

## CONFERENCE OBJECTIVES:

Upon completion, participants will be able to:

- 1) Define and identify the causes of moral distress and compassion fatigue,
- 2) Develop strategies to cope with moral distress and compassion fatigue,
- 3) Understand and discuss the current legislative activity and pending budget cuts in Tennessee,
- 4) Understand and discuss the connection between good nutrition, eating patterns, and mental wellness,
- 5) Identify at least one aspect of their diet or eating pattern that can maintain or improve general health and mental health,
- 6) Become motivated to eat well,
- 7) Identify resources to combat moral distress, compassion fatigue, and poor diet.

## DIRECTIONS:

**Middle TN Medical Center (400 N Highland Ave) at The Hastings Conference Center across the street from the Emergency Room (connected via crosswalk):** Please park at Central Middle School at 701 East Main for shuttle service to and from the hospital. From I-24, take exit 81B, which is South Church St. towards downtown Murfreesboro. Continue 2.1 miles to the downtown square. From the square, take the first right onto East Main St. Continue 0.7 miles. Central Middle School is on your left.

**Patterson Park Community Center (521 Mercury Blvd):** From I-24, take exit 81B, which is South Church St. towards downtown Murfreesboro. At the McDonalds, turn right onto SE Broad. Go 0.5 miles, and turn left at the CVS onto Mercury Blvd. Go 0.2 miles, and Patterson Park Community Center is on your left after the elementary School.

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2416 21st Ave, South, Suite 201  
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MENTAL HEALTH  
ASSOCIATION OF  
MIDDLE TENNESSEE  
PRESENTS

# THE COSTS OF CARING



PRE-APPROVED CEUS FROM  
NASW, NAB, NCCAP, DMA,  
CDR, NBCC, AND LADACS.

MARCH 11, 2010  
MURFREESBORO, TN

REGISTRATION INCLUDES  
6 CEUS, LUNCH, & CONCERT

PHONE: (615) 269-5355  
WWW.ICHOPE.COM

# WHITE COATS, THE BLUES, AND RED BUDGETS

Budget cuts, the economy, and competing priorities in the world of healthcare and mental health are creating a ripe climate for moral distress in patients and professionals. The results can challenge your integrity, compassion, and your organizational mission. This conference addresses the ethics of caring for yourself and others, provides a public policy update, reminds you that what's good for the body is good for the brain, and lifts the curtain so you can Jam Away the Blues.



## GENERAL CONFERENCE OUTLINE:

8:00am Registration  
 8:30-10:00 Ethics: Moral Distress  
 10:00-10:15 Break  
 10:15-11:45 Ethics: Compassion Fatigue  
 11:45-1:00 Lunch  
 1:00-2:15 2010 Public Policy Update  
 2:15-2:30 Break  
 2:30-4:15 What's Good for the Body is Good for the Brain

**7:00pm** Jammin' in the 'Boro concert

Registration and Cancellation: Registration includes CEUs, lunch, and one concert ticket. There is no discount for unused concert tickets. A substitute may attend in your place, as there is no refund 48 hours prior to the event. Although it has never occurred, MHAMT reserves the right to cancel the event due to unforeseen circumstances, in which case you will be contacted and a full refund will be granted.

# SPEAKERS AT A GLANCE:

**Nan Allison, MS, RD, LDN**, holds degrees from UT Knoxville and Tufts University, and she has completed additional studies at the Nashville School of Healing Arts. She is the author of *Full and Fulfilled: The Science of Eating to Your Soul's Satisfaction*.

**Virginia Trotter Betts, MSN, JD, RN, FAAN**, is the Commissioner of Mental Health and Developmental Disabilities for Tennessee, and she is a nationally recognized expert on health and mental health policy. She serves as the President of the National Association of State Mental Health Program Directors.

**Mary Lou O'Gorman, MDiv, BCC**, has been a chaplain at Saint Thomas Hospital for 25 years and has served as the Director of Pastoral Care there since 2005. She holds degrees from St. Louis University and Vanderbilt University's Divinity School, and she is board certified by the National Association of Catholic Chaplains.

**Kate Payne, RN, JD**, is Director of Ethics at Saint Thomas Hospital and an adjunct professor at Vanderbilt University School of Nursing. Before taking her position at Saint Thomas, she was at the University of Chicago where she managed a Critical Care Unit and completed a fellowship in clinical medical ethics.

## **MURFREESBORO CONCERT AFTER THE SEMINAR:**

**A free ticket** for the evening's 7:00pm concert is included with your registration. You'll see 3-time Grammy winning Christian rock artist **Ashley Cleveland**, 5-time Grammy nominee **LynnMarie with Charlie Kelley**, legendary guitarist and **Allman Brother Jack Pearson**. This intimate evening with artists will be at Murfreesboro's Patterson Park Community Center (521 Mercury Blvd). Additional tickets are just \$20 for your colleague or friends; or buy an extra ticket for someone as a Valentine's present.

## The Costs of Caring

**March 11, 2010 ~ Murfreesboro, TN**

(Please Complete; One Registration Required Per Conference Participant)

Name: \_\_\_\_\_  
 Facility: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ Fax ( \_\_\_\_\_ ) \_\_\_\_\_  
 E-mail address: \_\_\_\_\_  
 Your Profession (i.e., LCSW, RN, etc): \_\_\_\_\_  
**Registration includes CEUs, lunch, and concert ticket**  
 Payment Method:  Check  Visa  MasterCard  AMEX  
 Card #: \_\_\_\_\_ Exp. Date \_\_\_\_\_  
**Registration fee: \$125**  
**EXTRA concert tickets (\$20 each):** \_\_\_\_\_  
 (Note: no discount for unused concert ticket)  
**Amount Enclosed: \$** \_\_\_\_\_  
**Mail registration with payment to:**  
 MHA of Middle Tennessee  
 PO Box 100386  
 Nashville, TN 37224  
 P 615-269-5355 F 615-269-5413

Pre-approved CEUs for LPCs, NCAAP, NAB CDR, DMA, LADAC, and NASW.

Conference Location: Middle Tennessee Medical Center's Hastings Conference Center, 400 N. Highland Ave, Murfreesboro. 615-396-4100  
 Concert Location: Patterson Park Community Center: 521 Mercury Blvd in Murfreesboro. 615-893-7439.