

October 17, 2023 - Welcome to the Western Region Mental Health and Nutrition Network

12:00pm	Registration, light snacks
12.00pm	Welcome
1:00pm	Eric Killian, Area Director Southern Nevada, University of Nevada Reno
1:15pm	Opening remarks: The need and purpose of Western Region Mental Health and Nutrition Network Dr. Mandy Marney, Associate Director of Extension, University of Wyoming Dr. Annie Lindsay, Professor, University of Nevada Reno Dr. Cassandra Nguyen, Assistant Professor, University of California Davis Dr. Alison Brennan, Assistant Professor, Montana State University Carrie Ashe, Associate Director of Extension Montana State University
2:15pm	Break
	SNAP ED update and mental health
2:30pm	Dr. Aurora Calvillo Buffington, Nutrition Education Branch Chief, Food and
	Nutrition Service, USDA
2:35pm	What is happening at the intersection? Existing projects combining mental
	health and nutrition in western region
	Chair: Dr. Grace Shearrer, Assistant Professor, University of Wyoming
2:40pm	A UC Agriculture and Natural Resources and UC San Francisco Education Partnership on the intersection of Health Equity, Mental Health and Nutrition Dr. Anda Kuo, Professor, University of California San Francisco Amira Resnick, Director of Community Nutrition and Health, University of California San Francisco
2:55pm	Food insecurity, mental health, and older adults
	Sheena Skelton, RDN Three Square Food Bank
	Collaboration between the University of Arizona Cooperative Extension, Huachuca City Community Garden, Huachuca City Elementary School
3:10pm	Garden Club
	Cynthia Aspengren, Extension Professional, University of Arizona
3:25pm	Exercise and substance use disorder
	Dr. Nora L. Nock, Professor, Case Western Reserve University



WRMHNN Agenda

3:40pm	Improving outcomes through nutrition education in substance use recovery. Michelle Solomon and Trisha Dudkowski, Center for Application Substance Abuse Technologies
3:55pm	MSU Extension Mental Wellness Conversations Project Dr. Alison Brennan, Assistant Professor, Montana State University
4:10pm	Road mapping #1
5:00pm	Networking Dinner
6:00pm	Conclude





October 18, 2023 - Understanding the interaction of mental health and nutrition.

7:30am	Pick up at conference hotel
8:00am	Continental breakfast
	Opening remarks
8:45am	Jacob DeDecker, Director of Extension and Associate Dean for Engagement, University of Nevada Reno
9:00am	Keynote Lecture - Food Insecurity and Health: The Interplay Between Nutrition, Stress, and Mental Health
	Dr. Cindy Leung, Assistant Professor, Harvard University
10:00am	Break
	Symposium #1: Perspectives from the Western Region: submission from
10:15am	the attendees
	Chair: Dr. Grace Shearrer, Assistant Professor, University of Wyoming
40.00	Mindset and Motivation: Tools for Long Term Behavior Change
10:20am	Dianne Christensen, Associate Professor, New Mexico State University Bernalillo County Extension
	Harmonizing Health: Intuitive Eating for Diabetes Prevention and Enhanced
10:35am	Mental Wellbeing
10.554111	Zena Edwards, Extension Associate Professor, Washington State University Extension
	Stress Levels of Licensed Family Childcare Home Providers: A Study of
10:50am	CACFP Participation and Reimbursement Impact
	Danielle Lee, Director of Communications & Research Engagement, Nutrition Policy Institute, University of California, Agriculture and Natural Resources
11:05am	Stress and Resilience in a COVID World: Webinar Series Trilogy



	Dr. Karen Plawecki, Extension Specialist, New Mexico State University Extension Dr. Karim Martinez, Extension Specialist, New Mexico State University Extension
11:20am	NMSU Fit Families - A Healthy Lifestyle Program for Kids and Their Families
	Lucinda Banegas-Carreon, Assistant Professor, New Mexico State University Extension
	Lourdes Olivas, Extension Associate, New Mexico State University Extension
	Piko to Piko - Mental Health Benefits of Growing Kalo on the Continent
11:35am	Dr. Mandilyn Suzuki, Community Health Coordinator, KALO HCC Constance James
	Food Introduction in Hawai'i Based Schools
11:50am	Hallie Cristobal, Extension Agent, University of Hawaii
12:05pm	Lunch (provided) and networking
	Keynote presentation - Making a successful multi-state project
4 00	
1:00pm	Dr. Bret Hess, Executive Director Western Association of Agricultural Experiment Stations, Unites States Department of Agriculture
1:00pm 1:30pm	
	Experiment Stations, Unites States Department of Agriculture QA session with Dr. Hess and exploration of the National Information
1:30pm	Experiment Stations, Unites States Department of Agriculture QA session with Dr. Hess and exploration of the National Information Management & Support System
1:30pm 2:00pm	Experiment Stations, Unites States Department of Agriculture QA session with Dr. Hess and exploration of the National Information Management & Support System Break





October 19, 2023 - The Western Region Mental Health and Nutrition Network in action

7:30am	Pick up at conference hotel
8:00am	Continental breakfast
	Linking nutrition to gender responsive substance use education for offenders.
8:45am	Robyn Feese, Substance Use Program Director, Nevada Department of Corrections
9:00am	Road mapping #3
10:00am	Break
10:15am	What funding is available in our areas? Strategizing grant proposals
10:30am	Working group breakouts
1:00pm	Closing remarks
1:30pm	Shuttles to airport or hotels

If you have photos during the event, please share them with us! You can add photos to our Google Photo Album here:

https://photos.app.goo.gl/N9YCbfgPPQEogqsB8



Or tag us on social media! #WRMHNN

We would like to thank our sponsors USDA and Center for Application Substance Abuse Technologies (CASAT)!

