

Ohio Bureau of Workers' Compensation

# MHS23

**MEDICAL & HEALTH SYMPOSIUM**



**May 4 – 6, 2023**

Virtual Symposium

**Ohio**

Bureau of Workers'  
Compensation

# *You're invited – register today!*

## ***Healthcare and legal professionals***

Join us for three exciting days of learning, networking, and **free continuing education**, May 4 – 6, 2023.

Register today to attend BWC's virtual [2023 Medical & Health Symposium](#). This free event will include presentations from leading national and state experts in the medical and legal professions centered around occupational medicine, patient care, and addressing one of our most pressing health concerns – mental health.

You will hear from speakers who are sure to enlighten and inspire you.

Interact with thousands of your peers and expand your network, while gaining valuable insights. Don't forget to visit the virtual exhibitor hall to speak with our exhibitors and get the chance to win valuable prizes.

We are seeking [continuing education](#) approvals for 20 healthcare and legal professions for **all symposium sessions**.

### ***Register online today!***

Visit the Medical & Health Symposium registration site at <https://mhs.digitellinc.com/mhs> or [click here](#).



# *Symposium session topics*

***Featuring a live, orthopedic shoulder surgery, mental health advocates including former U.S. Surgeon General Dr. Jerome Adams, The Ohio State University Head Football Coach Ryan Day, and many more.***

Our three-day symposium features exciting and informative sessions as well as **FREE** continuing education opportunities for healthcare and legal professionals.

## ***By attending you will learn more about:***

- Applying Occupational Health Principles to Injured Worker Recovery
- Navigating Occupational Health Concepts During Reimbursement
- Spreading Hope and Joy for Patients Living with a Disability
- Choosing Cultural Humility, Racial Empathy, and Resilience
- Changing the Odds for Health Equity - Does Your Zip Code Matter?
- Streaming a Live Shoulder Surgery – Insights to Recovery & Return to Work
- Exploring Arthritis & Occupational Hand Injuries
- Identifying Legal Concepts in Occupational Medicine
- Examining the Mental Health Crisis
- Speaking Up and Speaking Out on Mental Health
- Rethinking Suicide
- Coping With the Mental Health Impacts of Trauma
- Facing Your Fears and Building Mental Strength
- Feeding Your Mental Health
- Connecting the Pieces Together and Creating Hope
- Rising To Your Best Self – Lead, Take Control, and Win

# Symposium overview

## Thursday, May 4, 2023

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The symposium kicks off Thursday, May 4, led by BWC staff members and Dr. Brent Cale, Medical Director for OhioHealth Employer Solutions and Lead Medical Review Officer for OhioHealth Substance Testing. Their session is titled, *"Applying Occupational Health Principles to Injured Worker Recovery."* BWC's Chief of Medical Services & Compliance, Freddie Johnson, J.D., and Yvette Christopher, MHA, CMPE, will then review *"Navigating Occupational Health Concepts during Reimbursement."*

Disability advocate Amy Remer will share her story, *"Spreading Hope and Joy for Patients Living with a Disability."* In the afternoon, industry expert Valorie Burton will present *"Choosing Cultural Humility, Racial Empathy, and Resilience,"* and the day concludes with Anthony Iton, M.D., J.D., MPH, *"Changing the Odds for Health Equity – Does Your Zip Code Matter?"*

## Friday, May 5, 2023

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Begin your day Friday, May 5, with a unique opportunity to watch Kenneth Westerheide, M.D. perform a live, rotator cuff shoulder surgery, walking you through the procedure and answering attendee questions. Following the live-streamed surgery, Greg Bellisari, M.D. will share practical tools you can use to effectively diagnose and manage the treatment of patients with shoulder injuries. Next, Charan Gowda, M.D., will present *"Exploring Arthritis & Occupational Hand Injuries."* Later Friday, BWC's own Ben Crider, J.D., and Pete Mihaly, J.D., will review *"Identifying Legal Concepts in Occupational Medicine."*

In a time when mental health challenges are at an all-time high, join us Friday afternoon and all-day Saturday, May 6, as we devote the remainder of the symposium to mental health. Former U.S. Surgeon General, Jerome Adams, M.D., MPH, FASA, starts the afternoon with an informative session titled, *"Examining the Mental Health Crisis."* Following this session, Dr. Adams will be joined by fellow mental health advocates, Ryan Day, The Ohio State University Head Football Coach, and Tony Coder, Executive Director of the Ohio Suicide Prevention Foundation, for a session titled, *"Speaking Up and Speaking Out on Mental Health"*.



# *Free continuing education*

We are seeking [continuing education](#) approval for all symposium sessions over the three-day event for all professions listed below. While we are requesting approval, these submissions are not a guarantee that each session will be approved by the governing board.

