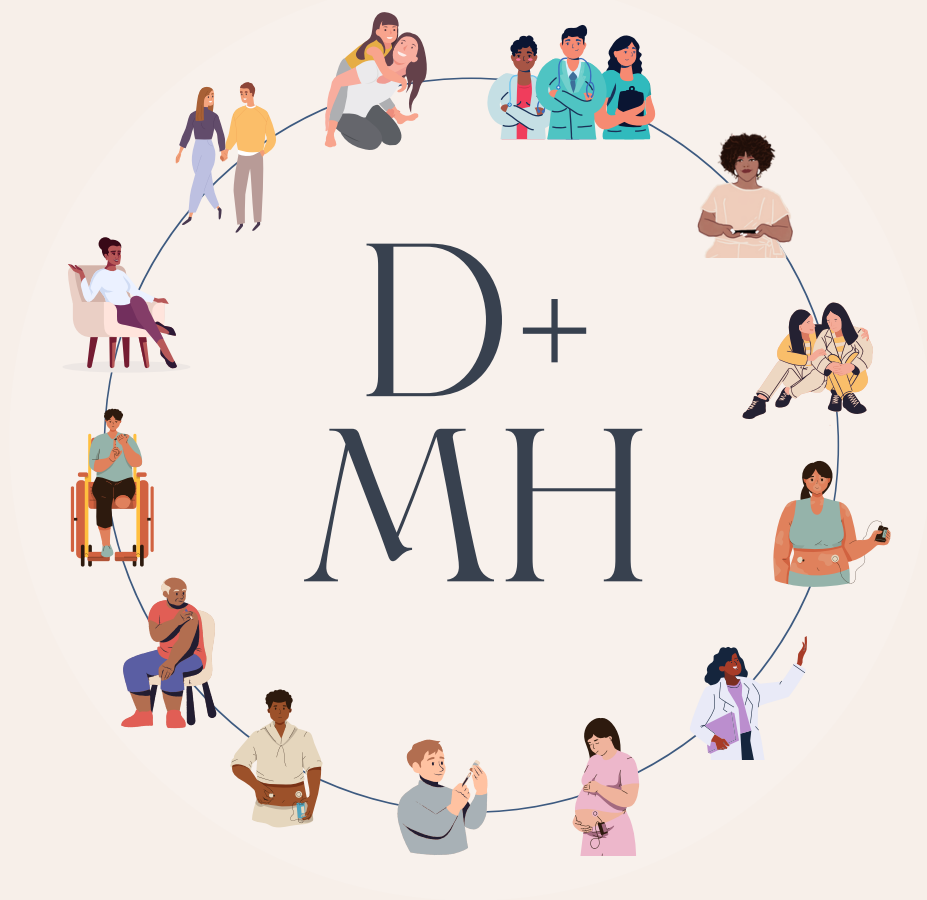


# THE DIABETES + MENTAL HEALTH CONFERENCE

## Conference Agenda

May 5-6, 2023

For people living with all types of diabetes,  
caregivers, and healthcare providers.



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# ABOUT

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# ABOUT THE CONFERENCE



The Diabetes + Mental Health conference is a day-and-a-half virtual event focusing on the intersection of mental health and diabetes. The event serves people living with all types of diabetes, caregivers, and healthcare professionals.

The conference was created with the premise that mental health is health, and that it is an inextricable part of diabetes management. The conference was co-founded by two therapists with diabetes: Sara Adams, LCSW-R, who was diagnosed with LADA at age 32, and Allison Nimlos, LMFT, who was diagnosed with type 1 diabetes at age 8.

The majority of the conference faculty is made up of mental health professionals, most of whom also live with diabetes.

**Have questions during the conference?** Email us at [info@dmhconference.com](mailto:info@dmhconference.com).

**About Reframe Diabetes:** Reframe Diabetes aims to remove the false idea that diabetes is only a physical condition by supporting the psychological, emotional and social impacts of living with the condition. We provide services and resources that aim to improve healthy diabetes management, overall wellness and self-care.

# ABOUT THE VENUE



## Logging In:

To log in, visit [www.dmhconference.vfairs.com](http://www.dmhconference.vfairs.com) and click on Login. You will use the email you registered with to log in. **No password is needed.** This will take you inside our virtual conference environment. You can click anywhere on the conference center image (see previous page) to enter the lobby (pictured above).

Our virtual conference environment has several areas to visit this weekend:

**Auditorium:** Visit here for the interactive agenda, which gives you access to all the keynotes, sessions, and networking events. The agenda will have a "join" button available when the session is active.

**Exhibit Hall:** Visit here to interact with our vendors, many of whom have reps "on-site" to answer your questions via chat about diabetes devices, products and events. The exhibit hall hours are posted in the agenda and inside the exhibit hall.

**Lounge:** Visit here to join our chatroom, open 24/7 during the conference. Post messages and interact with other attendees! Stop by during breaks or whenever you get a chance. The lounge is also home to our social media contacts and information about our faculty.

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# AGENDA

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# 2023 AGENDA

All times in Eastern Time

\*Denotes Person With Diabetes

CEUs available with Track One Sessions Only

## Friday, May 5th

1:00–1:30pm: **Lunch and Learn** with Diabetes Training Camp

2:00–2:30pm: **Lunch and Learn** with Erin Calhoun-Dulaney\*, Skirt My Pump

3:00–3:30pm: **Welcome Announcements**

3:30–3:45pm: **Welcome Keynote** with Mila Clarke\*, @thehangrywoman

3:45–4:00pm: Break / Exhibit Hall

4:00–4:45pm: **Meet and Greet** with Mila

4:45–5:00pm: Break / Exhibit Hall

5:00–6:15pm:

**Track One:** Diabetes + ADHD

- Michael Fulop, PhD\*

**Track Two:** Exploring, Accepting and Navigating an Identity with Diabetes

- Persis Commissariat, PhD, CDCES\*

6:15–6:30pm: Break / Exhibit Hall

6:30–8:00pm:

**Panel:** The Emotional Toll of Stigma and Shame (CEU available)

- Susan Guzman, PhD
- Jane K. Dickinson, RN, PhD, CDCES\*
- Renza Scibilia\*
- T'ara Smith\*
- Phyllisa DeRoze\*

8:00–9:00pm:

**Fireside Chats:** Continuing the Conversation

- Breakout discussions facilitated by the panelists

# 2023 AGENDA

All times in Eastern Time  
\*Denotes Person With Diabetes  
CEUs available with Track One Sessions Only

## Saturday, May 6th

9:30-9:45am: Exhibit Hall

9:45-10:00am: **Morning Remarks**

10:00-10:30am: **Main Keynote** with Mark Heyman, PhD, CDCES\*

9:30-9:45am: Break / Exhibit Hall

10:45am:

**Track One:** Beyond the PHQ-9: Supporting Mental Health in the Clinic

- Anna Floreen Sabino, MSW, CDCES\*

**Track Two:** Love At First Injection Site: Navigating Diabetes & Relationships

- Alexandria Ambrose, PsyD\*

12:00-1:30pm: Lunch / Exhibit Hall

- 12-12:45pm: Meet and Greet with Mark Heyman
- 12:45-1:30pm: Mindfulness & Diabetes with Sam Tullman

1:30pm:

**Track One:** Breaking the Barriers Between Diabetic and Psychiatric Medications

- Carl Dunn, R.Ph.

**Track Two:** A Complicated Relationship: Diabetes, Food and Body Image

- Julissa Rolon, MA, Psychotherapist\*

2:45pm: Break / Exhibit Hall



# 2023 AGENDA

All times in Eastern Time

\*Denotes Person With Diabetes

CEUs available with Track One Sessions Only

## Saturday, May 6th

3:00–4:15pm:

**Track One:** The Trauma of Diabetes

- Jennifer Martin-Schantz, M.S., M.A., Psy.D.\*

**Track Two:** Understanding and Establishing Health Boundaries with Yourself + Others

- Lacy Simmons, LCSW\*

4:15–4:30pm: Break / Exhibit Hall

4:30–5:45pm:

**Track One:** Treatment of Mental Health Issues in Individuals with Diabetes from Underserved Communities

- Dana Lehman, PsyD\*

**Track Two:** Parenting with Resilience

- JoAnne Robb, LMFT

5:45–6:15pm: **Closing Keynote** with Adam Brown, AMFT\*

6:15–6:30pm: **Closing Remarks**

7:00pm: After Hours with Adam Brown

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# FACULTY

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# MAIN KEYNOTE SPEAKER



**Dr. Mark Heyman\*** is a diabetes psychologist and a Certified Diabetes Care and Education Specialist. He is the CEO of the Center for Diabetes & Mental Health (CDMH) in San Diego.

He hosts the "Live Free with T1D" podcast and is the author of *Diabetes Sucks and You Can Handle It: Your Guide to Managing the Emotional Challenges of T1D*. He is passionate about providing diabetes education, evidence-based mental health treatment and online programs to people with diabetes.

Mark received his PhD in Clinical Psychology from George Washington University and completed his psychology internship at the UCSD School of Medicine. Mark has been living with Type 1 diabetes since 1999.

Website: [www.thediabetespsychologist.com](http://www.thediabetespsychologist.com)

Instagram: @thediabetespsychologist

# WELCOME KEYNOTE SPEAKER



**Mila Clarke\*** is a diabetes patient advocate, author, and self-taught. She currently resides in Houston, Texas. In 2016, she was diagnosed with diabetes and was struggling to find approachable resources, she started her food blog, the *Hangry Woman*, as a way for her to manage her chronic condition. The *Hangry Woman* aims to take away the shame and stigma that comes with a diabetes diagnosis and covers topics like diabetes management, cooking, and self-care from the perspective of someone living with the chronic condition.

Mila has been featured by CNN, The New York Times, *Eat This Not That*, USA Today, *Good Housekeeping* and WebMD. She contributes to Healthline, The Washington Post and *EatingWell* Magazine.

Website: [www.mila.hangrywoman.com](http://www.mila.hangrywoman.com)

# CLOSING KEYNOTE SPEAKER



**Adam Brown\*** has lived with diabetes for over 20 years. He currently works with teenage eating disorders as a registered associate marriage and family therapist (AMFT), offering individual, group, and family therapy. In 2021, he earned a Master's degree in Counseling Psychology. His first book, *Bright Spots & Landmines: The Diabetes Guide I Wish Someone Had Handed Me*, offers actionable diabetes tips related to food, mindset, exercise, and sleep. To date, over 300,000 copies of *Bright Spots & Landmines* have been sold and downloaded, with reader access at the center of the book's mission.

From 2010 to 2019, Adam worked at two mission-driven diabetes publications: *Close Concerns* and *diaTribe.org*. He also brought a diabetes perspective to numerous public venues, including FDA and NIH meetings, international scientific and industry conferences (ADA, AADE, ATTD), and local events for people with diabetes and healthcare providers.

Website: [helloadam.org](http://helloadam.org).

\*Denotes Person With Diabetes

# PLANNING COMMITTEE



**Sara Adams\***, LCSW-R, is a co-founder of the Diabetes + Mental Health Conference and a clinical therapist living with Type 1/LADA Diabetes. She co-owns a group psychotherapy practice in Rochester, New York where she specializes in treating PTSD and other psychological traumas, including medical trauma. Sara also provides consultation and coaching about diabetes and mental health through Reframe Diabetes. She is passionate about normalizing mental health as health and as an expected part of diabetes management.

