



Internal CE Agenda (3.5 CE Hours)

2026 Mental Health For Healthy Living Conference

Friday, May 8, 2026 | Waterfront Convention Center | Bettendorf, Iowa

Non-CE segments:

- 8:00–9:00 AM – Registration & light breakfast
- 9:00–9:15 AM – Welcome & orientation
- 10:30–10:45 AM – Break
- 12:00–12:45 PM – Lunch
- 1:45–2:00 PM – Closing & evaluation instructions

Session I – Morning Keynote (1.25 CE Hours)

9:15–10:30 AM | The Traits We Acquire as Children

Presenter: Nzinga Harrison, MD

Learning objectives:

1. Explain how adverse childhood experiences (ACEs), attachment disruptions, and chronic stress influence neurodevelopment and long-term behavioral health outcomes.
2. Identify childhood-acquired traits that function as adaptive survival responses and assess how these traits may later present as risk factors for substance use and co-occurring mental health conditions.

Session II – Morning Keynote (1.25 CE Hours)

10:45 AM–12:00 PM | The Traits We Acquire in Adulthood

Presenter: Nzinga Harrison, MD

Learning objectives:



1. Differentiate between traits acquired in adulthood as adaptive responses to life stressors versus traits commonly mischaracterized as fixed personality or moral failures.
2. Analyze how professional language, stigma, and systems of care can reinforce or interrupt adult-acquired behavioral patterns related to substance use and mental health.

Panel Discussion – Local Application (1.0 CE Hour)

12:45–1:45 PM | Understanding Research-Informed, Person-Centered Approaches in the Local Context

Moderator: Richard Whitaker, PhD

Panelists: Nzinga Harrison, MD; Denise Beenk, MBA, LISW; Henry Emerle, MD

Learning objectives:

1. Apply research-informed, person-centered frameworks presented during the program to local clinical, organizational, and community-based practice settings, accounting for regional resources, constraints, and population needs.
2. Evaluate how local systems of care can integrate person-centered, recovery-oriented principles to better support individuals across the lifespan experiencing substance use and co-occurring mental health challenges.

Total CE requested: 3.5 hours