- Athletic trainer (AT)
- Attorney, judge, and legal professional (CLE)
- Certified case manager (CCM)
- Certified disability management specialist (CDMS)
- Certified medical assistant (CMA-AAMA)
- Certified professional coder (CPC)
- Certified rehabilitation counselor (CRC)
- Chemical dependency counselor (CDC)
- Chiropractic (DC)
- Dentist (DDS and DMD)
- Dental hygienist (RDH)
- Licensed professional counselor (LPC, LPCC)
- Licensed social worker (LSW, LISW)
- Nurse (APRN, LPN, and RN)
- Occupational therapist (OT)
- Occupational therapist assistant (OTA)
- Paramedic, AEMT, EMT, EMR
- Pharmacist (ACPE)
- Physical therapist (PT)
- Physical therapist assistant (PTA)
- Physician – D.O., DPM, M.D., and PA (CME)
- Psychologist (OPA-MCE)
- Registered dietician, nutritionist (RD, RDN - CDR)

**Thursday,  
May 4, 2023**

# Medical & Health Symposium Agenda Schedule

Time	Session Title
8 – 9:30 a.m.	Applying Occupational Health Principles to Injured Worker Recovery Brent Cale, M.D. Bliss Dickerson, RN, BSN, COHN/CM Tammie Mihaly, MSM-HCA, RN, CCM
9:30 – 10 a.m.	Break (30 minutes)
10 - 11 a.m.	Navigating Occupational Health Concepts During Reimbursement Freddie Johnson, J.D., M.PA. Yvette Christopher MHA, CMPE
11 – 11:30 a.m.	Break (30 minutes)
11:30 a.m. – 12:30 p.m.	Spreading Hope and Joy for Patients Living with a Disability Amy Remer
12:30 – 1:30 p.m.	Lunch (1 hour)
1:30 – 2:30 p.m.	Choosing Cultural Humility, Racial Empathy, and Resilience Valorie Burton
2:30 – 3 p.m.	Break (30 minutes)
3 – 4:30 p.m.	Changing the Odds for Health Equity - Does Your Zip Code Matter? Anthony Iton, M.D., J.D., MPH

# Medical & Health Symposium Agenda Schedule

Time	Session Title
8 – 9:30 a.m.	Streaming a Live Shoulder Surgery – Insights to Recovery & Return to Work Greg Bellisari, M.D. Kenneth Westerheide, M.D.
9:30 – 10 a.m.	Break (30 minutes)
10 – 11 a.m.	Exploring Arthritis & Occupational Hand Injuries Charan Gowda, M.D.
11 - 11:30 a.m.	Break (30 minutes)
11:30 a.m. – 12:30 p.m.	Identifying Legal Concepts in Occupational Medicine Ben Crider, J.D. Pete Mihaly, J.D., MHA
12:30 – 1:30 p.m.	Lunch (1 hour)
1:30 – 3 p.m.	Examining the Mental Health Crisis Jerome Adams, M.D., MPH, FASA
3 – 3:30 p.m.	Break (30 minutes)
3:30 – 4:30 p.m.	Speaking Up and Speaking Out on Mental Health Jerome Adams, M.D., MPH, FASA Ryan Day, The Ohio State University Head Football Coach

**Saturday,  
May 6, 2023**

# Medical & Health Symposium Agenda Schedule

Time	Session Title
8 – 9 a.m.	Rethinking Suicide Craig Bryan, PsyD, ABPP
9 – 9:30 a.m.	Break (30 minutes)
9:30 – 10:30 a.m.	Coping With the Mental Health Impacts of Trauma Kenneth Yeager, Ph.D., LISW-S, LICDC
10:30 – 11 a.m.	Break (30 minutes)
11 a.m. – 12 p.m.	Facing Your Fears and Building Mental Strength Amy Morin, LCSW
12 – 12:30 p.m.	Break (30 minutes)
12:30 – 1:30 p.m.	Feeding Your Mental Health Drew Ramsey, M.D.
1:30 – 2 p.m.	Break (30 minutes)
2 – 3 p.m.	Connecting the Pieces Together and Creating Hope Tony Coder Amy Morin, LCSW Drew Ramsey, M.D. Kenneth Yeager, Ph.D., LISW-S, LICDC
3 – 3:30 p.m.	Break (30 minutes)
3:30 – 4:30 p.m.	Rising To Your Best Self – Lead, Take Control, and Win Charles Clark

8 – 9:30 a.m. **Applying Occupational Health Principles to Injured Worker Recovery**

Have you wondered what occupational medicine is all about? Why does it matter or what's the difference? During this session, key occupational health principles such as interrelationships between a worker's health and their workplace, comprehensive treatment and return-to-work planning, and prevention of workplace injuries will be discussed. Beginning after injury, through treatment, and return to work, providers must effectively communicate with all parties involved in a work-related case. Keeping workers at work can be challenging and this session will provide pertinent information on why staying at work is important. The panel speakers will also offer information on avoiding delayed recovery, managing difficult claims, and assessing worker capabilities.

1. Identify what makes occupational health different.
2. Articulate the benefits of early return to work (RTW).
3. Describe the importance of communication in the care of a work-related injury.
4. Recognize and use presented approaches to positively impact treatment and RTW outcomes.



**Brent Cale, M.D.**, is the Medical Director for OhioHealth Employer Solutions leading its 30+ member provider team and nine occupational health clinics that provide occupational and acute care medicine, onsite care, and wellness services. Dr. Cale also serves as the Lead Medical Review Officer for OhioHealth Substance Testing which has 30+ collection sites. Prior to his current roles, Dr. Cale was the Medical Director of Genesis Healthcare Urgent Care network. He is Family Medicine board-certified and received fellowship training in Primary Care Sports Medicine. Dr. Cale's earlier career experience includes traditional family medicine and being awarded a National Health Service Corps scholarship. He received his medical doctorate from The Ohio State University College of Medicine and his bachelor's degree from Case Western Reserve University. Currently, Dr. Cale serves as the Vice President of the Tri-State Occupational Medicine Association and is completing his final semester at the University of Florida (online) where he will receive a Master of Science degree in Pharmaceutical Sciences with a concentration in Clinical Toxicology.



