to living life as our best self. We have two choices every single day and the choice is a simple yes or no, will I become a better version of myself today than I was yesterday? We all want to answer yes to that question – BCBH provides the tools and confidence to make the “yes” easier.</p>
<p>9:00-10:30 am</p>	<p>BCBH Workshop Panel: Storytelling ~ A Day in My Shoes Take a walk with a panel of people as they share their personal journey and how BCBH has impacted their lives.</p>
<p>10:45-11:45 am</p>	<p>KEYNOTE ADDRESS: Why is Chronic Disease Self-Management Important? is it Part of the Solution? ~ Dr. Kate Lorig Hear Dr. Lorig’s perspective on Chronic Disease Self-Management as a community resource that is changing chronic physical and mental health trends.</p>
<p>12:15-12:50 pm</p>	<p>BCBH Data Management: Outcomes and Impacts ~ Lacey Arneson McCormack, PhD, Assistant Professor, SDSU This presentation will address where we’ve come from and where we’re going in terms of data management for BCBH. Hear about workshop and participant numbers and other relevant data.</p>
<p>1:00-1:50 pm</p>	<p>BREAKOUT SESSIONS - You may choose to attend one of the sessions below.</p> <p>Attributing Disease to Old Age: Implications for Self-Management ~ Leacey Brown, Gerontology Field Specialist, SDSU Extension A growing body of evidence indicates that aging attitudes and beliefs predict health outcomes. This session will explore our attitudes and beliefs about aging, ageism, its impact on our health and well-being, and discuss strategies to mitigate negative self-perceptions about aging in the people we serve.</p> <p>BCBH in HealthCare Systems and Delivery ~ Brooke Lusk, BS, RN, Black Hills Special Services Cooperative; Susan Johannsen, PA-C, GNP, Avera McGreevy; Jamie Heymans MPH, Community Health Specialist, Regional Health The healthcare landscape is changing. This is a prime opportunity to recognize BCBH as a resource to manage and impact physical and mental health conditions. Hear from these partners about utilizing referral systems, using patient portals, integrating BCBH into clinical care delivery, and linking BCBH to Community Health Needs Assessment (CHNA) strategies to deliver and impact health.</p> <p>Mind and Body ~ Dr. Bill Meirose; Lois Wuestewald, Behavioral Management Systems Understanding the connection between mental and physical wellness, particularly as it relates to the occurrence of chronic conditions, day to day management, and improved health outcomes.</p>
<p>2:00-2:30 pm</p>	<p>BCBH Appreciation and Recognition Who are BCBH champions? What are their stories?</p>
<p>2:30-2:45 pm</p>	<p>Final thoughts Conference concludes!</p>