

learn.connect.serve.

SATURDAY, OCT. 24

8:00 a.m. - 4:30 p.m.

UAMS I. DODD WILSON EDUCATION BUILDING

PROGRAM

COLOR KEY:

LECTURE
HALL 126



ROOM
105



ROOM
114



ROOM
115



LOBBY
AREA

OPEN HOUSE	8-9 a.m.	Check in, Pop-up Academic and Career Fair, Breakfast		
WHOLE GROUP	9-9:10 a.m.	START Welcoming Remarks		
	9:10-9:20 a.m.	Workshop Selection and Movement		
SELECT ONE	9:20-10:20 a.m.	Workshop 1 Paths to Care: Counseling, Social Work, and Advanced Practice Careers	Workshop 2 Paths to Psychiatry: Becoming a Physician	
	10:20-10:30 a.m.	Workshop Selection and Movement		
SELECT ONE	10:30-11:30 a.m.	Workshop 3 Paths to Discovery: Behavioral Health Research Careers	Workshop 4 Paths to Psychological Practice: Psychology and Neuropsychology Careers	Workshop 5 Paths to Population Impact: Public Health, Policy, and Administrative Careers
	11:30-11:50 a.m.	PIT STOP Lunch Transition (Lobby to Lecture Hall)		
WHOLE GROUP	11:50 a.m. - 12:50 p.m.	A Treatment Team Experience: The Secret is Collaboration		
	12:50-1:00 p.m.	Workshop Selection and Movement		
SELECT ONE	1-2 p.m.	Workshop A Get Ready with Us: Applying to Professional, Medical, or Graduate School	Workshop B Suitable for Work: Professional Communication for Young Adults	Workshop C Read the Room: The Crisis Communication Playbook
	2-2:10 p.m.	Transition to Panels		
WHOLE GROUP	2:10-2:40 p.m.	Panel 1 Still Figuring It Out: Navigating College, Careers, and the Unknown		
	2:40-3:30 p.m.	Panel 2 The Winding Road: A Panel on Careers, Detours, and Growth		
OPEN HOUSE	3:30-3:40 p.m.	Closing Remarks		
	3:40-4:30 p.m.	Ice Cream Networking and Research Poster Session Sweet Connections: Posters, People, and Possibilities Door Prizes FINISH		

FINISH

Career path workshops were designed by behavioral health professionals to meet you wherever you are in your journey and give you a feel for the many options in the field — the only prerequisite is curiosity. Select between Workshops 1 and 2 for the first session, and among 3, 4, and 5 for later on in the morning. See Page 1 for the room assignments by color.

WORKSHOP 1 PATHS TO CARE: COUNSELING, SOCIAL WORK, AND ADVANCED PRACTICE CAREERS

This workshop brings together behavioral health professionals from diverse roles and settings to share firsthand perspectives on their day-to-day work. Through brief talks and interactive discussion, participants will hear professionals describe their typical workday, the populations they serve, and the realities of working in behavioral health. Participants will gain practical insight into clinical environments, interdisciplinary teamwork, and career pathways, making this session especially valuable for students, trainees, and anyone considering a career in behavioral health.



Mackenzi Foreman, LCSW, PMH-C — Social Worker, University of Arkansas at Little Rock, Holding Space Counseling
Casey Jenkins, P.A. — Physician Assistant, Psychiatry and Addiction Medicine, UAMS
Daylan J. Moore, Ph.D., LPC, NCC — Clinical Director, Little Rock Outpatient Program; Adjunct Professor of Graduate Counseling; Founder and Lead Consultant

WORKSHOP 2 PATHS TO PSYCHIATRY: BECOMING A PHYSICIAN

This workshop provides an opportunity to hear directly from psychiatrists about both the journey to the profession and the realities of practicing psychiatry day to day. Through discussion and Q&A, speakers will share their experiences, clinical work, and reflect on the challenges and rewards of practicing psychiatry. Attendees will leave with a clearer understanding of the field, an understanding of necessary educational preparation, and what to expect from a career in psychiatry.



Lewis Krain, M.D. — Vice Chair for Education, Department of Psychiatry, UAMS
Erin Jefferson, M.D. — Assistant Professor, Department of Psychiatry, UAMS
Varenja Nallur, M.D. — Resident Physician, Department of Psychiatry, UAMS
Claire Keisling, M.D. — Resident Physician, Department of Psychiatry, UAMS

WORKSHOP 3 PATHS TO DISCOVERY: BEHAVIORAL HEALTH RESEARCH CAREERS

This workshop introduces students to the research side of behavioral health and the many career paths that extend beyond direct clinical work. Participants will learn what behavioral health researchers do day to day, the types of questions they study, and how research shapes real-world treatment, policy, and prevention. Speakers will share their own journeys into research, discuss training pathways, and highlight opportunities for students to get involved early.