**Tammie Mihaly, MSM-HCA, RN, CCM**, is a registered nurse by profession with a master's degree in management focused on health care administration. Her background includes health care management experience including practice in the health care service delivery system. She has worked at the Ohio Bureau of Workers' Compensation (BWC) since 1994, in the areas of utilization management, provider certification, and rule/policy development. She currently serves as the provider relations manager, a role she has held since 2006.



**Bliss Dickerson, RN, BSN, COHN/CM**, is a certified occupational health nurse and case manager. She has worked in the occupational health field for 37 years in various roles. Her experience includes emergency room, urgent care, case management, on-site occupational care, operations of on-site care, and quality. She has been employed by BWC for six years as a regional director of provider engagement supporting BWC-certified providers, MCOs, and BWC staff. She coordinates the Enhanced Care Program, which is a statewide program to expediate care for injured workers' knee injuries who have state funded claims.

9:30 – 10 a.m. **Break** (visit the virtual exhibit hall)

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## 10 – 11 a.m. **Navigating Occupational Health Concepts During Reimbursement**

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According to the U.S. Bureau of Labor Statistics, more than two and a half million nonfatal workplace injuries or illnesses occurred in 2021 and in most of these cases, medical care was required. As a provider, are you aware of the key reimbursement differences between occupational medicine and general health reimbursement? During this session, attendees will develop an understanding of the linkage between treatment approval, bill-review process, and reimbursement, and will learn how to avoid common billing mistakes. In addition, the presenters will share some tools (e.g., fee schedule, clinical edits, etc.) used in Ohio during the reimbursement process.

1. Articulate why prior authorization is important in occupational medicine reimbursement.
2. Recognize the important data elements captured during the treatment - approval process and the impact on reimbursement.
3. Identify common billing mistakes that lead to a denial.
4. Identify the tools and materials used in occupational medicine reimbursement.



**Freddie Johnson, J.D., MPA**, is the Chief of Medical Services and Compliance at BWC. In this role, he is responsible for managing various business areas and strategies necessary to support the administration of Ohio's Health Partnership Program. He directly negotiates and manages 10 managed care organization contracts, as well as maintains and updates the workers' compensation benefit and fee reimbursement plans. Freddie has 32 years of experience in healthcare insurance and service delivery in occupational and non-occupational settings. He has been with BWC since June 2008. Prior to BWC, he worked as the CFO for Parman Group, a former vocational rehabilitation service company, held various leadership roles with Nationwide BetterHealth, had a nine-year professional career with the Ohio Department of Health, and was a manager within the office of health planning & development with Nationwide Insurance.

Freddie received his J.D. from Capital University Law & Graduate Center and his master's degree in public administration from The Ohio State University. He is a licensed member of the Ohio Bar, The United States District Court, Southern District, and The United States District Court of Appeals, 6th Circuit.



**Yvette Christopher, MHA, CMPE**, has been in the medical field for 32 years, starting her career at BWC in 1991. Yvette spent seven years at BWC and was part of the team that designed the Health Partnership Program and developed medical policy. She then shifted to the private sector and held leadership positions in medical practice operations for 18 years. While serving as a practice administrator/chief operating officer for a large cardiology practice and executive director of a 45-provider multi-specialty practice, Yvette's experience included restructuring practices, implementing electronic medical records, and providing practice operational and revenue cycle management. She returned to BWC in 2016 to lead the Reimbursement and Coding policy team, which handles development and implementation of the BWC fee schedules and associated reimbursement policy.

Yvette has a master's in health administration and a bachelor's degree in psychology from The Ohio State University. She also holds board certification from the American College of Medical Practice Executives and the Medical Group Management Association as a Certified Medical Practice Executive.

11 – 11:30 a.m. **Break** (visit the virtual exhibit hall)

11:30 a.m. – 12:30 p.m. **Spreading Hope and Joy for Patients Living with a Disability**

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This session will feature Amy Remer, an inspirational speaker, writer, and disability advocate. Audiences will laugh and cry as Amy tells of her battle with cancer and the amputation of her left arm and shoulder. Her experiences as a cancer patient and an amputee will provide an insight into the patient's perspective of medical care, the recovery process, and rehabilitation. Come experience how spreading hope and joy can improve a patient's quality of life when living with a disability.

1. Demonstrate how to LISTEN to your patients and tailor their care to their specific wants and needs.
2. Describe what type of resources are useful and when to refer out.
3. Identify how to keep the focus on what the patient can do, not on their limitations.
4. Articulate what disability etiquette looks like and how that can be different from person to person.



**Amy Remer**, a speaker, writer, and disability advocate dedicated to sharing how hope and joy can carry you through even the toughest times. She has walked through many trials in her life including the loss of two babies, a child with special needs, and a three-year battle with cancer that ultimately resulted in the amputation of her left arm and shoulder.

Amy has spoken at various events and conferences for men, women, and youth. She has been sharing her journey on her Facebook page, where she writes with raw emotion about her daily struggles and how she finds hope and joy through it all. Amy has also been a guest on multiple podcasts and appeared in several video series advocating for individuals with disabilities.

12:30 – 1:30 p.m. **Lunch** (visit the virtual exhibit hall)

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## 1:30 – 2:30 p.m. **Choosing Cultural Humility, Racial Empathy, and Resilience**

In a world increasingly demanding equity, inclusion and belonging for all, what is your individual contribution? And how do you resiliently navigate the emotions of topics that feel professionally-taboo yet very real and sometimes uncomfortable in everyday life?

