



You are invited to attend the next Intermountain Hospital Lecture being held at Terry Reilly Health Clinic in Nampa. Please RSVP to Joy below and feel free to forward it onto others who may be interested. While the NBCC credit is free, space is limited, and your RSVP is appreciated! *Feel free to bring your own lunch and note that the start time has changed to 12:30 pm.*

Location: *Terry Reilly Health Services Nampa Clinic – Upstairs Community Room - 207 1st Street South, Nampa, ID 83651*

Date/Time: Friday, September 22, 2017 lecture begins promptly at 12:30pm and ends at 1:30pm - worth 1 NBCC credit

Topic: Toxic Stress and Resiliency

Presenter: Heidi Murillo-Diaz, Stellar Mental Health & Mediation and Cathie Johnson, MS Education Administrator at CCI MSHS

Summary: All of us experience stress in our lives. When stress becomes chronic and overwhelms our capacity for coping it becomes Toxic Stress. That stress is often committed by those who are supposed to support us.

At the completion of this lecture the participant will:

1. Name the types of stress and the properties of Toxic Stress.
2. Become familiar with the effects of persistent exposure to toxic stress.
3. What pediatric medical homes and primary caregivers can do.
4. Be familiar with what Resilience means and how to implement resilience.

Format: PowerPoint with lecture and discussion

Biography: Heidi Murillo-Diaz, BA, CPRP, MSW Intern is a Community Base Rehabilitator & Case Manager with Stellar Mental Health & Mediation. She provides case management services with a goal to be a licensed clinician and earning her Master's in Social Work and is fluent in Spanish. She enjoys being in a leadership position. Cathie Johnson, MS is the Education Administrator at CCI Migrant and Seasonal Head Start. She is also the Disabilities and Mental Health Specialist for all 10 centers in Idaho. She is on the Aim Early Idaho board for Infant mental health with a second appointed term as the state Regional Early Childhood Committee chair with the Infant Toddler Coordinating Council for Idaho.

Joy Husmann, Community Liaison
Intermountain Hospital
Cell (208) 871-1741
Joy.Husmann@uhsinc.com

If you RSVP and are unable to make it, please contact me as a courtesy