



DREXEL UNIVERSITY
Division of Behavioral
Healthcare Education
College of Medicine

HOT TOPICS: Trends and Challenges in Behavioral Healthcare



One-Day Summit

MAY 29, 2026 | 9 A.M.-4 P.M.

Greetings From the Division of Behavioral Healthcare Education at Drexel University College of Medicine!

We are pleased to invite you to BHE's one-day summit, "*Hot Topics: Trends and Challenges in Behavioral Healthcare*," hosted virtually on Friday, May 29, 2026. This event is **free to attend** and features a diverse lineup of timely and impactful topics, including the ethical use of AI in behavioral health, digital addictions, burnout and clinician wellness, sexual dysfunction, eating disorders, and more.

Designed for behavioral healthcare professionals across disciplines, this summit offers practical insights and clinically relevant strategies to support your work in today's evolving landscape.

Participants have the opportunity to earn **up to 10 continuing education credits** for a fee, which includes access to both live sessions and pre-recorded, on-demand content.

Educational Objectives

1. Identify the impact of problematic interactive media use (PIMU) on child and adolescent development.
2. Describe how micro-scripts function as a practical bridge between mindset and behavior, including how they create a pause between stress and response in common burnout patterns.
3. Identify how power dynamics, bias and organizational pressures influence behavioral health diagnostic decision-making.
4. Identify at least three evidence-informed, trauma-responsive, movement-based strategies that can be ethically and effectively integrated into clinical behavioral health settings.
5. State how ethical considerations of augmented intelligence differ from those of traditional artificial intelligence.

Event Details

Date: Friday, May 29, 2026

Time: 9 a.m.-4 p.m. ET (Live Sessions)

Location: Virtual via Zoom

FREE TO ATTEND!

Registration includes access to:

Five live interactive workshops

Five additional prerecorded on-demand workshops

Up to 10 continuing education credits for a fee (\$50 early bird/\$75 regular)

👉 Register here: [BHE Registration Portal](#)

👉 [View Continuing Education Information Here](#)

Schedule of Live Events

For additional information on these workshops and presenters, please see pages 5-8.

9-9:15 a.m.	Welcome!
W1 9:15-10:15 a.m.	Beyond Screen Time: Clinical Interventions for Problematic Interactive Media Use (PIMU) in Youth Teri Kelly, LCSW
10:15-10:25 a.m.	Break & Transition Between Speakers
W2 10:25-11:25 a.m.	Tiny Words, Big Relief: Micro-Scripts That Interrupt Burnout in Real Time K. Todd Houston, PhD, CCC-SLP, LSLC Cert. AVT
11:25-11:35 a.m.	Break & Transition Between Speakers
W3 11:35 a.m.-12:35 p.m.	Who Gets Labeled and Why: Bias, Power, and Equity in Behavioral Health Diagnosis Deilia M. McLaughlin, MSS, LSW, DSW (ABD)
12:35-1:30 p.m.	LUNCH
W4 1:30-2:30 p.m.	Beyond the Couch: Innovative and Integrated Approaches Transforming Mental and Behavioral Healthcare Jasmine Wilson, MA, LPC & Djola McGowan, LPC, MA
2:30-2:40 p.m.	Break & Transition Between Speakers
W5 2:40-3:40 p.m.	Ethical Use of Artificial Intelligence in Behavioral Healthcare Dennis Morrison, PhD
3:40-4 p.m.	Closing Remarks and Evaluations

Pre-recorded Workshops

For additional information on these workshops and presenters, please see pages 9-12.