In this engaging, researched-based interactive presentation, bestselling author, executive coach, and positive psychology expert Valorie Burton equips attendees with a set of tools to increase connectedness in the workplace. Using a thought-provoking and engaging format, attendees will learn concepts of cultural humility and racial empathy and apply coaching and positive psychology principles to navigate important conversations and dynamics at work. Her message will leave attendees with a fresh perspective on their specific role in fostering a sense of belonging for all in the workplace.

1. Apply coaching and positive psychology principles to navigate important conversations at work.
2. Identify opportunities to contribute to a sense of belonging for all in the workplace.
3. Implement tools to increase connectedness among team members.
4. Describe key concepts such as cultural humility, racial empathy, and self-coaching.
5. Explain the emotions around topics that feel professionally taboo or uncomfortable.



**Valorie Burton**, life strategist and international speaker, is CEO of the Coaching and Positive Psychology (CaPP) Institute. Her life-changing message has an intriguing, research-based emphasis in the pioneering field of applied positive psychology - the study of what happens when things go right with us.

Her company provides coaching, coach training, and resilience training and has served clients in all 50 states and 20 countries on six continents. Since 1999, she has written 13 books translated into multiple languages, including *“Let Go of the Guilt,”* *“It’s About Time,”* and *“Successful Women Think Differently.”*

She has appeared regularly on the TODAY Show, CNN, Dr. Oz, and Essence, and has spoken for hundreds of organizations around the globe. She was named one of the top 60 motivational speakers in America and one of the Top 100 Thought Leaders in the field of personal development.

2:30 – 3 p.m. **Break** (visit the virtual exhibit hall)

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3 – 4:30 p.m. **Changing the Odds for Health Equity - Does Your Zip Code Matter?**

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When *Forbes* magazine listed the 2013 top ten healthcare quotes, the No. 1 quote was: “When it comes to health, your Zip code matters more than your genetic code.” This presentation will address the data and evidence behind that quote by exploring the strength of the relationship between life expectancy and neighborhood. Using hundreds of thousands of death certificates, GIS mapping and other simple data analyses, a profile of life expectancy by neighborhood in seven different cities and regions will be presented. The implications for U.S. health spending and population health management will be discussed and a model for understanding the social determinants of health will be presented.

1. Identify the geographical distribution of life expectancy.
2. Recognize the health impacts of social determinates across the lifespan.
3. Identify trends in US health spending and population health management because of geography.
4. Apply a new framework for intervening in the social determinants of health.



**Anthony Iton, M.D., J.D., MPH**, is Senior Vice President for Programs & Partnerships at The California Endowment, a private, statewide health foundation. The foundation’s mission is to expand access to affordable, quality health care for underserved individuals and communities, and to promote fundamental improvements in the health status of all Californians.

He received his medical degree at Johns Hopkins Medical School and subsequently trained in internal medicine and preventive medicine at New York Hospital, Yale, and Berkeley and received board certification in both specialties. Dr. Iton also received a law degree and a Master of Public Health from the University of California, Berkeley, and he is a member of the California Bar.

Dr. Iton has worked as a HIV disability rights attorney at the Berkeley Community Law Center, a healthcare policy analyst with *Consumer Reports*, and as a physician and advocate for the homeless at the San Francisco Public Health Department.

**Friday,  
May 5, 2023**

**8 – 9:30 a.m. Streaming a Live Shoulder Surgery – Insights to Recovery & Return to Work**

Through a livestreamed, operating-room surgery, instructional presentation, and case study discussion, Orthopedic ONE physicians will provide practical tools to effectively diagnose and manage the treatment of patients with work-related shoulder injuries.

1. Evaluate and diagnose patients with an orthopedic shoulder condition resulting from a workplace injury.
2. Identify surgical and nonsurgical treatment options for workplace injuries.
3. Identify steps for rehabilitation based on clinical assessment and evaluation.
4. Formulate a treatment plan with appropriate return-to-work guidelines.



**Greg Bellisari, M.D.**, is a board-certified orthopedic surgeon with fellowship training in Sports Medicine. A Florida native, he completed undergraduate training and medical school at The Ohio State University. Dr. Bellisari went on to complete a specialized “fellowship” training program in Sports Medicine at Ortho Carolina while caring for amateur, collegiate, and professional athletes. He currently serves as team orthopedic surgeon for the NHL’s Columbus Blue Jackets.

Dr. Bellisari has extensive arthroscopic experience in orthopedic conditions of the knee, shoulder, and elbow such as arthroscopic rotator cuff repair and arthroscopic ACL reconstruction. He also is highly trained in open reconstruction procedures for the knee, shoulder, and elbow. Since 2017, he has been included in the Best Doctors in America® list, featured in Columbus Business First.

As a former Buckeye and NFL linebacker, Dr. Bellisari shares a passion for athletics and helping athletes of all levels of play.



**Kenneth Westerheide, M.D.**, specializes in sports medicine, with a unique expertise in shoulder arthroscopy and knee ACL reconstruction. He is also one of the few surgeons in central Ohio to perform hip arthroscopy.

Dr. Westerheide graduated from The Ohio State University College of Medicine with AOA honors and participated in The University of Pittsburgh Orthopaedic Residency program. He then was selected to participate in a fellowship in shoulder arthroscopy and sports medicine at The Southern California Orthopaedic Institute in Los Angeles, California. Through this training, he received numerous awards and recognition. He is certified by the American Board of Orthopaedic Surgery.