Website: [www.reframediabetes.com](http://www.reframediabetes.com)

Instagram: @reframediabetes



**Allison Nimlos\***, LMFT, is a co-founder of the Diabetes + Mental Health Conference. She is a licensed marriage and family therapist and a diabetes health coach. Allison has been active in the diabetes community since age 16. Allison is former editor of *DiabetesMine*, and has previously contributed to Better Homes & Garden's *Diabetic Living*, *Diabetes Forecast*, and *Diabetes Daily*. Allison has lived with type 1 diabetes for 29 years and resides in the Twin Cities, Minnesota with her husband and two boys.

Website: [www.greaterthancc.com](http://www.greaterthancc.com)

Instagram: @thediabetictherapist

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# PLANNING COMMITTEE



**Christina Burbelo\***, WELL AP and MSW candidate, is pursuing her Master of Social Work at the University of Maryland, Baltimore with future plans of providing mental health services to those navigating chronic illness and/or trauma. Prior to this, she worked as a planner and interior designer for healthcare facilities, impacting the patient experience through design. She has lived with Type 1 diabetes for 18+ years and writes about her experience through her page *Stained In Blue* where she advocates for mental health and diabetes awareness. She also assists with research, marketing, writing, and creating programs for Reframe Diabetes.

LinkedIn: [www.linkedin.com/in/christina-burbelo](https://www.linkedin.com/in/christina-burbelo)

Instagram: @stainedinblue



**Alexis Skelley** is a Licensed Clinical Social Worker, certified diabetes care and education specialist, health education specialist, and certified mental health integrative medicine provider. For over ten years, she has been living out a childhood dream to assist individuals with diabetes. Alexis is passionate about connecting the dots between mental and physical health, advocating for the importance of normalizing mental health needs, and reducing stigma surrounding mental illness.

LinkedIn: [www.linkedin.com/in/diabetescoachalexis](https://www.linkedin.com/in/diabetescoachalexis)

Instagram: @diabetes\_therapist



**Jennifer Martin-Schantz\***, PsyD, resides in Clovis, California. She is a Type 2 Diabetic, diagnosed in 2014. Dr. Martin-Schantz is a passionate registered psychological associate in the field of clinical psychology. She earned her doctorate in clinical psychology from the Chicago School of Professional Psychology. Dr. Martin-Schantz completed her pre-doctoral internship at the Hope Counseling Center, and her post-doctoral work at a private practice and community mental health clinic. Dr. Martin-Schantz specializes in the fields of trauma, caregiving, and chronic illnesses such as diabetes. She is trained in Eye movement Desensitization and Reprocessing (EMDR), R-Tep, and G-Tep protocols. Dr. Martin-Schantz was an Adjunct Assistant Professor at Hope International University from 2014 to 2020, where she taught marriage and family therapy graduate students and undergraduate psychology students.

LinkedIn: [www.linkedin.com/in/jennifer-schantz-psy-d-69513b32](https://www.linkedin.com/in/jennifer-schantz-psy-d-69513b32)

Instagram: @dr.jenmschantz

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# FACULTY



**Dr. Alexandria Ambrose\*** is a Licensed Psychologist in Colorado, and also offers teletherapy to residents in over 30 states through PsyPact, an interstate licensing commission. She currently owns a private practice providing individual and couples therapy to those coping with chronic medical illness, relationship concerns, anxiety, depression, trauma, grief and loss, and disordered eating patterns. Alexandria earned her masters and doctorate in Clinical Psychology from the University of Hartford. She has had clinical experiences in inpatient, school, forensic, and university counseling center settings.

Living with type 1 diabetes since 2004, Alexandria approaches her work compassionately and genuinely. She is a firm believer in the complexity, messiness, loveliness, necessity, and realness of relationships, especially when diabetes is part of the equation! Alexandria published an e-book in 2022 entitled *My Diabetes and Me: A Psychoeducational Guidebook for Adolescents and Parents Coping with Type 1 Diabetes* that was originally part of her dissertation in graduate school.

Website: [www.dralexandriaambrose.com](http://www.dralexandriaambrose.com)

Instagram: @dralexandriaambrose



**Dr. Persis Commissariat\***, PhD, CDCES is a Licensed Clinical Psychologist and Certified Diabetes Care and Education Specialist in the pediatric, adolescent, and young adult section of the Joslin Diabetes Center. She is also an Assistant Investigator in the Section on Clinical, Behavioral, & Outcomes Research at the Joslin Diabetes Center, as well as an Instructor of Psychology at Harvard Medical School in Boston, MA. She provides individual and family therapy to children, adolescents, and young adults with diabetes, with a special interest in coping skills and diabetes education. Her research focuses on identifying challenges to diabetes care and acceptance and improving psychosocial outcomes through enhancing illness identity and diabetes technology use. She has a special interest in qualitative and mixed-methods research to amplify the voices of young people living with diabetes. She is currently an advisor on the ADA Behavioral Medicine & Psychology Interest Group Leadership Team.

Website: [www.joslin.org/find-an-expert/persis-commissariat](http://www.joslin.org/find-an-expert/persis-commissariat)

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**Dr. Phyllisa Deroze\*** is a global diabetes patient advocate and Director of Content Strategy at dQ&A. In 2011, she began blogging after her diagnosis with type 2 diabetes. She founded *Black Diabetic Info*, a website dedicated to increasing awareness of cultural-competent diabetes information from around the African Diaspora. In 2019, after becoming extremely ill, she learned that she had been misdiagnosed and was finally given the correct diagnosis—Latent Autoimmune Diabetes in Adults, a form of type 1 diabetes. In 2023, Phyllisa published a children's book, *Diabetes Helpers*, with her daughter, which honors children who have loved ones with diabetes. She has been featured in *Health Monitor* magazine, *Diabetic Living*, *Diabetes Focus*, and other publications. She shares her passion for lifestyle advocacy in YouTube vlogs, social media posts, workshops, essays, and keynote speeches that she has given in five countries. Her book chapter, *Laughing to Keep from Dying: Black Americans with Diabetes in Sitcoms and Comedies*, elucidates the impact of diabetes stigma. Considered one of the most prolific writers on the representation of diabetes in African American literature and popular culture, Dr. Deroze builds community through storytelling, drawing on her Ph.D. in English Literature from Pennsylvania State University, a career as a university professor, her Fulbright Scholar expertise, and her own experiences living with diabetes. Her motto "Diagnosed Not Defeated" is an inspiration for all.