<p>PR1 On-Demand Access</p>	<p>From Burnout to Wellbeing: The Civility Imperative in Integrated Behavioral Health Stephanie N. Perry, DSW, MSS, LSW</p>
<p>PR2 On-Demand Access</p>	<p>It's Not a Sex Problem, It's a Nervous System Problem: A Practical Approach to Low Desire in Women Erinn Hoel, LCSW, MSW, MEd</p>
<p>PR3 On-Demand Access</p>	<p>Mind-Body Synergy: Integrating Behavioral and Physical Health for Whole-Person Care Stacy A. Triumph, MSS, MLSP, LCSW, CST, PMH-C</p>
<p>PR4 On-Demand Access</p>	<p>Treating Eating Disorders Gabrielle Morreale MA LPC</p>
<p>PR5 On-Demand Access</p>	<p>When Likes Hurt: Social Media, Anxiety and Connection in Today's Youth Sandi Christiansen, MS, LPC</p>

Registration Information

Registration is now open.

You are invited to attend the summit for free.
Pay only if you want continuing education credits.

👉 Register here: [BHE Registration Portal](#)

Continuing Education Credits & Fees

\$50 — Early Bird (through April 30, 2026)

\$75 — Regular Registration (May 1-May 28, 2026)

Participants seeking continuing education will receive instructions for claiming CE credits following the event. There are two ways to register for the event with up to 10 hours of continuing education:

1. Credit card payments: Visit our secure [BHE Registration Portal](#).
2. If you are unable to register online with a payment, contact us at bheweb@drexel.edu.

All communication from BHE will be electronic, and your continuing education certificate will be emailed to you within two weeks of the receipt of your validation form.

Refunds for cancellations will be offered up to five (5) days prior to the summit, minus a \$25 administrative fee. All refund requests must be emailed to us at bheweb@drexel.edu. Substitute attendees are permitted with approval from the BHE team prior to the conference.

NOTE: If you do not cancel and do not attend, you are still responsible for payment.

For more information, and any questions, please contact us at bheweb@drexel.edu or call us at 215.991.8870.

We hope to see you on Friday, May 29, 2026!

BHE Summit Planning Team

Karin Gladney, PhD, CAADC
Lindsay Martin, PhD, LPC, NCC
Chris Owens, MA, LPC, CCTP

Live Workshop and Presenter Information

Workshops are one hour in duration, including time for Q&A.

W1: Beyond Screen Time: Clinical Interventions for Problematic Interactive Media Use (PIMU) in Youth

Teri Kelly, LCSW

Description & Objectives

Problematic interactive media use (PIMU) involves an uncontrolled use of digital media that leads to severe functional impairment in an individual's daily life. PIMU is particularly problematic in teens and young adults due to its impact on several key areas of development and well-being including academic, social, physical, family, sleep and mental health comorbidities. Teens and young adults are the most at-risk group because the prefrontal cortex does not fully mature until the mid-20s. The lack of standardization of a formal diagnosis in the DSM-5 can make it difficult for clinicians to provide consistent, evidence-based treatments.

1. Identify the impact of PIMU on child and adolescent development.
2. Differentiate between healthy digital engagement and clinical addiction.
3. Apply screening protocols to detect functional impairment across multiple life domains.
4. Implement specific clinical techniques from CBT and DBT adapted for interactive media disorders.

About the Presenter

Teri Kelly, LCSW, earned her bachelor's in psychology from West Chester University and her MSW from Widener University. She provides individual, couples and family therapy for clients ages 10-plus, specializing in anxiety, depression, trauma (including first responders), relationship issues, ADHD and life transitions such as separation and divorce. Teri creates a supportive, nonjudgmental space and equips clients with practical tools for growth and improved well-being.

In addition to her clinical work, she has held leadership and operations roles across clinical, juvenile justice, foster care and intensive family programs, and has served as a compliance director. Teri is also an experienced trainer, passionate about advancing clinical practice and professional development.