Active in the orthopedic community, Dr. Westerheide is a member of the American Board of Orthopaedic Surgery, Columbus Orthopaedic Society, Arthroscopy Association of North America, American Orthopaedic Society for Sports Medicine, and the American Medical Association. He has written and contributed to many articles for publication and presented on topics including shoulder arthroscopy, knee ACL reconstruction, and recently hip arthroscopy.

*9:30 – 10 a.m.* **Break** (visit the virtual exhibit hall)

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## *10 – 11 a.m.* **Exploring Arthritis & Occupational Hand Injuries**

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While you can get arthritis in any joint, about 40% of Americans have the potential to develop the condition in their hands. Arthritis causes sore, painful joints that interfere with your ability to complete day-to-day tasks. Dr. Gowda will present an overview of the different types of arthritis and how it presents in the work injury situation.

1. Describe the definition of arthritis in the hand and contrast osteoarthritis, traumatic arthritis, and inflammatory arthritis.
2. Identify arthritis based on radiographic and clinical parameters.
3. Distinguish the incidence of arthritis in the general population and in the working population based on occupation.
4. Identify the causal correlation of injury and development of arthritis vs. aggravation of underlying arthritis.
5. Explain the complexity of a diagnosis of arthritis in the work-injury situation.



**Charan Gowda, M.D.**, is a board-certified orthopedic surgeon and hand specialist at Hand and Microsurgery Associates in Columbus, Ohio. His practice encompasses the treatment of all bone and soft tissue disorders in the hand, wrist, and elbow. While he actively works with patients to find non-surgical solutions to their condition, he is expertly trained in all surgical procedures of the hand and upper extremity. He provides his patients access to the latest and most minimally invasive surgical techniques available.

Dr. Gowda attended the Duke University School of Medicine in Durham, N.C., and completed his medical internship at Duke University. He completed his residency in orthopedics at The Ohio State University Wexner Medical Center in Columbus. He finished his postdoctoral clinical training with a fellowship in hand surgery at the Indiana Hand to Shoulder Center in Indianapolis.

He is certified by the American Board of Orthopaedic Surgery and has a certificate of added qualifications in surgery of the hand. He is a member of the American Society for Surgery of the Hand, the American Society of Reconstructive Microsurgery, and the American Academy of Orthopaedic Surgeons.

11 – 11:30 a.m. **Break** (visit the virtual exhibit hall)

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11:30 a.m. – 12:30 p.m. **Identifying Legal Concepts in Occupational Medicine**

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This session will address the legal definition, meaning, and practical implications of various legal concepts in the Ohio workers' compensation system, including "injury," "claim allowance," "causality," "alternative dispute resolution," "temporary total compensation," "maximum medical improvement," and "supportive care" as those terms are set forth in the Ohio Revised Code and Ohio Administrative Code and clarified by subsequent case law.

The session will also discuss the legal issues regarding the administrative hearing process in relation to disputes that proceed to the Ohio Industrial Commission.

1. Identify the legal definition, meaning, and practical implications of various legal concepts in the Ohio workers' compensation system.
2. Explain the administrative hearing process in relation to disputes that proceed to the Ohio Industrial Commission.
3. Analyze real-life case examples involving disputes that have proceeded to and been adjudicated by the Ohio Industrial Commission.



**Ben Crider, J.D.**, is the Director of Hearing Services for Ohio Bureau of Workers' Compensation (BWC) Legal Department. This unit is primarily responsible for statewide administrative hearing coverage representing BWC before the Ohio Industrial Commission. He also serves as Legal Counsel to the Special Investigations Department. Ben has been with BWC since 2011. Prior to that, after graduating from The Ohio State University College of Law, he spent ten years at a private firm representing employers and injured workers.



**Pete Mihaly, J.D., MHA**, has practiced workers' compensation law with the Ohio Bureau of Workers' Compensation (BWC) since 1997. He is currently director of Legal Operations, enterprise legal services unit, which is responsible for contracts and administrative rules. This unit also provides legal support to BWC's Medical & Health Services Division. Mihaly holds an Integrated Life Sciences bachelor's degree from Kent State University. He is a double graduate of The Ohio State University with a Juris Doctorate and a master's in health administration. He is a member of the Ohio State and Columbus Bar Associations.

*12:30 – 1:30 p.m.* **Lunch** (visit the virtual exhibit hall)

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## **New this year!** On-Demand session **Balancing the Effects of Mental Health, a Personal and Professional Story**

During this on-demand session, Head Coach Anthony Grant, University of Dayton men's basketball program, will discuss how mental health has impacted him personally and professionally. Coach Grant has the awesome responsibility of working with young adults every day; and he'll share the battles that he's seen within our young adults over the years. Mental health struggles have also hit Coach Grant's family and he'll share his experiences, challenges, and personal struggles.



### **Anthony Grant, Head Coach, University of Dayton men's basketball program**

**Anthony Grant** is approaching his seventh season at the helm of his alma mater's men's basketball program and is also in his second season as the Dr. Stephen B. Levitt Head Men's Basketball Coaching Chair.

Dayton was 29-2 in 2019-20, setting the school record for most wins. Dayton ended the year ranked third in the nation and won its third Atlantic 10 regular season championship in the last five years but went undefeated (18-0) in conference play for the first time. Grant was the consensus national Coach of the Year, earning that honor from the Atlanta Tip-Off Club (Naismith Trophy), the NABC, the USBWA (Henry Iba Award), the Associated Press, The Sporting News, Fox Sports and CBSsports.com, among others.

In their six years on campus, Grant and his staff have brought in six players who have been named to the Atlantic 10 All-Rookie Team at the end of their freshman seasons.