LinkedIn: [www.linkedin.com/in/phyllisa](https://www.linkedin.com/in/phyllisa)

Instagram: @BlackDiabeticInfo



**Jane K. Dickinson\*** is a Program Director and Senior Lecturer at Teachers College Columbia University. Prior to this, she was the Program Director of a hospital-based diabetes education program. Dr. Dickinson earned her PhD in Nursing from the University of Connecticut, her Master of Science in Nursing from Yale University, and her Bachelor of Arts in Biology from St. Olaf College. She has been studying, publishing, and presenting on the language of diabetes and the impact messages have on people living with diabetes since the 1990s. Jane was named Diabetes Educator of the Year in 2019 and she is the 2023 President-Elect of the Board of Directors for the Association of Diabetes Care and Education Specialists.

Website: [www.janekdickinson.com](http://www.janekdickinson.com)

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# FACULTY



**Carl E. Dunn** currently resides in Columbia, South Carolina. He received his B.S. in Pharmacy from the University of South Carolina 1987. Carl has 38 years of experience in retail, sterile compounding, chemotherapy, home infusion, behavioral health, and diabetes education. He is presently employed at the University of South Carolina College of Pharmacy as a Clinical Instructor.



**Michael Fulop\*** has been a clinical psychologist in Portland, Oregon since 1993. Part of his clinical practice has been conducting strengths-oriented assessments with pediatrics through emerging adults with achievement, behavioral, emotional, and medical-adherence or adjustment to medical conditions, such as diabetes. The latter has been predominantly Type 1 diabetes patients, often with co-occurring learning, emotional, or attention disorders. He was one of four clinical psychologists that were group interventionists for the *Embark Research Project*, and was selected for a primary interventionist role on a recently funded 2023 to 2028 ADA Pathway Grant.

He has lived with diabetes since 1984, and uses a Tandem XP insulin pump with Dexcom G6.

Website: [www.michaelfulopmitraining.com](http://www.michaelfulopmitraining.com)

LinkedIn: [www.linkedin.com/in/michael-fulop-mitraining](https://www.linkedin.com/in/michael-fulop-mitraining)

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# FACULTY



**Dr. Susan Guzman**, PhD is a clinical psychologist specializing in diabetes. In 2003, Dr. Guzman co-founded the Behavioral Diabetes Institute (BDI), the first non-profit organization devoted to the emotional and behavioral aspects of living with diabetes. At BDI, she serves as the Director of Clinical Education, developing and leading programs for people with diabetes and healthcare professionals. Dr. Guzman is passionate about helping to change the conversations in diabetes away from shame, blame and judgment to those based on facts, empathy, and engagement. She has been part of a joint ADA/ADCES effort to address problematic language and messages in diabetes.

Website: [www.behavioraldiabetes.org/about](http://www.behavioraldiabetes.org/about)

LinkedIn: [www.linkedin.com/in/susan-guzman-1945097](https://www.linkedin.com/in/susan-guzman-1945097)



**Dana Lehman\***, PsyD earned her doctorate in clinical psychology from Widener University, where she concentrated her studies on chronic health conditions and wrote her dissertation on disordered eating in women with Type I diabetes. In addition to her work in private practice, Dr. Lehman serves as the Director of Mental Health Educational Programming at AIDS Care Group (ACG), in Sharon Hill, Pennsylvania. In this role, she has worked to develop a mental health treatment program for individuals with diabetes, all of whom come from the traditionally disadvantaged communities served by her agency. Dr. Lehman was diagnosed with Type 1 diabetes at age 11.

LinkedIn: [www.linkedin.com/in/dana-lehman-psy-d-a2458815](https://www.linkedin.com/in/dana-lehman-psy-d-a2458815)

\*Denotes Person With Diabetes

# FACULTY



**Jennifer Martin-Schantz\***, PsyD, resides in Clovis, California. She is a Type 2 Diabetic, diagnosed in 2014. Dr. Martin-Schantz is a passionate registered psychological associate in the field of clinical psychology. She earned her doctorate in clinical psychology from the Chicago School of Professional Psychology. Dr. Martin-Schantz completed her pre-doctoral internship at the Hope Counseling Center. And her post-doctoral work at a private practice and community mental health clinic.

Dr. Martin-Schantz specializes in the fields of trauma, caregiving, and chronic illnesses such as diabetes. She is trained in Eye movement Desensitization and Reprocessing (EMDR), R-Tep, and G-Tep protocols. Dr. Martin-Schantz was an Adjunct Assistant Professor at Hope International University from 2014 to 2020, where she taught marriage and family therapy graduate students and undergraduate psychology students.

LinkedIn: [www.linkedin.com/in/jennifer-schantz-psy-d-69513b32](https://www.linkedin.com/in/jennifer-schantz-psy-d-69513b32)  
Instagram: @dr.jenmschantz



**JoAnne Robb** lives diabetes every day. In addition to working as a therapist in a private practice with a focus on T1D, two of her three children have Type 1. She is passionate about helping parents of kids with Type 1 and created a coaching program called *Diabetes Sweet Talk* to help give these parents a leg up on their diabetes journey and support them in getting calm. Under the *Diabetes Sweet Talk* umbrella, she has a weekly podcast and free webinars to provide tools for living a better life when parenting diabetes. In addition to her work with T1D, she is a certified EFT couples therapist and a level II AEDP clinician.

