

BREAKOUT SESSIONS

BRIEF OVERVIEW



ALL-STAFF CONFERENCE 2026

Mental Health Matters: A Better You, A Better ADMH

Session Title	Brief Overview
ADMH 101	This session provides an overview of the Alabama Department of Mental Health (ADMH) and its services for children, adults, and families. Participants will learn about key programs within Child & Family Services, Developmental Disabilities (DD), MI Community Programs (MICP), and the Office of Substance Use Treatment Services (OSUTS).
Beyond Awareness: Trauma Treatment That Improves Outcomes	Children and families involved in public behavioral health and family-serving systems often present trauma-related behaviors rooted in chronic stress and disrupted regulation. The presentation will examine Trauma Systems Therapy (TST) as a model that operationalizes trauma science within complex service systems. The session demonstrates the impact of Trauma Systems Therapy on children and families and highlights the value of effective TST providers within Alabama's behavioral health system.
Beyond the Join Button: Advanced Cisco Webex Tactics	Webex Basics will be shown to you to make you more comfortable while using the platform. Time will be given to answer any questions you might have.
Stress Management & Building Resilience: Practical Strategies for Sustainable Mental Wellness	This engaging and interactive session equips participants with practical, evidence-informed tools to better understand, manage, and reduce stress while building long-term resilience. This presentation blends education with experiential learning to ensure skills can be immediately applied in both professional and personal settings.
FMLA Should not be a Scary Thing	This session will cover how the Family Medical Leave Act is designed to provide employees with the opportunity to take time off for family and medical reasons without fear of losing their job, benefits, or any negative employment actions.

Session Title	Brief Overview
Harnessing a Growth Mindset for Transforming the Workplace	This empowering session explores how adopting a growth mindset can transform workplace culture and strengthen team resilience. Participants will examine how mindset influences behavior, collaboration, and adaptability, particularly during periods of stress and change.
AlabamaRetire 457 Plan Overview	This session will offer information on the AlabamaReture 457 Plan and will cover steps you can take as an employee to have the retirement future you desire.
Trauma-Informed Leadership: Applying the ACTOR Framework in Public-Sector Systems	This session reframes trauma-informed care as a leadership and systems strategy rather than a clinical intervention. Grounded in the ACTOR framework and SAMHSA's Six Principles, participants will examine how chronic stress impacts workforce performance, decision-making, and organizational stability. Attendees will explore practical leadership behaviors that strengthen safety, trust, and accountability without lowering performance standards
Cultivating a Culture of Safety & Security at ADMH	Discussion on the mindset that safety is a shared responsibility, not just policy.
Health Insurance Plans for New and Active Employees (SEIB)	This session is designed to help employees understand the coverage options available to them, how the plans work, and how to make informed enrollment decisions. The session typically reviews medical, dental, vision, cancer, and supplemental benefits, along with eligibility requirements, costs, and key deadlines.
A History of the Treatment of Individuals with Mental Illnesses in Alabama	The session will focus on the creation of Alabama Insane Hospital (Bryce Hospital), Mount Vernon Insane Hospital (Searcy) and Partlow State School and Hospital. There will be information on the individuals responsible for the first 110 years of facilities in Alabama. The focus will shift to the creation of the Department of Mental Health and the other facilities, and how Wyatt has influenced the department's journey into Community treatment.
Traumatic Media Overload	This session explores the psychological and emotional impact of repeated exposure to distressing news and graphic media content. "Traumatic Media Overload" examines how constant access to news cycles, social media, and real-time crisis coverage can contribute to anxiety, desensitization, compassion fatigue, and secondary traumatic stress.
Unlock the Power of AI	This session teaches participants how to use AI as a drafting assistant by mastering three-part prompting and a "Human-in-the-Loop" workflow where experts finalize the last 20% of the work. It also emphasizes the critical distinction between automated and assisted AI, specifically focusing on data security and the protection of sensitive information.

BREAKOUT SESSIONS

SESSION TIMES & ROOM LOCATIONS



ALL-STAFF CONFERENCE 2026

Mental Health Matters: A Better You, A Better ADMH

Morning Sessions – Beginning 9:40 a.m.

Presentation	Presenter	Location
Trauma-Informed Leadership: Applying the ACTOR Framework in Public-Sector Systems	Jennifer Doty	Sellers Auditorium
Health Insurance Plans for New and Active Employees (SEIB)	Kristen Henderson	Mobile
FMLA Should not be a Scary Thing	Brandy Sponsler	Lackey
A History of the Treatment of Individuals with Mental Illnesses in Alabama	Steve Davis	Rast A
Unlock the Power of AI	Dr. Zynnia Zafra & Cindy Shrum	Rast B

Morning Sessions – Beginning 11:00 a.m.

Presentation	Presenter	Location
Traumatic Media Overload	Tyesha Durr, ADMH	Sellers Auditorium
Stress Management & Building Resilience: Practical Strategies for Sustainable Mental Wellness	Emily Cason	Mobile
ADMH 101	Kim Hammack, Camille Cumuze, Beverly Johnson, Brooke Phillips,	Lackey
AlabamaRetire 457 Plan Overview	Isaiah Hileman, Empower	Rast A
Beyond the Join Button: Advanced Cisco Webex Tactics	Cindy Shrum & Team, ADMH	Rast B

Afternoon Sessions – Beginning 1:20 p.m.

Presentation	Presenter	Location
Bryce Museum Tour	Tour (Bus Ride to Museum for <u>Registered Tour Session Participants</u>)	Bryce Museum
Beyond Awareness: Trauma Treatment That Improves Outcomes*	Carolyn Pickett	Sellers Auditorium
Unlock the Power of AI	Dr. Zynnia Zafra & Cindy Shrum	Mobile
AlabamaRetire 457 Plan Overview	Isaiah Hileman	Lackey
Stress Management & Building Resilience: Practical Strategies for Sustainable Mental Wellness	Emily Cason	Rast A
Cultivating a Culture of Safety & Security at ADMH	Joe Rittner	Rast B

Afternoon Sessions – Beginning 2:40 p.m.

Presentation	Presenter	Location
Traumatic Media Overload	Tyesha Durr	Sellers Auditorium
ADMH 101	Kim Hammack, Camille Cumuze, Beverly Johnson, Brooke Whitfield	Mobile
FMLA Should not be a Scary Thing	Brandy Sponsler	Lackey
Harnessing a Growth Mindset for Transforming the Workplace	Heather Cole & Kacie Duncan	Rast A
Cultivating a Culture of Safety & Security at ADMH	Joe Rittner	Rast B