

DETAILED PROGRAM

Mental Health Matters: A Better You, A Better ADMH

Activity/Event	Time	Location
Bus Departs Montgomery*	6:00 a.m.	Central Office
Registration	8:00 a.m. – 9:00 a.m.	Bryant Conference Center (BCC) Lobby
ADMH Fun Photos**	8:00 a.m. – 3:00 p.m.	Sellers Auditorium Lobby
Welcome Session	9:00 a.m. – 9:35 a.m.	Sellers Auditorium
Morning Breakout Sessions	9:40 a.m. – 12:10 p.m.	Various BCC Room Locations
Break**	12:10 – 1:20 p.m.	
Afternoon Breakout Sessions	1:20 p.m. – 3:50 p.m.	Various BCC Room Locations
Conference Ends	4:00 p.m.	
Bus Departs Tuscaloosa*	4:15 p.m.	Bryant Conference Center

*Bus transportation only applies to employees authorized to travel by bus to the conference (Central Office Staff and Region 4 Office Staff). Bus registration is required. If you have any questions, please review the Frequently Asked Questions section or speak with your supervisor.

**ADMH Fun Photos available throughout the day, except during the break.