He was the 13th active African-American coach at the Division I level to reach 300 wins. Grant is also a 1987 graduate of the University of Dayton, where he was a four-year basketball letterwinner and three-year starter. He played in 105 games at Dayton and averaged 11.6 points and 6.7 rebounds per game as a starter. He was the Flyers' co-captain and the White-Allen Most Valuable Player as a senior. His teams played in two NCAAs and one NIT.

The 20th coach in Dayton's history, Grant is just the seventh Flyer coach in the last 70 years. In the modern era of UD basketball, Grant is just the second Dayton grad to coach the Flyers. The first was his coach, College BB Hall of Famer Don Donoher (1964-89).



## 1:30 – 3 p.m. **Examining the Mental Health Crisis**

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This session will provide perspectives from Dr. Adam’s time as U.S. Surgeon General, Indiana Health Commissioner, and Director of Health Equity at Purdue University. He will speak to the current mental health crises and measures we can all take to address mental well-being.

1. Define the factors contributing to our current mental health crises.
2. Describe how social drivers impact our mental health.
3. Explain the ways mental health and substance misuse are interconnected.



**Jerome Adams, M.D., MPH, FASA**, is a licensed anesthesiologist with a master’s degree in public health from UC Berkeley. He ran the Indiana State Department of Health for three years prior to being confirmed as Surgeon General. In his state health commissioner role, he led Indiana’s response to Ebola, Zika, and HIV crises. Notably, Dr. Adams helped convince the governor and state legislature to legalize syringe service programs in the state and to prioritize \$13 million in funding to combat infant mortality. As Surgeon General, Dr. Adams was the operational head of the 6,000-person Public Health Service Commissioned Corp and oversaw responses for three back-to-back category 5 hurricanes and a once-in-a-century pandemic.

## 3 – 3:30 p.m. **Break** (visit the virtual exhibit hall)

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## 3:30 – 4:30 p.m. **Speaking Up and Speaking Out on Mental Health**

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52.9 million adult Americans, live with a mental illness according to the National Institute of Mental Health, that's nearly one in five. Are you the 'one', is a family or friend the 'one', what about a neighbor or co-worker, are they the 'one'? Mental illness refers to psychological, social, behavioral, and emotional concerns and can impact all aspects of one's life.

Tony Coder, Executive Director of the Ohio Suicide Prevention Foundation, will moderate this inspiring session with mental health advocates, Head Coach Ryan Day, of The Ohio State University football team, and former U.S. Surgeon General, Jerome Adams, M.D., while they share their stories and commitment to mental health, discuss the current mental health crisis, provide insight into the importance of speaking up and speaking out about mental health, and give practical tips to identify when someone may be struggling.

1. Acquire personal knowledge of how mental health impacts everyone.
2. Identify the importance of good mental health and the impacts of not prioritizing mental wellness.
3. Utilize practical tips to identify mental health struggles.



**Jerome Adams, M.D., MPH, FASA**, bio listed in Examining the Mental Health Crisis session.



**Ryan Day, Head Football Coach, The Ohio State University**

**Big Ten Coach of the Year:** 2019

**Overall / Big Ten Record:** 45-6 / 31-2

**Big Ten Championships:** 2020, 2019

**College Football Playoffs:** 2022, 2020, 2019

**Heisman Trophy Finalists:** C.J. Stroud – 2022, 2021; Justin Fields – 2019; Chase Young – 2019; Dwayne Haskins – 2018

**Ryan Day**, guided the Ohio State Buckeyes to a 45-6 record in four seasons that includes a 31-2 record against Big Ten Conference competition, back-to-back Big Ten championships in 2019 and 2020, and Sugar Bowl (2020) and Rose Bowl (2021) victories. His Buckeyes are the only program in the nation to qualify for the College Football Playoffs three times since 2019. Day is the first Ohio State coach to win Big Ten championships in his first two years as coach. He was also the first Ohio State coach in 40 years to be named Big Ten Conference Coach of the Year, earning that honor in 2019. His 2019 team's 13 victories are tied for the most by a first-year Football Bowl Subdivision head coach.

Day's teams have been among the best offensive teams in the nation, ranking in the Top 3 nationally in scoring three times and Top 10 in total offense four times. Additionally, Ohio State was No. 1 in total defense and passing defense in 2019. Day has coached 15 first-team All-Americans, six consecutive Big Ten Quarterback of the Year honorees and four Heisman Trophy finalists. In the classroom, his Buckeyes have set program records for number of OSU Scholar-Athletes (61 in 2020-21) and Academic All-Big Ten Conference honorees (46 in 2021).



**Tony Coder**, is the Executive Director of the Ohio Suicide Prevention Foundation (OSP), a statewide non-profit focused on preventing suicide across the lifespan. As Executive Director, Tony leads the charge to support community-based efforts in Ohio to reduce the stigma of suicide, promote education and awareness about suicide prevention, provide training and development, and increase resources and programs that reduce the risk of lives lost to suicide.

In 2019, Tony led the statewide efforts to create the state's first Suicide Prevention Plan for Ohio, which Governor Mike DeWine introduced in February 2020. In April 2022, Tony was named the Chairman of the Board of Directors for the American Association of Suicidology, a national organization focused on promoting the understanding and prevention of suicide and supporting those impacted by it.

