



2024 MCHS Psychiatry & Behavioral Health Conference Thursday, April 25, 2024 and Friday, April 26, 2024

Hybrid Format – Live & Virtual

Robert F. Froehlke Auditorium, Laird Center for Medical Research
Marshfield Clinic Health System, Inc. (MCHS), 1000 N. Oak Avenue, Marshfield, WI 54449

Thursday, April 25, 2024	
8:00 a.m.	Registration and Continental Breakfast
8:15 a.m.	Welcome and Introductions
8:30 a.m.	The Power of the Playing Field <i>Joanna Lohman</i> <i>Keynote and Panel Discussion</i> A discussion on the best practices within sports to facilitate long term development, growth, and health
12:00 p.m.	Lunch
1:00 p.m.	The Impact of Sleep Problems on Mental Health and Performance in Athletes Dr. Shane Creado
3:00 p.m.	Activity Concludes
Friday, April 26, 2024	
8:00 a.m.	Continental Breakfast
8:15 a.m.	Welcome and Introductions
8:30 a.m.	High Performance Mindset <i>Joanna Lohman</i> <i>Workshop with Discussion and Interaction</i> The brain is the human's most important and powerful tool. An individual is only able to reach their potential if they understand the fundamentals of thinking and how to use their mind to optimize performance
12:00 p.m.	Lunch
1:00 p.m.	Breakout Session
1:45 p.m.	Breakout Session
2:30 p.m.	Breakout Session
3:00 p.m.	Activity Concludes

Conference Description

This 2-day training will provide in-depth information on how we utilize the power of sport and the champion's mindset to reach authentic excellence.

Upon conclusion of this activity, participants will be able to:

1. Discuss how sport is a catalyst for success
2. Explain how tapping into one's genuine self unlocks true potential.
3. Identify the mental tools to navigate challenge, change, adversity and pressure

Presenters – Marshfield Clinic Health System Faculty

Joanna Lohman - Joanna Lohman is a global keynote speaker and performance coach building a new generation of authentic leaders who redefine success. She is a former professional soccer player and member of the United States Women's National Team. She is the author of "Raising Tomorrow's Champions", an extraordinary parenting and life lessons book as told through the eyes of the greatest women's soccer players of all-time. Joanna is also a human rights activist and a Sport Diplomat traveling the world running programs in less developed nations.

Dr. Shane Creado – Dr. Shane Creado is a double board-certified sleep medicine doctor and psychiatrist. He practices functional sleep medicine, integrative psychiatry, and sports psychiatry. In addition to working with individual patients



on a case-by-case basis, he consults with and provides sleep workshops to sports academies, sports organizations, sports teams; to design team specific and athlete-specific sleep guidelines and strategies off-season, in-season and pre-season, to boost performance.

Breakout Session – Meditation (Cynthia Nelson, RN – Yoga Instructor)

Breakout Session – Yoga (Emily Clark – Yoga Instructor)

Breakout Session – Nutrition (Ashley Short, RDN CDCES)

Target Audience

This activity is intended for physicians, psychologists, psychiatrists, residents, nurse practitioners, physician assistants, registered nurses, school psychologists, guidance counselors, social workers and other health care professionals.

Location

The conference will be held using a hybrid model, live in-person and virtual options are available.

**In person attendance highly desired and encouraged! Limited seating available and subject to change any time.*

Live: Marshfield Clinic Health System, Robert F. Froehlke Auditorium, Melvin R. Laird Building, 1000 North Oak Avenue, Marshfield, WI 54449

Virtual: (link to be provided to registered participants only)

MCHS reserves the right to switch the conference to a virtual only format if necessary, participants will be notified of any changes or updates.

Accreditation Statement

Marshfield Clinic Health System, Inc. is accredited by the Wisconsin Medical Society to provide continuing medical education for physicians.

Designation of Credit Statement

Marshfield Clinic Health System, Inc. (MCHS) designates this live activity for a maximum of 5.25 *AMA PRA Category 1 Credits*[™] on Thursday, April 25, 2024 and for a maximum of 3.25 *AMA PRA Category 1 Credits*[™] on Friday, April 26, 2024. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Contact Hour Statement for Allied Health Professionals



Marshfield Clinic Health System, Inc. (MCHS) is approved as a provider of continuing health education by the Wisconsin Society for Healthcare Education and Training (WISHET). MCHS designates this activity for up to 5.25 contact hours (0.525 CEUs) of continuing education on Thursday, April 25, 2024 and up to 3.25 contact hours (0.325 CEUs) of continuing education on Friday, April 26, 2024 for allied health professionals.