Maegan L. Calvert, Ph.D. — Child Clinical Psychologist and Assistant Professor, Department of Psychiatry, UAMS
 Michael A. Cucciare, Ph.D. — Professor and Director, Center for Health Services Research, Department of Psychiatry, UAMS;
 Director, VA South Central Mental Illness Research, Education and Clinical Center
 Michael Jones, Ph.D., LPC-S, NCC, BC-TMH — Professor of Counseling; Founder, Counselor Education Collective
 Aliyah K. Shell, Ph.D. — T32 Postdoctoral Fellow, Department of Psychiatry, UAMS

WORKSHOP 4 PATHS TO PSYCHOLOGICAL PRACTICE: PSYCHOLOGY AND NEUROPSYCHOLOGY CAREERS

In this workshop, participants will gain a better understanding of the inner workings of the field of psychology and neuropsychology. Specifically, an overview of the different career routes (e.g., research, clinical work, consultation, etc.) and information about how to follow these paths will be provided through presentation and discussion with licensed psychologists and neuropsychologists. The relationship between mind, brain, and behavior will be explored to provide participants with an understanding of what psychology and neuropsychology entail. By the end of the workshop, students will be equipped with an understanding of where these two disciplines fit within the scope of behavioral health as a field.



Hilary Clark, Ph.D. — Assistant Professor and Clinical Neuropsychologist, Division of Psychology, Department of Psychiatry, UAMS
 Lee Isaac, Psy.D. — Assistant Professor and Clinical Neuropsychologist, Division of Psychology, Department of Psychiatry, UAMS
 Ming Hwei Yek, Psy.D. — Associate Professor and Director of Transplant Psychological Services, Division of Psychology,
 Department of Psychiatry, UAMS
 Elissa Wilburn, Ph.D. — Clinical Psychologist and Assistant Professor, Division of Psychology, Department of Psychiatry, UAMS

WORKSHOP 5 PATHS TO POPULATION IMPACT: PUBLIC HEALTH, POLICY, AND ADMINISTRATIVE CAREERS

Participants will explore how careers in public health and policy make an impact on communities and populations. This workshop highlights a variety of paths, including MPH, MHA, and doctoral-level opportunities, and provides insight into the skills, experiences, and training that can open doors in public health, health administration, and policy roles. Students will learn how to connect their interests to meaningful career paths and leave with practical steps to explore and prepare for these fields.



Clare C. Brown, Ph.D., MPH — Associate Professor and Vice Chair for Education, Health Policy and Management, UAMS College of Public Health
 Ruby Charak, Ph.D. — Associate Professor, UAMS College of Public Health
 Tiffany Haynes, Ph.D. — Associate Professor, Health Behavior and Health Education; Associate Dean of Culture and Engagement, College of
 Public Health; Community Engagement Core Director, TRI
 Amy Lallier, Ph.D., MPH, CIP — Full Board Specialist, UAMS College of Public Health

LUNCH SESSION A TREATMENT TEAM EXPERIENCE: THE SECRET IS COLLABORATION

This interactive session gives students a behind-the-scenes look at how behavioral health care teams work together in real-world settings. Participants will observe a mock clinical session followed by a simulated treatment team discussion, highlighting how clinicians assess needs, develop treatment plans, and collaborate across disciplines. Facilitators will explain the roles of different behavioral health professionals and walk students through the decision-making process used in practice.



Andrea McMahon, M.D., Assistant Professor and Pscyhiatrist, Department of Psychiatry, UAMS Northwest Regional Campus
 Elizabeth Demoret, LCSW, Program Manager, Department of Psychiatry, UAMS Northwest Regional Campus
 Kennedy Goodnight, B.S., QBHP, Supportive Employment and Education Specialist, Department of Psychiatry, UAMS Northwest Regional Campus
 Craig Jones, LCSW, Program Manager, The Odyssey Clinic, Department of Psychiatry, UAMS
 Sam Mullinax, UAMS Medical Student (M4)
 Michael Keck, Executive Director, Psychiatric Research Institute

CASE PREP: WHAT IS THE DIFFERENCE BETWEEN PSYCHOSIS AND SCHIZOPHRENIA?

Psychosis is a term that refers to moments when someone has brain-generated experiences such as hearing or seeing things that don't have external sources, or holding beliefs that may seem bizarre and are difficult to change despite evidence otherwise.

Schizophrenia is a specific mental health condition that is long term and includes psychosis as a key feature. However, psychosis can occur on its own and does not always mean someone has schizophrenia. Schizophrenia appears to have many possible causes including genetic, environmental conditions and exposures, social fragmentation, urbanicity, early life adversity, and pregnancy-related problematic conditions.

Early warning signs of psychosis in teens and young adults:
 Social withdrawal, sleep and appetite changes, lack of energy or motivation, drop in performance, neglected hygiene

Core symptoms of psychosis:
 Hallucinations — seeing, hearing, tasting, smelling, or feeling things that are not real
 Delusions — firmly fixed, false beliefs not based in reality
 Paranoia and suspiciousness — extreme, unfounded distrust of others or feeling constantly threatened
 Disorganized speech or behavior — trouble communicating logically, rapid or nonsensical speech, or acting inappropriately for a given situation

Cannabis is often involved in new onset psychosis, some of which may develop into schizophrenia.