Website: [www.joannerobbmft.com](http://www.joannerobbmft.com)  
Instagram: @diabetessweettalk

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# FACULTY



**Anna Sabino\*** has been living with T1D for over 30 years. She proudly offers both individual and group mental health support and diabetes education services virtually for parents, teens, and their families living with T1D through her private practice called *Finding Smiles Coaching*.

She spent most of her childhood summers attending, volunteering, and working directly with diabetes summer camps. She has nearly 20 years of experience creating and overseeing youth and family programs with organizations such as the College Diabetes Network (Diabetes Link), International Diabetes Federation, American Diabetes Association, and the T1D Exchange. In addition, Anna is involved at the local and national level with the ADCES and is currently part of the clinical team at Integrated Diabetes Services under the direction of Gary Scheiner. An avid exerciser, Anna lives outside Boston, MA with her husband and two young children.

Website: [www.findingsmilescoaching.com](http://www.findingsmilescoaching.com)

Instagram: @findingsmilescoaching



**Julissa Rolon\*** has lived with diabetes for 7 years, and is best known for her education project *Diabetes Tipo Ju* where she has hundreds of posts, videos, and materials for learning about diabetes and its complex relationship with emotions. Julissa is a clinical psychologist with almost a decade of private practice experience. She earned a Master's Degree in marriage and family therapy (MFT) and specializes in care and education for chronic diseases, concentrating on type 1 diabetes. She participates in international groups of advocacy and is a strong believer that education is the best tool to have in gaining the highest level of wellness, both physically and emotionally. She knows there is no single approach that works for everyone living with a chronic health condition, so she continues to educate herself on new technologies, medical devices, pharma, and mental health trends to provide the most comprehensive information and attention for the community. Her latest accomplishments are in the area of eating disorders, getting different actualizations, and working with a large number of patients.

Instagram: @DiabetesTipoJu

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# FACULTY



**Renza Scibilia\*** has lived with type 1 diabetes since 1998. She is a diabetes advocate and activist, and is Director of Community Building and Communications in the Global Team at JDRF. She has worked for diabetes organizations for the last twenty-one years, promoting a person-centered approach to the development, design and delivery of diabetes technologies, services, resources, research and education programs. Renza is also the Global Head of Advocacy for #dedoc°, a European-based profit for purpose organization which provides opportunities for diabetes advocates from across the world to become part of a peer network and to attend professional conferences under the banner #NothingAboutUsWithoutUs. Since August 2017, Renza has been wearing a DIYAPS, which automates insulin delivery. She is also part of the #WeAreNotWaiting movement. Renza has extensive experience as a consultant, facilitator, presenter, and media spokesperson and is frequently invited to speak at conferences where she speaks about topics including peer support in diabetes management, diabetes technology, why communication matters in diabetes and healthcare, and how to reduce diabetes-related stigma and its impact.

Website: [www.diabetogenic.wordpress.com](http://www.diabetogenic.wordpress.com)



**Lacy Simmons\*** is a licensed therapist in Los Angeles, CA. She received her Master's in Social Work from University of Maryland, Baltimore and currently works with adult clients in the state of California. Lacy was diagnosed with T1D as an adult and experienced her own mental health challenges post diagnosis. This personal experience shifted her focus as a therapist to include specializing in the brain-body connection of people living with chronic illnesses. Lacy is passionate about boundary-work as a therapist and focuses on educating others through social media content on Instagram.

LinkedIn: [www.linkedin.com/in/lacy-simmons-1528b164](http://www.linkedin.com/in/lacy-simmons-1528b164)

Instagram: @theboundarytherapist

\*Denotes Person With Diabetes



# FACULTY



**T'ara Smith\*** is a nutritionist, diabetes advocate, writer, public speaker, and aspiring diabetes care and education specialist. T'ara was misdiagnosed with Type 2 diabetes in 2017 and re-diagnosed with LADA diabetes in 2020. She's passionate about cooking with fresh ingredients, body positivity, and advocating for women of color within the health and wellness space. She enjoys sharing her journey on her Instagram, *T'ara Talks Food*, and hopes to inspire others to use cooking to live their healthiest lives. T'ara serves as the Director of Beyond Type 2, where people with Type 2 diabetes can find practical resources to live healthy, amazing lives without shame or facing stigma, as well as find a community with others living with the disease.

LinkedIn: [www.linkedin.com/in/taraasmith](https://www.linkedin.com/in/taraasmith)

Instagram: @taratalksfood



**Sam Tullman\***, MPH, is one of the facilitators and co-founders of the DiabetesSangha, and the Head of Clinical Research for Psyber Health. He was diagnosed with T1D at eight years old, and has since been on a long arc of trying to understand the human experience and learn how to help himself and others in recapturing joy and agency in their lives. He is a dedicated student of the Rinzai Zen, but draws heavily from other Buddhist traditions, as well as Neuroscience and modern, western Psychology. In his professional life, he works to create mind-body-computer interfaces to help people connect with what's most important in their lives.

Website: [www.diabetessangha.com](https://www.diabetessangha.com)

Instagram: @diabetessangha

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# SESSIONS

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# TRACK ONE SESSIONS

(CEUs available to registered providers)

## **Diabetes + ADHD**

**Friday, 5:00pm EST**

Dr. Michael Fulop, PsyD\*

What are the implications of having diabetes and ADHD? In this presentation, Dr. Fulop will discuss the features of ADHD, how issues with executive functioning can compound issues with managing diabetes, and strategies that providers, as well as parents and people with diabetes (PWDs), can use at home.

## **Beyond the PHQ-9: Supporting Mental Health in the Clinic**

**Saturday, 10:45am EST**

Anna Floreen-Sabino, MSW, CDCES\*

This session will focus on dissecting the current trends in mental health and questions often asked throughout diabetes related medical appointments, reviewing the impact, if any, in the types of assessments. This session will offer opportunities for all types of diabetes professionals to reconsider what and how the topic of "mental health" is included throughout integrated care.