MCHS Planning Committee

Alison Jones, MD, MS, Psychiatry, Service Line Medical Director, Behavioral Health

Stephanie Kohlbeck, PhD, Psychology, Behavioral Health

Justin Schoen, MD, Addiction Psychiatry, Behavioral Health

Sandra Bump, Director, Behavioral Health

Trista Barlow, NP, Behavioral Health

Southern Coffren, CME Specialist, Division of Education

Faculty Disclosure

In accordance with the Standards of the Wisconsin Medical Society, all those who are in a position to affect content of this CME activity (including activity directors, planning committee, speakers, and CME staff) are required to disclose financial relationships with any ineligible company related to the subject matter of this activity. Such disclosures will be made available on the day of the activity so participants may formulate their own judgments regarding the presentation.



Marshfield Clinic Health System

As a provider of CME credit, it is MCHS's responsibility to ensure that its credited activities provide information, findings, and recommendations to its audiences that are based on accepted and sound scientific principles (evidence-based medicine). In addition, MCHS has safeguards in place to identify and eliminate any commercial bias from CME activities.

Disclosure of Commercial Support

At the time of planning, no activity funding has been secured. Any activity funding through educational grants will be disclosed at the conference.



Sponsored by

This conference is possible thanks to generous supporters of Mike's Run, a 10, 5 and 2-mile walk, promoting mental health awareness. The 2024 Mike's Run will be held on Saturday, June 22, 2024.

Handouts

In an effort to be more environmentally friendly, the conference handouts will be emailed to registered participants in a PDF format prior to the conference.

Registration

Advanced registration is required. You will receive confirmation within two (2) weeks of registering.

PHYSICIANS

\$100

After April 19: \$125

ALLIED HEALTH & OTHER PROFESSIONALS

\$50

After April 19: \$75

Awaiting Approval to Attend?

If your registration is dependent upon approval from your agency, please do not hesitate to register now. You may cancel your registration without penalty until April 19, 2024.

Cancellation Policy

For cancellations received between April 20, 2024 and April 22, 2024, your registration fee less a \$25 administrative fee will be given. No refunds will be given after April 22, 2024.

MCHS reserves the right to cancel the conference for any reason. Registration fees will be refunded in full for these types of cancellations.

How to Register

Online: <https://www.surveymonkey.com/r/FSBNDMX>

Or, return your completed registration form via:

Email: esser.tanya@marshfieldclinic.org

Further Information

Requests for further information should be directed to Tanya Esser, Marshfield Clinic Health System at esser.tanya@marshfieldclinic.org, 715-389-3776.



Marshfield Clinic
Health System

2024 MCHS Psychiatry & Behavioral Health Conference

Thursday, April 25, 2024 and Friday, April 26, 2024

Live: Marshfield Clinic Health System, Robert F. Froehlke Auditorium, Laird Building, 1000 N. Oak Ave., Marshfield, WI

Virtual: WebEx (link to be provided to registered participants only)

Name: _____ Degree: _____
(Please print)

Organization name: _____

Mailing address: _____

City: _____ State: _____ Zip: _____

Daytime phone: _____

E-mail address: _____

Dietary Restrictions: _____

Registration Fees

Advanced registration is required. The registration fee includes continuing education credits, snacks and lunch for in-person attendees, and all electronic course materials. You will receive confirmation within two (2) weeks of registering.

PHYSICIANS

\$100

After April 19: \$125

ALLIED HEALTH & OTHER PROFESSIONALS

\$50

After April 19: \$75

Attending (Please select one):

____ Live/In-Person ____ Virtual

**In person attendance highly desired and encouraged! Limited seating available and subject to change any time.*

If you cannot attend both days, specify which day you will be attending: ____ April 25 ____ April 26

Community Presentation:

Will you be attending the free community event on Thursday, April 25, 2024? ____ Yes ____ No

Please circle payment type:

MasterCard® Visa® American Express® Discover® Check (Make check(s) payable to: Marshfield Clinic Health System)

If you are paying by Visa®, MasterCard®, American Express®, or Discover®, please print below the name as it appears on the card and include account number and expiration date.

