

Mental Health Awareness Month Training Day

Agenda

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| 9:00 to 12:15 p.m. ~ | Speakers: | <ul style="list-style-type: none">• Welcome• Dr. Dan Janiczak: Psychiatric Medications (1 hour)• Breanna Heintzelman: Stress Response Cycle and Burnout (2 hours) |
| 12:15 to 1:00 p.m. ~ | Lunch (included)/Break | <ul style="list-style-type: none">• Josh Dye: Authentic Influence Communication That Moves Clients and Co-Workers to Action (1.5 hours) |
| 1:00 to 4:00 p.m. ~ | Speakers: | <ul style="list-style-type: none">• Chris Egert: Chickenwing: A Story About Identity, Resilience, And Choosing What Comes Next (.75 hour)• Closing |

Dan Janiczak, MD

Dan is currently the medical director and staff psychiatrist at Newport Academy in St Cloud and for Wright County programs

He attended medical school at Creighton University School of Medicine. Completed his residency at Hennepin County-Regions Psychiatry program and completed his fellowship at Northwestern University Feinberg School of Medicine and Ann & Robert H. Lurie's Children's Hospital of Chicago.

Past care experience includes outpatient, consultative, and assertive community treatment (ACT)



Dr. Dan Janiczak

Psychiatric Medication

Objectives: Learners after attending lecture will be able to:

- Identify psychotropic medication treatment options for common psychiatric conditions seen in children, adolescents, and adults
- Identify changes in common conditions after treatment with particular psychotropic medications
- Identify common side effects to prescribed medications which may warrant follow up with treating physician

*Please use this [LINK](#) to submit questions in advance for this session.

Breanna Heintzelman, MA, LMFT

Breanna is a Licensed Marriage and Family Therapist, Approved Supervisor for the MN Board of Marriage and Family Therapy and MN Board of Behavioral Health and Therapy, as well as an Approved AAMFT Supervisor and a Daring Way™ Trained Facilitator.

She is passionate about helping individuals, couples, and families build stronger, more fulfilling relationships. Her work focuses on improving communication, fostering emotional resilience, and guiding clients toward a life that feels meaningful and rewarding.

Breanna provides therapy and co-facilitate several group therapy groups. She is also the Clinical Supervisor, CEO and Co-Owner for Bridging Hope Counseling.

A portrait of Breanna Heintzelman, a woman with blonde hair, smiling, wearing a pink top. The photo is framed by a purple border.

Breanna Heintzelman

Stress Response Cycle and Burnout

This presentation offers a compassionate and research-informed exploration of burnout among helping professionals, drawing in part from the work of Emily Nagoski and Amelia Nagoski in their book *Burnout: The Secret to Unlocking the Stress Cycle*. Designed for therapists, healthcare providers, educators, and caregivers, the session highlights the unique emotional demands placed on those in service-oriented roles and the cumulative impact of chronic stress.

Through practical strategies and reflective exercises, attendees will learn how to recognize the signs of burnout, understand the difference between stressors and stress, and implement evidence-based tools to “complete the stress cycle.” Emphasis is placed on sustainable self-care practices, emotional regulation, boundary-setting, and reconnecting with meaning and purpose in one’s work.

Learning Objectives:

- Define burnout and describe its key components using the framework from *Burnout: The Secret to Unlocking the Stress Cycle*
- Differentiate between stressors and the body’s stress response, and explain the concept of completing the stress cycle
- Identify at least three signs of burnout specific to helping professionals
- Apply practical, evidence-based strategies to regulate stress and reduce burnout risk
- Evaluate personal and professional boundaries and implement at least one change to support sustainability
- Develop a personalized plan for ongoing self-care and resilience in their helping role

This presentation aims to empower helping professionals to care for themselves with the same compassion they offer others—fostering resilience, preventing burnout, and supporting long-term wellbeing in both personal and professional domains.