## **Breaking the Barriers Between Diabetic and Psychiatric Medications**

**Saturday, 1:30pm EST**

Carl Dunn, R.Ph.

This session will explore the systemic stigma and psychological barriers patients may face in adopting certain diabetic and/or psychiatric medications, as well as the implications that psychiatric medications can have on diabetes management. Providers will learn more about psychiatric medications and how to support their patients who are using them.

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# TRACK ONE SESSIONS

(CEUs available to registered providers)

## **The Trauma of Diabetes**

**Friday, 3:00pm EST**

Dr. Jennifer Martin-Schantz, M.S., M.A., PsyD\*

Discover how traumatic experiences can impact diabetes and influence thinking, blood glucose levels, and body responses. In this presentation, Dr. Martin-Schantz will discuss the features of mental health and diabetes, body responses to trauma, the differences between PTSD & ASD, medical traumas, diabetes burnout, coping skills, getting connected with a mental health professional, and a daily self-care plan.

## **Treatment of Mental Health Issues in Individuals with Diabetes from Underserved Communities**

**Saturday, 4:30pm EST**

Dr. Dana Lehman, PsyD\*

Mental health support for individuals with diabetes is becoming a standard recommendation as part of treatment. Unfortunately, this framework often fails to take into account the unique stressors faced by marginalized communities including, but not limited to: poverty, systemic racism, lack of access to physical and mental healthcare, and community stigma against mental health treatment. This session will educate attendees about barriers to efficacious diabetes treatment faced by underserved communities, as well as methods for addressing these barriers to help assure health equity for all people.

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# TRACK TWO SESSIONS

## **Exploring, Accepting and Navigating an Identity with Diabetes**

**Friday, 5pm EST**

Dr. Persis Commissariat, PhD, CDCES\*

This session explores how a diabetes diagnosis shapes a person's identity, what changes occur in self-perception with a diabetes diagnosis, and how conceptions of identity change throughout different stages in the life span.

## **Love At First Injection Site: Navigating Diabetes & Relationships**

**Saturday, 10:45am EST**

Dr. Alexandria Ambrose, PsyD\*

This session explores the challenges that adults living with diabetes face in a monogamous relationship or while dating. We will discuss how to talk to your partner or potential partner about diabetes; the relational dynamics and diabetes management; navigating sex and intimacy; and strategies for how to communicate with partners about needs and provide or ask for emotional support. Partners welcome!

## **A Complicated Relationship: Diabetes, Food and Body Image**

**Saturday, 1:30pm EST**

Julissa Rolon, MFT\*

Rates of eating disorders and disordered eating amongst people living with diabetes are higher than in the general population. Learn what makes PWDs more susceptible and what we can do to address this serious issue.

\*Denotes Person With Diabetes

# TRACK TWO SESSIONS

## **Understanding and Establishing Health Boundaries with Yourself + Others**

**Saturday, 3pm EST**

Lacy Simmons, LCSW\*

This session focuses on the importance of healthy boundaries related to chronic illness and/or diabetes, navigating familial relationships, establishing healthy boundaries with providers, and ways that healthy boundary setting leads to freedom for individuals navigating chronic illness and/or diabetes.

## **Parenting with Resilience**

**Saturday, 4:30pm EST**

JoAnne Robb, LMFT

In addition to teaching parents about positive parenting that they can think about and use in interactions with their child who has diabetes, this talk offers an experiential component where specific tools are taught and parents practice them during the session. Caregivers and providers will also learn what research says about positive parenting and its outcomes. There will also be discussion on the components of love and limits and how positive parenting strikes a balance. Specific tools will be learned such as mirroring, normalizing/positive reframing, and validation.

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# SPONSORS

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# GOLD SPONSORS

## **Dexcom**

Founded in 1999, Dexcom, Inc. is the leader in transforming diabetes care and management by providing continuous glucose monitoring (CGM) technology to help patients and healthcare professionals better manage diabetes. Since their inception, they have focused on better outcomes for patients, caregivers, and clinicians by delivering solutions that are best in class—while empowering the community to take control of diabetes.

Website: [www.dexcom.com](http://www.dexcom.com)



For over 35 years, Melrose Center has been a national leader in the treatment of Type 1 diabetes and co-occurring eating disorders often called “diabulimia.” Treatment for this complex illness includes a multi-disciplinary care team, including support from an endocrinologist and certified diabetes care and education specialist from the Park Nicollet International Diabetes Center.

Melrose offers all levels of care, from outpatient to intensive residential for all patients struggling with eating disorders, with 5 locations in the Minneapolis-St. Paul area. A 39-bed residential unit on a nature preserve surrounds patients and families with a beautiful healing environment.

Website: [www.healthpartners.com/care/specialty-centers/melrose-center](http://www.healthpartners.com/care/specialty-centers/melrose-center)

Featured Sponsor of the "Complicated Relationship: Diabetes, Food and Body Image" session.

# SILVER SPONSORS



For someone living with T1D, exercising and being active can be one of the most challenging things they undertake. Their bodies do not regulate fuel metabolism or glucose levels like those without diabetes. As a result, their glucose levels can go very high or very low, even dangerously low at times. The Diabetes Training Camp offers people living with T1D the tools they need to feel knowledgeable, empowered, and confident to manage their blood glucose levels while unlocking their full athletic potential. In addition, they offer a community of staff and other campers who “get it.”

Website: [www.diabetestrainingcamp.com](http://www.diabetestrainingcamp.com)



The Diabetes Link is a national nonprofit organization that specializes in helping teens and young adults navigate their diabetes among an ever-changing and fast-paced world. And while WHAT they do is important (Peer support! Expert resources! Scholarships! and more!), it's WHO they are that matters most.