W2: Tiny Words, Big Relief: Micro-Scripts That Interrupt Burnout in Real Time

K. Todd Houston, PhD, CCC-SLP, LSLC Cert. AVT

Description & Objectives

Burnout isn't just a workload problem—it's a capacity problem. When the nervous system is overtaxed, insight alone may not translate into change. This session introduces micro-scripts: short, repeatable phrases that create a usable pause between stress and response—especially during over-giving, people-pleasing, self-criticism, boundary collapse and "I have to do it all" thinking. Participants will learn how micro-scripts bridge mindset and behavior, and how to apply them to resentment, rumination, perfectionism and imposter moments. Participants leave with ready-to-use scripts for boundaries, recovery and self-leadership, plus the SOS Model (Sense It, Own It, Shift It) to tailor scripts to personal triggers.

1. Define burnout as a capacity-based (nervous system) challenge and differentiate it from workload-based explanations.
2. Describe how micro-scripts function as a practical bridge between mindset and behavior, including how they create a pause between stress and response in common burnout patterns (e.g., rumination, perfectionism, imposter moments).
3. Apply the SOS Model to select or create at least three personalized micro-scripts for boundaries, recovery and self-leadership in real-world high-stress situations.

About the Presenter

K. Todd Houston, PhD, is the owner and strategic life coach at Sunburst Coaching & Consulting, LLC, and a professor of speech-language pathology at the University of Akron. He is known for translating the science of behavior change into practical, real-world tools—especially micro scripts: short, repeatable phrases that help professionals regulate stress, set boundaries and communicate with clarity when emotions are high and time is short. With a deep background in listening and spoken language development, telepractice and high-stakes clinical communication, Todd equips clinicians, educators and leaders with language frameworks grounded in his SOS Model to reduce burnout, strengthen confidence and support sustainable performance without sacrificing well-being.

W3: Who Gets Labeled and Why: Bias, Power and Equity in Behavioral Health Diagnosis

Deilia M. McLaughlin, MSS, LSW, DSW (ABD)

Description & Objectives

Behavioral health diagnoses are often treated as neutral clinical tasks, yet diagnostic decision-making is shaped by power, bias and system-level pressures. This interactive workshop examines how race, gender, socioeconomic status and organizational demands influence diagnostic outcomes across behavioral health settings. Grounded in critical theory, conflict theory and trauma-informed practice, the session explores how diagnostic labels can both facilitate access to care and reinforce inequity. Through case examples and guided reflection, participants will examine ethical tensions in diagnosis and identify practical strategies for more transparent, equitable and client-centered diagnostic decision-making within real-world behavioral health systems.

1. Identify how power dynamics, bias and organizational pressures influence behavioral health diagnostic decision-making.
2. Examine the impact of race, gender and social context on diagnostic disparities in behavioral health practice.
3. Apply equity-centered and trauma-informed strategies to diagnostic assessment and documentation.

About the Presenter

Deilia M. McLaughlin, MSS, LSW, is a licensed social worker, educator and consultant with over 20 years of experience across behavioral health, child welfare, education and community-based systems. Her work centers on equity-informed practice, ethical decision-making and systems-level challenges in behavioral healthcare delivery. She is the founder and principal consultant of Moving Through Consulting, and a doctoral candidate in social work with research interests focused on diagnostic processes, power and disparities in behavioral healthcare.

W4: Beyond the Couch: Innovative and Integrated Approaches Transforming Mental and Behavioral Healthcare

Djola McGowan, LPC, MA

Jasmine Wilson, MA, LPC, Doctoral Candidate

Description & Objectives

This workshop investigates the effectiveness of movement-based therapies, such as somatic practices, body movement and yoga, in improving mental health treatment for adults and children. Movement is an essential addition to conversation therapy, since research shows that trauma, stress and emotional dysregulation are frequently retained in the body. Integrating yoga and body-based therapies promotes nervous system regulation, emotional awareness and engagement, especially among clients who struggle with verbal processing. This session focuses on evidence-based, trauma-responsive ways for ethically implementing movement into mental health settings to enhance holistic, integrative care and better results.