**Saturday,  
May 6, 2023**

## 8 – 9 a.m. **Rethinking Suicide**

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Over the past two decades, the U.S. suicide rate has steadily increased despite expanded efforts to reverse this trend via expanded awareness campaigns, the wide implementation of suicide prevention programs and initiatives, increased mental health advocacy, and anti-stigma campaigns. To the befuddlement, confusion, and frustration of researchers, clinicians, family members, and many others, these efforts have not reversed the trend of rising suicides in the U.S. Why do suicide rates continue to rise despite our best efforts? Why aren't we better at this? What are we doing wrong? This presentation seeks answers to these questions and proposes that our typical strategies for preventing suicide are inadequate.

1. Explain discrepancies in studies examining rates of mental health conditions among suicide decedents.
2. Describe the multiple pathways model of suicide.
3. Identify evidence-based interventions for suicide and self-injury.
4. Describe the prevention through design model.



**Craig Bryan, PsyD, ABPP**, is a board-certified clinical psychologist in cognitive behavioral psychology, and an internationally recognized expert on suicide prevention, trauma, and resilience. He is the Stress, Trauma, and Resilience (STAR) Professor of Psychiatry and Behavioral Health at The Ohio State University and the Division Director for Recovery and Resilience. Dr. Bryan's research has been funded by the Department of Defense, the National Institutes of Health, and multiple foundations. He has published over 250 scientific articles and multiple books including *Brief Cognitive Behavioral Therapy for Suicide Prevention and Rethinking Suicide* and has received numerous awards and recognitions for his research.

## 9 – 9:30 a.m. **Break** (visit the virtual exhibit hall)

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## 9:30 – 10:30 a.m. **Coping With the Mental Health Impacts of Trauma**

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In 2020, the Pulse Survey indicated that as high as 43% of Americans were dealing with Depression or Anxiety. This presentation examines this drastic shift in prevalence of stress and trauma in the United States. It will provide an explanation for this shift and concrete evidence-based and informed approaches to build coping mechanisms and to improve individual well-being. An overview of using hope as a tool to build coping skills and to bolster mental health in healthcare professionals specifically will be examined.

1. Identify current trends in trauma and its impact on mental well-being.
2. Describe the impact trauma has on healthcare providers.
3. Apply knowledge from a clinical practice into practical approaches to peer-support.
4. Utilize evidence-based supporting and coping mechanisms (e.g., mindfulness) to strengthen individual mental wellness.



**Kenneth Yeager, Ph.D., LISW-S, LICDC**, is a Professor, Clinical, in the College of Medicine, Department of Psychiatry of The Ohio State University and Director of the Stress Trauma and Resilience (STAR) Program. He holds the David E. Schuller Professor for Patient Compassion. Dr. Yeager has numerous publications in the areas of crisis intervention, resilience building, treating co-morbid substance abuse and mental illness, quality improvement and developing quality metrics, and evidence-based practice including the Oxford University Press book entitled, *“Evidence-Based Practice Manual: Research and Outcome Measures in Health and Human Services,”* and the *“Crisis Intervention Handbook.”* He is a member of Oxford Bibliographies Online editorial board and a Treating Clinician for the National Football League Program for Substances of Abuse.

## 10:30 – 11 a.m. **Break** (visit the virtual exhibit hall)

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## 11 a.m. – 12:00 p.m. **Facing Your Fears and Building Mental Strength**

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This session will provide strategies for building mental strength. Exercises for facing fears in a healthy way and teaching strategies for managing emotions, dealing with unhelpful thoughts, and taking productive action will be discussed.

1. Describe the key aspects of mental strength.
2. Identify strategies for regulating emotions.
3. Identify strategies for responding to unhelpful thoughts.
4. Recognize ways to increase motivation.
5. Describe healthy ways to face fears.



**Amy Morin, LCSW**, is the Editor-in-Chief of *Verywell Mind*, the biggest mental health site in the world. She's a licensed therapist, a psychology lecturer at Northeastern University, and an international bestselling author. Her books, "*13 Things Mentally Strong People Don't Do*," "*13 Things Mentally Strong People Don't Do Workbook*," "*13 Things Mentally Strong Parents Don't Do*," "*13 Things Mentally Strong Women Don't Do*," and "*13 Things Strong Kids Do*," have been translated into more than 40 languages.

The Guardian dubbed Amy "the self-help guru of the moment" and *Forbes* calls her a "thought leadership star." Her TEDx talk, *The Secret of Becoming Mentally Strong*, is one of the most popular talks of all time with more than 22 million views and her articles on mental strength reach more than 2 million readers every month.

Amy's advice has been featured by major media outlets, including Fox News, CNN, Oprah.com, *Today*, *Good Morning America*, *Inside Edition*, *Business Insider*, *Time*, and the Hallmark Channel. She also hosts The *Verywell Mind* Podcast.

## 12 – 12:30 p.m. **Break** (visit the virtual exhibit hall)

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## 12:30 – 1:30 p.m. **Feeding Your Mental Health**

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This session explores how Nutritional Psychiatry is changing mental health and how we think about nutrition. The antidepressant food scale, the top 40 foods, food groups and the key nutrients that are the most impactful for managing depression and anxiety will be discussed. The talk covers brain-derived neurotrophic factor (BDNF), neuroplasticity, inflammation, the microbiome, and other key concepts that directly impact mental health as well as how to maximize optimal mental health and mental fitness.

1. Identify the central tenets of Nutritional Psychiatry.
2. Assess a patient's diet for high-yield nutritional interventions.
3. Review recent evidence and RCTs connecting food choice and depression.
4. Evaluate, with patients, foods, and dietary patterns linked to depression risk.
5. Review the key food categories in Nutritional Psychiatry.