They were originally founded in 2009 as the College Diabetes Network, by a college student named Christina Roth. She felt isolated with her Type 1 diabetes. Thus, the community was born! Made up of fellow people with diabetes, they are confident that they know the unique needs of these young adults because, at one time or another, they've needed it too.

Fast forward to today, and they've served an estimated 12,000 young adults and their support network nationwide. And while they may have changed their name and footprint, their dedication remains as deeply rooted, personal, and intentional as ever.

Website: [www.thediabeteslink.com](http://www.thediabeteslink.com)

# SILVER SPONSORS

## **SKIRT** *my pump*

The SkirtMyPump slip is an innovative undergarment designed by a type 1 diabetic insulin pumper, for insulin pumpers to be able to comfortably and accessibly wear their insulin pump, or other medical device, with any skirt or dress.

The undergarment has multiple pocket openings designed to keep tubing safely secured under the slip. The zippered pocket openings at the hemline make the pump easily accessible when it's time to bolus or check blood sugars if also connected to a CGM. The slip also features elastic loops and buttons around the inside of the slip, making the hemline easily adjustable if needed to be worn under shorter skirts or dresses.

The SkirtMyPump's well designed location of the pump pocket is also being used by travelers to keep their passport and money discreetly on them while exploring new destinations. The SkirtMyPump slip is available in six sizes, is offered either in black or white fabric and is available to be shipped worldwide.

Website: [www.skirtmypump.com](http://www.skirtmypump.com)



Center for Change is a place of hope and healing that is committed to helping those suffering from eating disorders break free and fully recover. The Center offers intensive treatment for eating disorders and co-occurring issues, including a specialty program for co-occurring diabetes (ED-DMT1), and provides a full continuum of care: Inpatient, Residential, Partial Hospitalization Program, Intensive Outpatient Program, and Outpatient services.

It is located in Orem Utah, Cottonwood Heights (Salt Lake City) Utah, and Boise Idaho, serving females/female identifying/trans feminine in Inpatient and Residential, and all genders in PHP, IOP, and Outpatient. Accredited by The Joint Commission, AdvancED, and TRICARE® certified.

Website: [www.centerforchange.com](http://www.centerforchange.com)

# BRONZE SPONSORS



The American Diabetes Association's *Mental Health Diabetes Education Program* for providers is a multi-tiered initiative that addresses the mental health burden of diabetes. The program offers continuing education and curated resources for licensed mental health professionals and diabetes care team members, along with a referral directory for people with diabetes and their caregivers to find mental health professionals with specialized training in diabetes.

Website: [www.diabetes.org](http://www.diabetes.org)



At Medtronic, they aim to provide you the right solution at the right time, wherever you are in your diabetes journey. Their focus is to help you achieve better glucose control and spend less time managing highs and lows.

Website: [www.medtronicdiabetes.com](http://www.medtronicdiabetes.com)



# BRONZE SPONSORS



At Thrivable, they're on a mission to revolutionize market research with a singular focus on driving breakthroughs in patient care. They believe that to truly make a difference, it's essential to understand the people behind the research. This patient-centered approach delivers data that inspires transformative insights for their medtech, pharmaceutical, and agency partners at the forefront of diabetes care.

Website: [www.thrivable.app](http://www.thrivable.app)



Founded in 2009, Diabulimia Helpline is the world's first 501(c)3 non-profit organization dedicated to education, support, and advocacy for people with diabetes and eating disorders, and their loved ones. After 10+ years of work in the field, they have expanded into the field of diabetes and mental health including diabetes burnout, diabetes + depression, anxiety, PTSD or OCD.

Their mission is to bring awareness about the co-morbidity of diabetes and eating disorders; provide resources to those afflicted; and educate healthcare professionals about the presence and dangers of mental health issues in the diabetes community.

Website: [www.diabulimiahelpline.org](http://www.diabulimiahelpline.org)

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SUPPORT

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# EVALUATION FORMS

## **Attendee Feedback Form:**

After the conference has closed, all attendees will receive an online survey to evaluate the conference and provide feedback to the planning committee. This survey will help us plan next year's event. This is an optional feedback survey, but we very much hope you will fill it out!

(Thanks to Thrivable for powering our feedback survey!)

## **Evaluation Form for CEUs:**

If you are a healthcare provider who registered for the CEU admission / Track One, you will also receive a link to an evaluation form to receive your CEUs. Once we have received this form, you will receive an email with your certificate. This evaluation form is **required** in order to get your CEUs.

(Thanks to ADCES for providing the CEUs!)

# QUESTIONS?



If you have questions, concerns or any issues during the conference, please contact us at **[info@dmhconference.com](mailto:info@dmhconference.com)** and one of our staff will get back to you right away.

## **The Diabetes + Mental Health Conference**

**May 5-6, 2023**

**Virtual**

**Activity description:** It has become more widely accepted that living with diabetes has a profound impact on mental health, and that mental health has a strong influence on metabolic outcomes and disease management. This two day conference will provide a deeper look at the intersection of diabetes management and mental health, with focused topics on ADHD, trauma, psychiatric medications, underserved communities, and barriers to mental health support in the clinic setting. This is a virtual conference.

**Target audience:** Track one is designed for individuals or groups of diabetes care and education specialists including RNs, RDs, Pharmacists, Physician Assistants, MDs, and other healthcare providers interested in staying up to date on diabetes and mental health.

In accordance with the ACCME Standards for Integrity and Independence, the Association of Diabetes Care & Education Specialists (ADCES) requires anyone in a position to affect or control continuing education content (e.g., authors, presenters, and program planners) to disclose all financial relationships with ineligible companies. It is the responsibility of ADCES to mitigate and disclose all relevant conflicts of interest. Disclosure of a relationship is not intended to suggest or condone bias in any presentation but is made to provide participants with information that might be of potential importance to their evaluation of the presentation.