The Odyssey Clinic is Arkansas' only specialized outpatient program dedicated to individuals aged 16 or older experiencing their first episode of psychosis, offering comprehensive coordinated care within two years of symptom onset.

Our multidisciplinary team provides personalized treatment plans, education, and support to patients and families, emphasizing early intervention to improve outcomes.

odysseyclinic.org



Skill-building workshops were designed by behavioral health professionals to help you identify and build confidence toward taking the next step.

WORKSHOP A GET READY WITH US: APPLYING TO PROFESSIONAL, MEDICAL, OR GRADUATE SCHOOL

This workshop provides an inside look at the graduate and medical school application process. Topics include choosing the right path and programs, preparing application materials, and positioning your experiences to tell a compelling story. Emphasis is placed on reducing stress, increasing clarity, and helping students feel prepared — even if they don't have everything figured out yet.



Lewis Krain, M.D. — Vice Chair for Education, Department of Psychiatry, UAMS
Daylan J. Moore, Ph.D., LPC, NCC — Clinical Director, Little Rock Outpatient Program; Adjunct Professor of Graduate Counseling; Founder and Lead Consultant

WORKSHOP B SUITABLE FOR WORK: PROFESSIONAL COMMUNICATION FOR YOUNG ADULTS

Strong communication is a foundational professional skill—no matter the career path. This interactive workshop focuses on practical communication strategies for academic, clinical, and professional settings. Topics include digital etiquette, active listening, navigating conflict, responding to feedback, and presenting yourself professionally. Students will leave with tools they can use immediately to communicate with clarity, confidence, and purpose.



Joseph (Joe) H. Campbell III, Ed.D., NCC, ACS — Associate Professor and Department Chair of Counselor Education, Henderson State University; President, Southern Association for Counselor Education and Supervision
Also featuring recent grad, Aaron Wright, M.S., NCC, LAC

WORKSHOP C READ THE ROOM: THE CRISIS COMMUNICATION PLAYBOOK

Effective communication is critical during moments of crisis. In this workshop, crisis response professionals will share insights and practical strategies for communicating clearly, calmly, and compassionately in high-stakes situations. Students will gain a better understanding of how communication skills support crisis response and behavioral health care.



Kelli Murray — Director of Operations, Arkansas Crisis Center
Elissa Wilburn, Ph.D. — Assistant Professor and Clinical Psychologist, Division of Psychology, Department of Psychiatry, UAMS

PANEL 1 STILL FIGURING IT OUT: NAVIGATING COLLEGE, CAREERS, AND THE UNKNOWN

Feeling overwhelmed, uncertain, stressed, or behind is a universal part of the college and career journey. This panel creates space for honest conversation about the pressure to have a plan, choose the “right” path, and balance academic, personal, and career activities and goals. Panelists will share perspectives on managing overwhelming situations, reframing uncertainty, and identifying small, meaningful next steps — reminding students that clarity and direction develop over time.



Moderator:
Tracy Haselow, M.D. — Director of Student, Resident, and Faculty Wellness Programs, Department of Psychiatry, UAMS

Panelists:
Joshua Finney, Psy.D. — Neuropsychology Fellow, Division of Psychology, Department of Psychiatry, UAMS
Carly Pytel, Ph.D. — Psychologist, Division of Psychology, Department of Psychiatry, UAMS
Kelsey Sprinkles, M.D., MPH — Resident Physician, Department of Psychiatry, UAMS
Renée Watson, LAC, LAMFT — Clinical Therapist, Child and Adolescent Behavioral Health Center, Department of Psychiatry, UAMS

PANEL 2 THE WINDING ROAD: A PANEL ON CAREERS, DETOURS, AND GROWTH

Career paths are rarely linear. In this panel, behavioral health professionals share real stories of setbacks, detours, and unexpected turns in their career journeys. Students will hear how panelists navigated uncertainty, built resilience, and kept moving forward without having it all figured out. The goal of this panel is to help students navigate the career landscape, set realistic goals, and identify practical next steps to help them move ahead with confidence.



Moderator:
Lewis Krain, M.D.— Vice Chair for Education, Department of Psychiatry, UAMS

Panelists:
Maeghan Arnold, DNP, APRN, AGACNP-BC, ACHPN— Associate Professor, College of Nursing, UAMS
Cameisha Brewer Dickerson Ed.S., LPC — Licensed Psychotherapist and Private Practice Business Coach
Erin Jefferson, M.D.— Assistant Professor, Department of Psychiatry, UAMS Northwest Regional Campus

STICK AROUND
POST PANELS
FOR SOMETHING
SWEET...



SWEET CONNECTIONS: POSTERS, PEOPLE, AND POSSIBILITIES

Network with other participants, presenters, and see the latest research posters from current grad students, postdocs, fellows, and more.

PLUS DOOR
PRIZES

MUST BE PRESENT TO WIN