1. Describe the theoretical and empirical foundations supporting the use of movement-based interventions, including yoga and somatic practices, within behavioral healthcare for adults and youth.
2. Identify at least three evidence-informed, trauma-responsive, movement-based strategies that can be ethically and effectively integrated into clinical behavioral health settings.
3. Apply principles of holistic and integrative care to develop practical approaches for incorporating body-based interventions that enhance emotional regulation, client engagement and overall treatment outcomes.

About the Presenters

Djola McGowan, LPC, MA, is a licensed professional counselor and private practice owner with leadership experience in trauma-informed services across child, adolescent, adult and family systems. With a background in special education, she brings a systems-informed, developmentally responsive approach and integrates evidence-based, attachment-focused and somatic interventions, while also serving as a presenter known for practical, culturally responsive clinical training.

Jasmine Wilson, MA, LPC, is a licensed professional counselor and doctoral candidate in counselor education and supervision. She brings a humanistic, trauma-informed and culturally responsive approach to clinical work, supervision and leadership. Jasmine is deeply committed to community-centered care and scholarship, with professional interests focused on relational wellness, mental health equity and strengths-based practice within historically underrepresented communities.

W5: Ethical Use of Artificial Intelligence in Behavioral Healthcare

Dennis Morrison, PhD

Description & Objectives

This session will review the relevant research and discuss the ethical use of AI and how augmented intelligence has different ethical considerations than artificial intelligence. We will review the positions of four professional guilds (American Psychological Association, American Psychiatric Association, the American Counseling Association and the National Association of Social Workers) regarding ethical use of AI in clinical practice. The legal versus ethical issues of AI will be discussed especially relating to informed consent and clients' rights to opt out of AI usage in their care. The value of developing an organizational policy on artificial intelligence will also be discussed.

1. Identify six key areas that should be considered when evaluating AI tools.
2. State how ethical considerations of augmented intelligence differ from those of traditional artificial intelligence.
3. Describe how the ethical implications of clinician-facing tools like ambient listening differ from client-facing tools like apps.

About the Presenter

Dennis Morrison, PhD, is the owner of Morrison Consulting and chief clinical officer at Eleos Health. He previously served as chief clinical officer at Netsmart Technologies (2012-2017), and CEO of Centerstone Research Institute (2008-2012), supporting a \$120M multistate behavioral health organization. Earlier, he was CEO of the Center for Behavioral Health (1995-2008), where his leadership earned both the JCAHO Codman Award and the HIMSS Davies Award—an achievement unique worldwide. He holds two master's degrees and a doctorate in counseling psychology from Ball State University. Dr. Morrison is a prolific author, presenter (including TEDx), podcast host and co-inventor of a behavioral health outcomes software patent. A U.S. Navy veteran and former aerospace physiologist, he also trains and competes as a triathlete and is a recipient of Ball State's Distinguished Alumni Award.

Pre-recorded Workshop & Presenter Information

Workshops are one hour in duration.
These recordings will be available until June 12, 2026.

PR1: From Burnout to Wellbeing: The Civility Imperative in Integrated Behavioral Health

Stephanie N. Perry, DSW, MSS, LSW

Description & Objectives

In this one-hour virtual workshop, behavioral health professionals will engage in hands-on practice using civility and psychological safety strategies to reduce burnout and strengthen workforce wellbeing. Through interactive exercises, real-time skill application and collaborative problem-solving, participants will explore how respectful communication and trauma-informed practices create healthier, more resilient teams. The session emphasizes actionable techniques that support ethical leadership, enhance team cohesion and promote sustainable wellbeing in high-stress environments. Attendees will leave with practical tools they can immediately apply to foster a culture of civility, connection and shared responsibility for maintaining a supportive behavioral health workplace.

