



2018 NCRA Conference

Track 1	Wellness
Track 2	Disability
Track 3	Leadership

“Balancing the Scales of Work & Wellness for the Mind, Body, & Soul”

Embassy Suites by Hilton, Cary, NC

November 7th-9th 2018

WEDNESDAY, NOVEMBER 7, 2018

8:00 am - 5:30 pm	Registration				
8:00 am - 9:00 am	NCRA Board Meeting				Crescent Boardroom
9:00 am - 11:30 am	Pre-Conference Training: <i>Green Tomatoes, Red Tomatoes: We All Need Ethics</i> Dr. Steve Sligar (ECU Ethics)				Carolina Ballroom
11:30 am - 12:30 pm	NCRA Past Presidents Luncheon - By Invitation Only				Crescent Boardroom
11:30 am - 12:30 pm	LUNCH ON YOUR OWN				
12:30 pm - 2:00 pm	Conference Opening Ceremonies Keynote Address: Patrick Madsen: <i>Break All the Rules to Building a New Direction</i>				Carolina Ballroom
2:00 pm - 2:20 pm	Door Prizes - Visit Chapter IV Table to buy snacks				
Breakout Sessions	Wellness Track TANGLEWOOD/ PINEHURST	Disability Track BLOWING ROCK	Leadership Track CHIMNEY ROCK	Wellness Track CAPE HATTERAS (2 ND FLOOR)	Wellness Track CAPE FEAR (2 ND FLOOR)
2:20 pm - 3:50 pm	<i>The Impact of Helping: Who is Taking Care of Superman?</i> Tania Bowers	<i>Making Documents Visually Accessible for Those with Visual Impairments</i> Hearn	<i>Followership Styles & Your Career (addition to keynote)</i> Patrick Madsen	<i>Self-Care Skills for Helping Professionals</i> Gloria Davis	<i>Work is Therapy</i> Penny Liles
Breakout Sessions	Wellness Track TANGLEWOOD/ PINEHURST	Disability Track BILTMORE/HOPE	Leadership Track BELLAMY/ MENDENHALL	Disability Track CAPE HATTERAS (2 ND FLOOR)	Disability Track CAPE FEAR (2 ND FLOOR)
4:00 pm - 5:30 pm	<i>Yoga Adapted for You to Improve Comfort and Reduce Tension</i> Howie Shareff	<i>The Impact of Mood Disorders in the Aging Population</i> Tammy Curry	<i>Compassionate Leadership: Leading from Both Head and Heart</i> Michele Powell	<i>Self-Advocacy: Best Practices for Students with Disabilities in Higher Education</i> Richard Kilgore	<i>Better data Better decisions: Occupational Requirements and benefits from BLS</i> Kristin Smyth
Local Chapter Meetings 5:30 pm to 6:00 pm		BLOWING ROCK/ CHIMNEY ROCK Chapter III Meeting		CAPE HATTERAS (2 ND FLOOR) Chapter I Meeting	CAPE FEAR (2 ND FLOOR) Chapter IV Meeting
6:30 pm - 11:00 pm	Chapter III Social Super Hero Bash Dinner and DJ - Come dressed as a superhero! Drawing for Cruise!				Carolina Ballroom

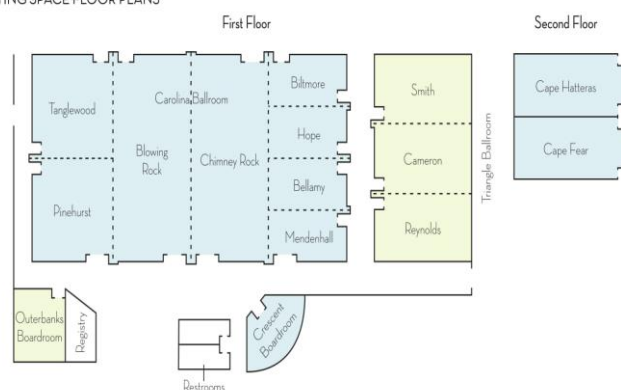
Visit tables for Chapter I SILENT AUCTION and Chapter IV BAKE SALE! Open today from 11:30 -5:30 pm.