**Drew Ramsey, M.D.**, is a board-certified psychiatrist, author, and mental health advocate. His work focuses on clinical excellence, nutritional psychiatry, male mental health, and creative media. He is an assistant clinical professor of psychiatry at Columbia University College of Physicians and Surgeons and founded the Brain Food Clinic, a digital mental health clinical practice.

His work has been featured by *The New York Times*, *The Wall Street Journal*, *Lancet Psychiatry*, The Today Show, BBC, and NPR and he has given three TEDx talks. He is co-author of the Antidepressant Food Scale and created the first e-courses on Nutritional Psychiatry education for the public and clinicians. His books *"Eat to Beat Depression and Anxiety"* (Harperwave, 2021), *"Eat Complete,"* *"50 Shades of Kale,"* and *"The Happiness Diet"* explore the connections between mental health and nutrition. He is on the Advisory Board at *Men's Health*, the Editorial Board at *Medscape Psychiatry*, and the Scientific Advisory Board of the anti-stigma nonprofit, Bring Change to Mind.

## 1:30 – 2 p.m. **Break** (visit the virtual exhibit hall)

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## 2–3 p.m. **Connecting the Pieces Together and Creating Hope**

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Just like physical health, mental health, and wellness require comprehensive care planning. An important part of comprehensive care planning, along with diagnosis and treatment, is education. Join our dynamic panel of mental health experts to discuss how connecting the pieces together creates hope for those struggling with mental wellness. Attendees will have the opportunity to submit their questions for discussion by the panel as well as hear from them on the importance of prioritizing mental health in all phases of life especially during times of physical injury recovery.

1. Articulate the many facets of mental health and how they intersect.
2. Utilize practical tips to identify mental health struggles.
3. Verbalize the importance of prioritizing mental health.

**Tony Coder**, bio listed in *Speaking Up and Speaking Out on Mental Health* session.

**Amy Morin, LCSW**, bio listed in *Facing Your Fears and Building Mental Strength* session.

**Drew Ramsey, M.D.**, bio listed in *Feeding Your Mental Health* session.

**Kenneth Yeager, Ph.D., LISW-S, LICDC** bio listed in *Coping with the Mental Health Impacts of Trauma* session.

## 3–3:30 p.m. **Break** (visit the virtual exhibit hall)

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## 3:30 – 4:30 p.m. **Rising to Your Best Self – Lead, Take Control, and Win**

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Everyone will experience mental health challenges and it's not because we are weak or less human, but sometimes life hits us when we least expect it. Charles knows a thing or two about facing adversity. At a young age, he was recognized as one of the fastest men in the world. He won national and world competitions and was on the verge of signing a shoe deal, until he faced a career-ending injury that left him broken and feeling like he lost his life purpose.

Charles later realized the adversity he was facing would be the very thing to propel him into his greatest purpose yet: to use his story to impact and encourage people all over the world who felt like he did. Learn what helped Charles get back into the driver's seat of his life and get mentally well using self-therapy techniques.

1. Define important habits that amplify confidence, happiness, and peak performance.
2. Recognize the meaning of success to avoid burnout.
3. Recognize the one skill needed to become less impacted by setbacks.
4. Identify desires and the steps to achieve more happiness and success.
5. Interpret the science behind behaviors and how to reprogram one's mindset.



**Charles Clark**, is a motivational speaker and the creator of the *Thrive Planner*. Before becoming an international speaker, Charles was one of the fastest men in the world. He is a 3x NCAA National Champion and USA Track and Field Championships silver medalist. Now, as a mindset expert, Charles shows athletes, entrepreneurs, and companies how to win in life. Today, he teaches people how to use adversity to build greater strength, success, and fulfillment.

# MHS23 Exhibitors

While attending BWC's Medical & Health Symposium plan to visit our virtual exhibit hall where you'll have an opportunity for one-on-one interaction with our exhibitors, make connections, or even win a prize from your favorite exhibitor.

If you want to exhibit at the symposium, see our [exhibitor prospectus](#) on the symposium website or email [medsymposium@bwc.state.oh.us](mailto:medsymposium@bwc.state.oh.us) This event will provide great exposure at a cost of only \$100 or \$500.



# Registration Information

- Registration is open.
- All sessions are included with your **FREE** registration.
- A unique email is required for each registrant.
- To register, [click here](#) or visit <https://mhs.digitellinc.com/mhs/live/9/page/105>.
  - Either create an account or log-in to your account.
  - If you don't remember your password, it can be reset by clicking "[Forgot your password](#)".
  - Complete the registration process.
- Professional license numbers are required during registration for the following specialties:
  - Academy of General Dentistry (AGD) member number.
  - American Academy of Medical Assistant (CMA-AAMA) license number.
  - American Academy of Professional Coder (CPC) identification number.
  - Attorney registration number (CLE).
  - National Provider Identifier (NPI) Ohio psychology license number
  - Paramedic license number, and type.
  - Pharmacist.
    - Date of birth.
    - National Association of Boards of Pharmacy (NABP) license number.
    - State Board of Pharmacy license number.
  - State Board of Ohio Psychology license number.
- You will receive an email with important tips after you register.
- Prior to the symposium, you will receive an event email with a link to the event.

# Helpful hints

- Session materials will be available to download for most sessions.
- Spread the word - invite your peers, coworkers, family, and friends.
- Let others know you are attending or exhibiting on your social media platforms.

- I'm attending!



- We're exhibiting!



- Connect with us on social media using #MHS23.



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