



# Conversations About Women's Health

## Let's Talk: It's Not Mental Health...It's Health!

You're invited to an exclusive event sponsored by UHealth, University of Colorado Hospital, and the Center for Women's Health Research.

Let's Talk: Conversations About Women's Health is a lecture series that educates women in our community on topics of health. We present evidence-based information so that women can make informed decisions on health for themselves and their families. The content is uniquely created and presented by a panel of nationally-renowned subject matter experts, physicians and researchers.

In this session you will be introduced to meditation as a tool for well-being. We will tackle the topic of meaning and purpose in life and the power of connection. We will also engage in a thoughtful and factual discussion about marijuana as a real medication and in the face of recreation. We'll touch on the importance of recognizing when you, your friends or loved ones might need professional help. And finally, we will address the idea that society must work together to co-create solutions for urgent behavioral health needs.

**Who:** Open to both women and men

**Date:** Thursday, November 10, 2016

**Time:** 5:15 pm Check-in and Dinner  
5:45-8:15 pm Lecture

**Where:** NEW LOCATION  
The Fulginiti Pavilion for Bioethics and Humanities  
13080 E. 19th Avenue • Aurora, Colorado 80045

**Cost:** \$10 per person (includes light dinner)

**Parking:** [Self-Parking Campus Map](#) or [Driving Directions](#)  
If driving to the [Fulginiti Pavilion](#), it's best to park in the Georgetown Visitor Lot, directly NE of the building.

**RSVP:** Please reserve your seat in advance – space is VERY limited. RSVP by November 3, 2016 at [UHealth.org/LetsTalkMentalHealth](http://UHealth.org/LetsTalkMentalHealth). For more information, call Chiara Del Monaco at 720-848-4023.



## Agenda

**5:15pm//** Check-in and Light Dinner

**5:45pm//** Welcome and Introductions

**5:55pm//** Yoga of the Mind: Meditation  
David Stevens

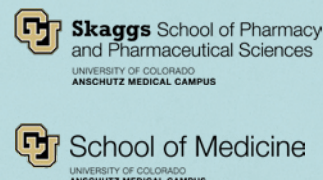
**6:10pm//** Live Like You Mean It:  
Does Meaning Matter  
for Health?  
Kevin Masters, PhD

**6:40pm//** Is Medication a Means to  
Health or Not?  
Laura Borgelt  
PharmD, FCCP, BCPS

**7:10pm//** Flat Tires, Squeaky Brakes  
and Broken Axles: Finding a  
Tow Truck for a Broken Down  
Mental Health Care System  
Matt Vogl, MPH

**7:40pm//** Just in Time  
Question and Answer Session

**8:15pm//** Adjourn





## Our Speakers

Let's Talk



### ***Yoga of the Mind Meditation ~ David Stevens Founder***

David has studied and practiced meditation for over 35 years. He earned a BA and an MBA from Maharishi International University. David has been a Teacher of Meditation since 1977 and has taught widely in the US, exploring many methods of meditation, yoga, and personal development.

One of the primary goals of Yoga of the Mind is to stretch, strengthen, and balance all our inner abilities for personal awareness and growth. The first step is to learn how to meditate. David has developed an easy way to learn active meditation which involves simple visualization and breathing. With this meditation as a grounded base, you will discover what healing energy is and how you can use it in your everyday life.



### ***Live Like You Mean It: Does Meaning Matter for Health?***

#### **Kevin S. Masters, PhD**

*Professor and Program Director, Clinical Health Psychology  
Editor-in-Chief, Annals of Behavioral Medicine  
Past President, Society for Health Psychology (Div 38); APA  
Department of Psychology, University of Colorado Denver*

Dr. Kevin Masters is a clinical health psychologist and a leader in the fields of health psychology and behavioral medicine. Dr. Masters is currently involved in research examining meaning based interventions for individuals with heart failure, and how meaning/purpose may be leveraged to increase adherence to healthy behavior regimens. In the lab he is studying the possible influence of religious practices and meaning on cardiovascular stress reactivity.

Dr. Masters will discuss how a sense of meaning and purpose can be used to increase adherence to self-care and healthy behavior regimens, particularly physical activity and exercise, and increase quality of life.



### ***Is Medication a Means to Health or Not?***

#### **Laura Borgelt, Pharm D, FCCP, BCPS**

*Associate Dean of Administration and Operations at the University of Colorado Skaggs School of Pharmacy  
Professor in the Departments of Clinical Pharmacy and Family Medicine at the University of Colorado Anschutz Medical Campus*

Dr. Borgelt's teaching, practice, and research focuses on patient safety and women's health. As an educator, researcher and clinical pharmacist at the University of Colorado Anschutz Medical Campus and AF Williams Family Medicine Center, she has worked for over 20 years with many medical residents and primary care providers to build interdisciplinary collaborations and innovative patient care models. Her initial interest in educating providers and patients about medical marijuana started about seven years ago when she was asked clinical questions about its use in pregnant and lactating women. Since that time, she has investigated the potential effectiveness and risks of marijuana in a comprehensive manner and has provided evidence-based presentations to medical, nursing, pharmacy, and patient organizations at the state and national level.

Dr. Borgelt will provide a thoughtful and factual discussion about marijuana as a real medication and its use in the face of recreation. She will explore the landscape of use, misuse and overuse of commonly prescribed and non-prescribed substances. She will also address the idea that your brain, your spirit and your mood can be helped by your primary care team just as you would manage your cholesterol or blood pressure.



### ***Flat Tires, Squeaky Brakes and Broken Axles: Finding a Tow Truck for a Broken Down Mental Health Care System ~ Matt Vogl, MPH***

Matt was part of the original team that conceived and developed the NBHIC and is passionate about the opportunity to help support communities in building on their assets to help make Colorado the nation's leader in implementing new innovative solutions to longstanding behavioral health challenges. Matt brings extensive leadership experience in public health, replication and evaluation of evidence-based programs and behavioral health prevention and early intervention to this role.

He received his BA from Marquette University and a Masters of Public Health from the University of Minnesota where he was given the Robert ten Bense Award for Maternal and Child Health Leadership. He is past Board Chair for the Suicide Prevention Coalition of Colorado and served on the boards of the Rocky Mountain Research and Prevention Institute and the Colorado chapter of the American Foundation for Suicide Prevention. Matt was recently appointed to the State of Colorado Commission on Suicide Prevention, established by the Colorado State Legislature and the Governor's office to implement best-practice approaches to reducing suicide in the state.

Mr. Vogl will discuss the current state of behavioral health in Colorado and the national landscape. He will explain why our current mental health structure and solutions are failing people and society. With the genesis of the National Behavioral Health Innovation Center, there is now a role for every person to be part of the solution. The NBHIC is dedicated to creating strategic partnerships and thinking outside the box for solutions. We will know we have won when the stigma has been dissolved and when we as a society can have open conversations about mental health struggles friend to friend.