1. Describe the core elements of psychological safety and workplace civility in behavioral health settings, and explain how these elements contribute to ethical, trauma-informed practice.
2. Identify specific barriers to respectful communication and team cohesion in high-stress environments, and demonstrate strategies for addressing these barriers through discussion or applied examples.
3. Apply civility-centered leadership behaviors to enhance trust, accountability and resilience within behavioral health teams

About the Presenter

Stephanie N. Perry, DSW, MSS, LSW, is a licensed social worker with over 20 years of experience in social work, training and organizational leadership. Dr. Perry is a nationally recognized expert in trauma-informed care, ethics-based training and workplace civility. She holds degrees from Drexel University, Bryn Mawr College and Capella University, and has led transformative initiatives across public service and human service sectors. Her doctoral research on workplace incivility has shaped practical strategies for improving psychological safety in high-stress environments. As the founder of Crown Innovative Solutions, LLC, Dr. Perry delivers civility and leadership training to agencies and professionals nationwide. She's also a proud recipient of the 2025 Pennsylvania Governor's Award for Excellence and was named to City & State of Pennsylvania's Forty Under 40, honoring her impact in public service and inclusive leadership.

PR2: It's Not a Sex Problem, It's a Nervous System Problem: A Practical Approach to Low Desire in Women

Erinn Hoel, LCSW, MSW, MEd

Description & Objectives

Low sexual desire is one of the most common yet misunderstood issues therapists encounter. Most interventions fail because they treat the symptom (lack of desire) instead of the root cause (dysregulated nervous system). This workshop teaches clinicians how to recognize when a client's "sex problem" is actually a stress response problem. Participants will learn to assess nervous system dysregulation, understand the connection between survival mode and arousal shutdown, and implement practical interventions that address the real issue.

1. Leave with concrete tools to help women (and couples) move from overwhelmed and avoidant to regulated and reconnected, without another failed "just communicate more" intervention.
2. Identify at least three physiological markers of nervous system dysregulation that block sexual arousal in women, and distinguish between low desire caused by relationship dynamics versus low desire caused by chronic stress response activation.
3. Demonstrate a phased treatment approach that prioritizes nervous system regulation before addressing sexual techniques, including the ability to apply at least two concrete somatic interventions with clients presenting with low desire.
4. Critique common therapeutic missteps in treating low desire (such as focusing on communication skills or scheduling intimacy) and select alternative interventions that address underlying nervous system dysregulation contributing to arousal shutdown.

About the Presenter

Erinn Hoel, LCSW, MSW, MEd, is a licensed clinical social worker with almost a decade of experience specializing in women's sexual health and intimacy in long-term relationships. She developed the Desire to Fire Method—a nervous system-centered approach to treating low desire that addresses root causes rather than symptoms. Erinn's clinical work focuses on helping women overcome chronic stress-induced arousal shutdown through somatic interventions and nervous system regulation techniques. She specializes in providing therapists with practical, science-based tools that move beyond conventional communication-focused interventions to create lasting change for clients struggling with low desire.

PR3: Mind-Body Synergy: Integrating Behavioral and Physical Health for Whole-Person Care

Stacy A. Triumph, MSS, MLSP, LCSW, CST, PMH-C

Description & Objectives

Effective care requires more than addressing symptoms in isolation—it demands a holistic understanding of how mental and physical health shape one another. This workshop explores the essential connections between behavioral and physical health, highlighting evidence-based strategies for integration in clinical and community settings. Participants will examine case examples, collaborative care models and practical tools for identifying physical factors that influence mental wellness (and vice versa). Attendees will leave with actionable insights to enhance interdisciplinary communication, improve health outcomes and strengthen whole-person care approaches across diverse populations.

1. Define the core principles and benefits of integrated behavioral and physical health care.
2. Identify common clinical scenarios where mental and physical health intersect and impact outcomes.
3. Apply evidence-informed strategies to foster collaboration between behavioral and medical providers.