LUNCH

Lunch is included as part of your registration. And back by popular demand, we are having a Fiesta Buffet! Items included in the buffet are:

- Beef Tacos and Chicken Fajitas
- Hard and Soft Shell, Spanish Rice, Refried Bean
- Tortilla Chips with Fresh Pico De Gallo & Guacamole,
- Mexican Street Corn, Fresh Chopped Lettuce,
- Tomatoes, Olives, Jalapenos, Cheese, Sour Cream & Salsa

Josh Dye

Josh Dye is the president and founder of the Convene Training and Resilience Community. Since 2010 he has provided training to professionals who work in high-stress environments, like health and human services, behavioral health, contracted case management, homelessness, reentry, refugee services, CASAs, nonprofits, government, and more.

Attendees in over 1,500 of his presentations have learned how to harness the courage to lead, create, have tough conversations, maximize precious time, and leverage moments of failure for meaningful growth.

In 2006 Josh earned a Bachelor's Degree in Housing Studies from the University of Minnesota. In 2010 he earned a Master's Degree in Public & Nonprofit Administration from Metropolitan State University.



Josh Dye

Authentic Influence Communication That Moves Clients and Co-Workers To Action:

Do you want to have more success getting clients to make positive changes in their lives?

Do you want to have greater influence with your co-workers?

If so, it is important to understand what makes people say yes.

In this training we will cover practical, on-the-ground tips about how to communicate in a way that moves others to action.

You will learn: (Learning Objectives)

- The 6 universal principles of Influence.
- Motivational Interviewing techniques.
- How to assertively ask for what you want without feeling awkward.
- How to get buy-in on your ideas, plans, and processes without pressuring others.
- How to guide clients and co-workers to win-win outcomes.
- How to lead conversations to get positive results.

Chris Egert

Chris is one of the longest tenured news anchors in the Twin Cities, having spent most of his time co-hosting Minnesota's favorite morning news. He also co-hosts a daily travel & leisure show called "Minnesota Live."

Chris is generally behind the news desk, but when a big story breaks like the George Floyd protests and riots in 2020, he field anchored KSTP's award winning news coverage from the scene. In 2014 Chris took viewers to Germany where the shell of US Bank Stadium was being built, and found that a controversial material was being used to cover the multi-billion dollar facility. In 2013 he went to Africa for a series of stories on Minnesotans who were training doctors, educating impoverished students, and tracking wild animals in the Serengeti.

As a morning anchor in Seattle he was one of the first journalists in the world to arrive in Japan after the 2011 earthquake and Tsunami. He was pelted by multiple hurricanes during the historic season of 2004 while in Orlando. And as an anchor in Omaha he accompanied military forces to Spain in 2001 as they traveled to Afghanistan after 9/11.

Chris has flown with the Blue Angels, taken shelter under a table in a Walmart, and spent the night in a Navy Destroyer but sleeps at home these days – as a grounded family man.

Chris is also a below the knee amputee – after a series of unfortunate events stemming from his high school and college basketball career. He also volunteers on the Board of Directors with a limb loss empowerment organization called Wiggle Your Toes.



Chris Egert

Chickenwing - A Story About Identity, Resilience, and Choosing What Comes Next

In this humorous and deeply human keynote, veteran television anchor Chris Egert shares the story of his childhood nickname "Chickenwing," born from an ankle abnormality — a name he despised — that would unexpectedly shape the course of his life. In his case, it ultimately led to a life-altering amputation. We all have a "Chickenwing." A nickname. A setback. A flaw. A moment we tried to outrun. "Chickenwing" isn't just about adversity. It's about identity, perspective, and what we choose to do when the story doesn't go as planned.

Learning Objectives:

1. Recognize the role therapeutic alliance in improving patient engagement and outcomes
2. Identify how personal and professional identity impact resilience and burnout
3. Apply empathy-driven communication strategies to enhance patient trust and care
4. Describe how unseen physical and psychological challenges affect behavior and recovery