THURSDAY, NOVEMBER 8, 2018

8:00 am – 5:30 pm	Registration				
8:30 am to 8:45 am	Early Bird Door Prizes				Carolina Ballroom
9:00 am – 9:30 am	Guest Speaker: Secretary Dr. Mandy Cohen: Leadership				Carolina Ballroom
9:30 am – 10:30 am	Guest Speaker: Tyronna Hooker: <i>I Can't Spell Success Without YOU!</i>				Carolina Ballroom
Wellness Break 10:30 am – 11:30 am	Visit Posters and Vendors POSTER SESSION - 10:30 am to 11:30 am EXHIBIT HALL OPEN 10 am to 5 pm				Biltmore/Hope/ Bellamy/Mendenhall
11:30 am – 1:00 pm	NCRA & Allstar Awards Lunch & Ceremony: Shooting for the Stars!				Carolina Ballroom
Breakout Sessions	Wellness Track TANGLEWOOD/ PINEHURST	Disability Track BLOWING ROCK	Leadership Track CHIMNEY ROCK	Wellness Track CAPE HATTERAS (2 ND FLOOR)	Disability Track CAPE FEAR (2 ND FLOOR)
1:00 pm - 2:30 pm	<i>Active Strategies for Counselor Wellness</i> Judy Schmidt, Eileen Burker, Dara Chan, & Blaise Morrison	<i>Substance Abuse & Older Adults</i> Lynn Parks	<i>Vision Casting for Leaders</i> Walter Finnigan	<i>Tribal VR: A Game Changing Opportunity in Indian Country</i> Celeste Hunt & Cheryl Revels	<i>Microaggressions and Implicit Bias: Diversity, Inclusion and Implications for Work, Life, Healthcare and Community</i> Del Savage & Afredia Roach
2:30 pm - 3:00 pm	Afternoon Break & Door Prizes				
Breakout Sessions	Wellness Track TANGLEWOOD/ PINEHURST	Disability Track BLOWING ROCK	Leadership Track CHIMNEY ROCK	Wellness Track CAPE HATTERAS (2 ND FLOOR)	Disability Track CAPE FEAR (2 ND FLOOR)
3:00 pm to 4:30 pm	<i>Wellness in the Workplace</i> Susan McKenzie & Jessica Espada-Poplin	<i>Stepping Up Together: Cross System Collaboration to Connect to treatment and reduce recidivism for those with mental illness</i> Robert Byrd & Tim Britt	<i>Finding Balance in Your Leadership Role</i> Susan Adams- Jager	<i>Harness the Power of Storytelling: Three Ways Storytelling Can Improve Your Life</i> Cindy Hartzell	<i>A Disability that Strengthens Lives & Ties</i> Betty Rodriguez & S. Janine Parker
4:30 pm - 5:30 pm	NCRA Delegate Assembly - OPEN TO EVERYONE				Tanglewood/Pinehurst
6:30pm - 11:00pm	President's Reception and Dance "Life, Leisure, and Laughter" - Relaxed Attire				Carolina Ballroom

Last Chance for SILENT AUCTION AND BAKE SALE. Ending today at 4:30.

MEETING SPACE FLOOR PLANS



FRIDAY, NOVEMBER 9, 2018

8:30 am to 8:45 am	Early Bird Door Prizes			
Breakout Sessions	Wellness Track TANGLEWOOD/PINEHURST	Disability Track BLOWING ROCK	Leadership Track CHIMNEY ROCK	Disability Track BILTMORE/HOPE/BELLAMY/ MENDENHALL
9:00 am to 10:30 am	<i>Who's Stressed Out? Workplace Stress: It's Impact On Your Business and Your Life</i> Brian Simmons	<i>Living Courageously</i> Eric Fugant & Jacqueline Dunkle	<i>Employment & Entrepreneurship</i> Ryan Rotundo	<i>The Connection to Human Trafficking</i> Natalie Wood Rich
10:30am to 10:45 am	COFFEE BREAK and DOOR PRIZES			
10:45 am – 12:15 pm	Conference Closing Address: <i>Our Sibling Story</i> Ryan Rotundo & Nicole Rotundo			CAROLINA BALLROOM
12:15 pm – 12:30 pm	Closing Remarks - Exchanging of the Gavel – Grand Door Prize Drawing			CAROLINA BALLROOM

MEETING SPACE FLOOR PLANS