Print Name: _____ Account #: _____

Signature : _____ Expiration Date: _____

Return completed form and payment to:

MCHS, Conference Registration – GR

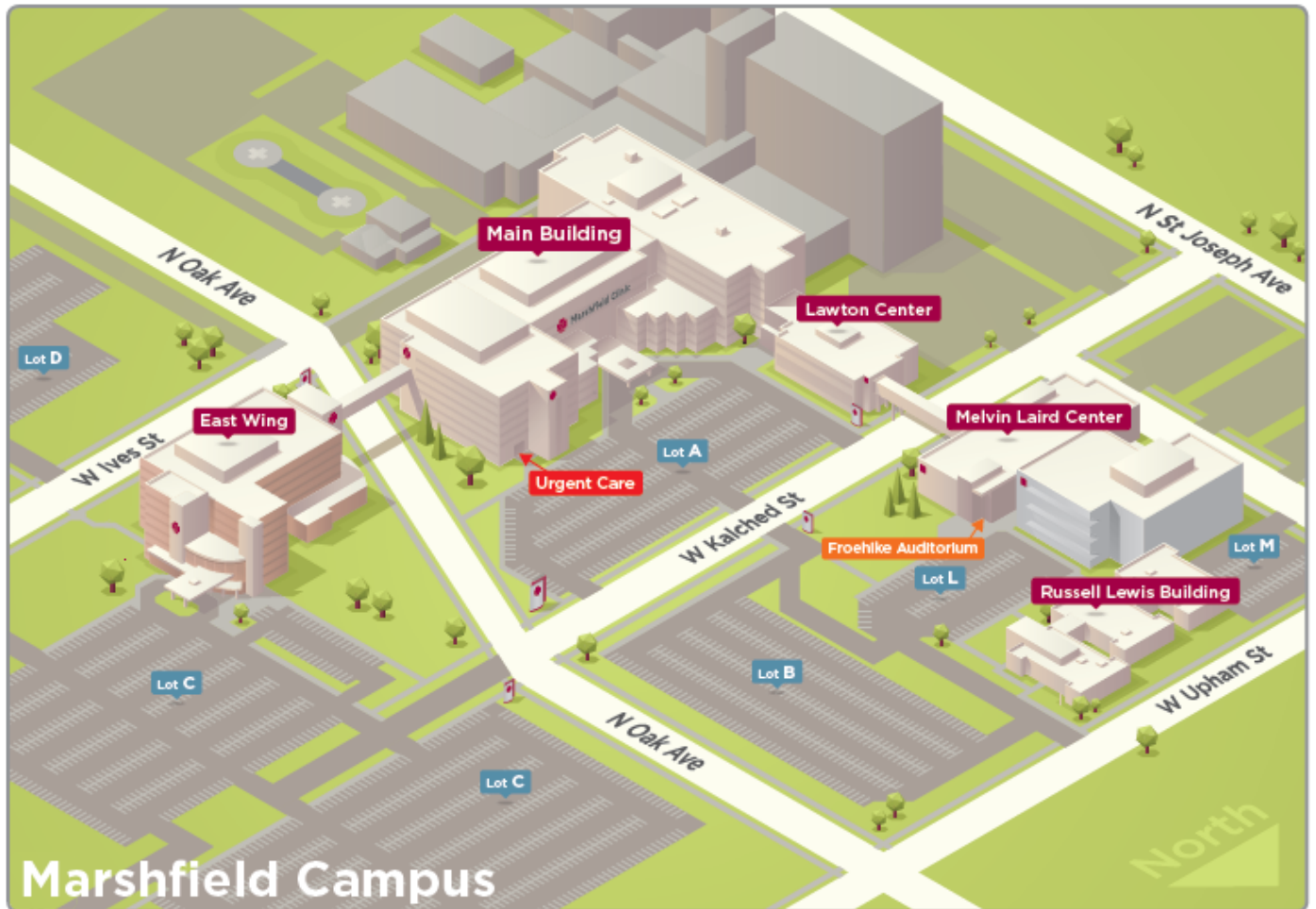
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Don't just live. **Shine.**

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