Relevant disclosures (or lack thereof) among education activity planners and faculty are as follows:

**Speaker disclosures:**

- Michael Fulop, PsyD, No financial relationships to report
- Anna Floreen, Sabino, MSW, CDCES, No financial relationships to report
- Carl Dunn, R.Pharm. No financial relationships to report
- Dana Lehman, PsyD. No financial relationships to report
- Jennifer Martin-Schantz, M.S., M.A., Psy.D. No financial relationships to report
- Susan Guzman, PhD, No financial relationships to report
- Jane K. Dickinson, RN, PhD, CDCES, No financial relationships to report
- Renza Scibilia, No financial relationships to report
- T'ara Smith, No financial relationships to report
- Phyllisa DeRoze, No financial relationships to report
- Mark Heyman, PhD, CDCES, OneDrop, Dexcom, Tandem Diabetes Care, Insulet, MannKind, Vertex
- Susan Guzman, PhD, Abbott Diabetes Care
- Jane K. Dickinson, RN, PhD, CDCES, ASHP
- T'ara Smith, No financial relationships to report
- Phyllisa Deroze, PhD, No financial relationships to report
- Renza Scibilia, No financial relationships to report

**Planners:**

- Sara Adams, LICSW, No financial relationships to report
- Allison Nimlos, LMFT, No financial relationships to report
- Jennifer Martin-Schantz, PsyD. No financial relationships to report
- Alexis Skelley, LCSW, CDCES, No financial relationships to report
- Christina Burbelo, No financial relationships to report

**Disclosure and Mitigation of Relevant Conflicts of Interest:** All identified relevant conflicts of interest have been mitigated.

**Financial Support:** None or enter in the name of company providing commercial support.

### Successful Completion

To receive a Statement of Credit you must attend the entire conference and complete an evaluation form which will be emailed to all registered CEU attendees on Sunday, May 7. Your Statement of Credit will be issued electronically upon submission of the evaluation form. Contact [info@dmhconference.com](mailto:info@dmhconference.com) with questions.

### Activity Agenda Example:

**Date:** May 5-6 2023

**Time:** May 5

3:00-5:00 PM Welcome Announcements and Address

5:00-6:15 PM "Diabetes + ADHD", Michael Fulop, PsyD

6:30-8:00 PM Panel: "The Emotional Toll of Stigma and Shame," Susan Guzman, PhD, Jane K. Dickinson, RN, PhD, CDCES, Renza Scibilia, T'ara Smith, Phyllisa DeRoze

May 6

10:00-10:45am: Main Keynote with Dr. Mark Heyman, PhD, CDCES

10:45am-12:00pm: "Beyond the PHQ-9: Supporting Mental Health in the Clinic," Anna Floreen Sabino, MSW, CDCES

12:00pm: Lunch / Exhibit Hall

1:30-2:45pm: "Breaking the Barriers Between Diabetic and Psychiatric Medications," Carl Dunn, R.Ph

2:45pm-3:00: Break

3:00pm-4:15pm: "The Trauma of Diabetes," Jennifer Martin-Schantz, M.S., M.A., Psy.D.\*

4:30-5:45pm: "Treatment of Mental Health Issues in Individuals with Diabetes from Underserved Communities," Dana Lehman, PsyD\*

5:45pm-6:15pm: Closing Keynote with Adam Brown, AMFT

**Location:** Virtual

**Cost:** \$75 Early bird, \$95 Regular

**Registration information:** Visit our website to register and for additional information

<http://dmhconference.vfairs.com>

**Contact Information:** Allison Nimlos at [info@dmhconference.com](mailto:info@dmhconference.com)

**Financial Information:** This activity is supported by sponsorships from Dexcom, Melrose Clinic, Center for Change, Diabetes Training Camp, American Diabetes Association, Skirt My Pump, Medtronic, Trivable, Diabulimia Helpline and The Diabetes Link.

This program is jointly provided with the Association of Diabetes Care & Education Specialists.

### Accreditation:



In support of improving patient care, this activity has been planned by Reframe Diabetes and the Association of Diabetes Care & Education Specialists. The Association of Diabetes Care & Education Specialists is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

## Accreditation Council for Pharmacy Education

The Universal Activity Number is JA4008258-9999-23-078-L99-P. This virtual-based activity has been approved for 9.0 contact hour(s)

## American Medical Association (AMA)

Association of Diabetes Care & Education Specialists designates this live activity for a maximum of 9.0 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## American Nurses Credentialing Center (ANCC)

Association of Diabetes Care & Education Specialists designates this activity for a maximum of 9.0\_\_\_\_\_ANCC contact hours. The Association of Diabetes Care & Education Specialists is approved by the California Board of Registered Nursing, Provider Number 10977, for 9.0\_\_\_\_contact hours. RNs must retain this document for 4 years after the activity concludes.



The Association of Diabetes Care & Education Specialists has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 9.0\_\_\_\_AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.



**Registration (CDR):** CDR Credentialed Practitioners will receive 9.0\_\_\_\_\_Continuing Professional Education units (CPEUs) for completion of this activity. Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (One IPCE credit = One CPEU). If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (One 60 minute hour = 1 CPEU. RDs and DTRs are to select activity type 102 in their Activity Log. Sphere and Competency selection is at the learner's discretion.



As a Jointly Accredited Organization, the American Association of Diabetes Educators is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Association of Diabetes Care & Education Specialists maintains responsibility for this course. Social workers completing this course receive 7.75 Continuing Education Credits.

**Certified Diabetes Care and Education Specialists:** To satisfy the requirements for renewal of certification for the Certification Board for Diabetes Care and Education (CBDCE), continuing education activities must be diabetes related and approved by a provider on the CBDCE list of Approved Providers ([www.cbdce.org](http://www.cbdce.org)). CBDCE does not approve continuing education. The Association of Diabetes Care & Education Specialists is on the CBDCE list of Approved Providers.

## Other Health Professionals

It is the responsibility of each participant to determine if the program meets the criteria for re-licensure or recertification for their discipline.