

Speakers for the 14th Annual **I CARE** Prevention Summit

Speaker: Lori Anderson, MS, LPP, CMBM



Topic/Title: The Power of Connection: Brain Development, Trauma Awareness, and Sustainable Self-Care- **3.0 CE Hours**

Brief Bio: Lori Anderson is a Licensed Prevention Professional, Certified Mind-Body Medicine Facilitator, Trust-Based Relational Intervention (TBRI) Practitioner, and trauma-informed educator with nearly two decades of experience serving children, families, schools, and communities. She currently serves as Team Lead for the **I CARE** Prevention Program within East Baton Rouge Parish Schools.

Summary: This interactive workshop combines the nationally recognized Brain Architecture Game with practical trauma-aware strategies for educators, prevention professionals, counselors, and helping professionals. Participants will explore how early experiences and relationships shape brain development, behavior, learning, and health outcomes. The session will also examine the impact of trauma and vicarious trauma while providing evidence-based self-care practices that support personal well-being and professional sustainability. Participants will leave with practical tools they can immediately apply in their schools, organizations, and communities.

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Co-Speaker: Mamie Hall-Landry, LPP, LPC-S



Topic/Title: The Power of Connection: Brain Development, Trauma Awareness, and Sustainable Self-Care

Brief Bio: Mamie Hall-Landry, LPP, LPC-S is a seasoned mental health professional with over 15 years of experience as a Licensed Professional Counselor and more than 30 years of dedicated advocacy for children and families. She currently serves as an **I CARE** Specialist where she serves as the Chair of the Trauma Committee leading efforts to promote trauma-informed Care and trauma informed classrooms in the EBRPSS.

Mamie holds a master's degree in psychology from the University of Southern Mississippi and a master's degree in counseling from Xavier University of Louisiana. Her work reflects a deep commitment to healing, prevention, and empowerment, particularly for vulnerable children.

A passionate lifelong learner, Mamie also enjoys reading, spending time with family and friends, and expanding her knowledge to better serve her clients and community.

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Speaker: Jennifer Rush, PsyD, LPC-S, LMFT-S



Topic/Title: “Assessing SUD systemically” - **1 CE Hour**

Brief Bio: Jennifer Rush, PsyD, LPC-S, LMFT-S, has over 15+ years of clinical work with mental health and addictions through multiple treatment avenues. Since 2019, she has owned MIS Counseling, where she specializes in working with individuals and family systems on emotional intelligence, substance use, relationships and intimacy, and reproductive health issues. Outside of her practice, she is a professor at Southern University, has supervisor status for dual licensure, and is an active member of the LAMFT Board.

Summary: This presentation explores how SUD assessments (ASSIST, AUDIT, etc.) can provide a clearer understanding of both an individual’s SUD patterns and the family dynamics that may influence recovery. It will examine key assessment areas such as risk factors, co-occurring mental health concerns, readiness for change, communication patterns, boundaries, enabling behaviors, and sources of family support. By connecting clinical assessment with a family-systems perspective, the presentation highlights how addiction affects not only the person using substances but also relationships, roles, trust, and emotional stability within the family.

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Speaker: Julius A. Austin, PhD, LPC-S, NCC



Topic/Title: Beyond Burnout: Ethical Self-Care for Prevention and Behavioral Health Professionals - **1 CE Hour**

Brief Bio: Dr. Julius A. Austin, PhD, LPC-S, NCC is an Assistant Professor of Counseling at the University of Louisiana at Lafayette, where he serves as graduate faculty in counselor education. He maintains an active private practice in Lafayette, Louisiana, providing clinical services to individuals, couples, and families, and offers clinical supervision to provisionally licensed professional counselors. Dr. Austin brings over a decade of integrated experience across counselor education, clinical leadership, supervision, and professional service, with prior academic appointments spanning hybrid, online, and face-to-face instructional modalities.

Dr. Austin is a nationally published scholar whose work focuses on therapeutic presence, counselor identity development, pedagogy, and professional sustainability. He is the coauthor of multiple foundational texts published by the American Counseling Association, including *Doing Counseling: Developing Your Clinical Skills and Style*; *Surviving and Thriving in Your Counseling Program*; *Counselor Self-Care* (1st and 2nd editions); and the forthcoming *Mind Your Business: Merging Meaningful Work with Financial Wisdom*. His scholarly contributions also include peer-reviewed journal articles in *Counselor Education and Supervision* and the *International Journal for the Advancement of Counselling*, as well as invited book chapters addressing counselor education, African American mental health, doctoral training, ethics, and multiple professional roles.

Dr. Austin is a frequent national and international presenter and has delivered keynote addresses for state counseling associations. He has also served as a keynote panelist for the American Counseling Association Virtual Conference Experience. His professional

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service includes leadership within state and national counseling organizations, editorial review for peer-reviewed journals, and doctoral dissertation chairing. His contributions to counselor education have been recognized through multiple institutional and professional honors, including the Provost Excellence Award and a Publication and Presentation Faculty Award.

Summary: Professionals engaged in prevention, education, counseling, and helping services are routinely exposed to stressors that can contribute to burnout, compassion fatigue, secondary traumatic stress, and professional impairment. Those working to prevent substance use, alcohol misuse, and violence often carry significant emotional responsibilities while supporting students, families, and communities. This presentation explores self-care as more than a personal wellness activity - it is an ethical responsibility that supports professional competence, effective service delivery, and long-term sustainability in helping professions.

Participants will examine the relationship between professional wellness and ethical practice, identify common signs of burnout and impairment, review current research on resilience and protective factors, and develop practical strategies for maintaining personal and professional well-being. Emphasis will be placed on evidence-informed approaches that can be implemented across school, community, and behavioral health settings.



I CARE has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5454. Programs that do not qualify for NBCC credit are clearly identified. **I CARE** is solely responsible for all aspects of the programs.