About the Presenter

Stacy A. Triumph, MSS, MLSP, LCSW, CST, PMH-C, is a licensed clinical social worker, certified sex therapist and educator specializing in trauma, perinatal mental health and sexual wellness across the lifespan. She brings extensive experience in school-based mental health, adoption and permanency, and integrated behavioral health, with a strong record of leadership, program development and clinical supervision. Stacy is an adjunct professor of social work and a continuing education trainer, where she designs and delivers evidence-informed trainings on trauma-informed practice, grief and loss, parenting and professional resilience for interdisciplinary audiences. She is deeply committed to equity-focused, client-centered care and workforce development.

PR4: Treating Eating Disorders

Gabrielle Morreale MA, LPC

Description & Objectives

According to the National Eating Disorders Association, about 30 million people in the U.S. will experience an eating disorder (ED) in their lifetime. EDs are the second leading cause of death among mental health conditions, after opioid use disorder. The DSM-5 includes anorexia, bulimia, binge eating disorder, pica, OSFED, rumination disorder and ARFID, while others (e.g., orthorexia) remain unclassified. Given their complexity, EDs require a range of treatment approaches, including CBT, DBT, ACT, relational therapy, ERP and trauma-informed modalities like CPT. Incorporating a Health at Every Size (HAES) framework further supports inclusive, client-centered care. This presentation provides an overview of ED diagnoses, contributing factors and evidence-based interventions to help clinicians effectively support individuals with eating disorders.

1. Identify the primary symptoms and contributing factors associated with common eating disorders.
2. Describe the main evidence-based approaches used in the treatment of eating disorders.
3. Explain principles of social justice and the HAES model, and their application to eating disorder treatment.

About the Presenter

Gabrielle (Gabby) Morreale, MA, LPC, is the owner and clinical director of Recovered and Restored Eating Disorder Therapy Center, where she provides inclusive, compassionate care through a relational, social justice-oriented approach. She earned her bachelor's degree from Cabrini College and her master's in counseling psychology from Rosemont College. Gabby is a licensed professional counselor in Pennsylvania, Delaware, New Jersey, Maryland, Vermont, South Carolina and Florida, with 13 years of clinical experience specializing in eating disorders. She is trained in CBT, DBT and trauma-informed care, and is currently pursuing certification in exposure and response prevention (ERP). Gabby works with teens, young adults and women experiencing anorexia, bulimia, binge eating disorder, OSFED and ARFID, as well as OCD, anxiety, depression and PTSD. She is also an experienced presenter, having delivered trainings at The Renfrew Center, SimplePractice and several universities. Outside of her professional work, Gabby enjoys spending time with her husband, two daughters and extended family, as well as music, food outings and time by the water.

PR5: When Likes Hurt: Social Media, Anxiety and Connection in Today's Youth

Sandi Christiansen, MS, LPC

Description & Objectives

This workshop explores how social media use impacts the mental and social health of adolescents and young adults, including anxiety, mood, identity development and peer relationships. Drawing from clinical work with teens and young adults, this training will review current trends in platform use, common risk factors (e.g., comparison, cyberbullying, compulsive use) and protective practices that support digital wellbeing. Participants will learn concrete, developmentally appropriate interventions to use in therapy, as well as talking points for collaborating with caregivers and schools. Emphasis will be placed on practical tools that can be implemented immediately in behavioral health settings.

1. Describe at least three ways that social media use influences mood, anxiety and social functioning in adolescents and young adults.
2. Assess youth social media use using at least two developmentally informed questions or screening strategies that identify risk and resilience factors.
3. Apply a minimum of three practical, skills-based interventions (e.g., digital hygiene routines, values-based use, parent-teen communication tools) to help young clients and families promote healthier social media habits.

About the Presenter

Sandi Christiansen, MS, LPC, is a licensed professional counselor in private practice in Pennsylvania who specializes in counseling children, adolescents and young adults. She provides individual therapy for anxiety, depression, OCD, and school and family stressors, with a special focus on helping teens and young adults navigate the challenges of social media and modern digital life. In addition to her clinical work, Sandi creates widely viewed psychoeducational content as "therapywithsandi," translating evidence-informed strategies into practical tools for youth, caregivers and educators.
