

General Session: Welcome by Judge Clay Lewis Jenkins, Frank M. Adams Awards Ceremony, Keynote by Kory Shrum

Respondents: 169

	Average	5 – Strongly Agree	4 – Somewhat Agree	3 – Neither Agree Nor Disagree	2 – Somewhat Disagree	1 – Strongly Disagree
Indicate your level of agreement with the following statement: Overall, this session met my educational needs.	4.76	133	28	6	0	0
	Average	5 – Strongly Agree	4 – Somewhat Agree	3 – Neither Agree Nor Disagree	2 – Somewhat Disagree	1 – Strongly Disagree
Indicate your level of agreement with the following statement: There was enough time spent on the subject matter.	4.80	141	19	6	1	0
	Average	5 – Strongly Agree	4 – Somewhat Agree	3 – Neither Agree Nor Disagree	2 – Somewhat Disagree	1 – Strongly Disagree
Indicate your level of agreement with the following statement: The speaker(s) were informative and kept my attention.	4.77	138	23	5	2	0

	Average	5 – Excellent	4 – Very Good	3 – Good	2 – Fair	1 – Poor
Rate the presenter's competence and effectiveness: Kory Shrum	4.82	145	18	5	1	0

As a result of attending this activity, what new skill or idea will you implement into your job or practice within the next six months?	
	Not sure there was something to take away for change with the awards
	Loved that Sheriff made his own award ceremony for deserving staff.
	I will take contacts home
	Thinking about fear in a way of being able to be accepting of it.
	Time for self
	coping skills taught to mentally de escalate
	better mindfulness
	The pillars
	Think more about de-escalation
	I will incorporate Kory's advice in my daily work.
	Self care more and be mindful of the the negative habits that I need to change
	Box breathing technique
	Funny
	Self care
	discussing self-care in the work place

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	Pay closer attention to me and what I am going through in order to be better for others.
	Be more present
	None
	Practice better intentions to the work.
	Highlight relationship with self
	More empathy
	Self care
	Gratitude
	More empathy
	Self care
	self worth informations for my patients
	Excellent presentation.
	good presentation
	Count your Ha's, remover to laugh, self-care.
	Box breathing.
	Gratitude
	Gratitude practice
	Increase self care
	Improved self care strategies.
	Appreciation
	Gratitude
	Plant a seed for self care
	Practicing more gratitude
	Practice gratitude
	thanks
	Increase self care
	self gratitude counting ha
	unsure
	Deescalation techniques
	Compassion
	Meditation practice
	gratitude practice
	be more compassionate in field of work
	More investment in myself!
	Thanking myself
	Pillars, self care, gratitude
	More self awareness and incorporating gratefulness
	Self compassion
	Good job
	I will work on building a more positive relationship with myself.
	Awesome
	Self gratification
	Self praise
	Self care is what you are doing to self
	Gratitude
	You can overcome any barriers in life to be successfu

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	I will be mindful of boundaries as a part of self care.
	The haha exercise
	practice relaxation
	Self compassion
	More personal centered care and peer voices.
	I will be able to utilize the information learned not only for myself, but also my staff and my clients.
	Increase awareness of thoughts about self to improve my perspective and be better able to support my teams.
	Self awareness
	Self care
	Love j conditional mental health make people make bad choices but they are not bad people.
	Self awareness
	being patient with clients
	Positive self talk
	Interested in reading the books suggested
	all
	Great presentation!
	improving relationship with myself and self-care to ensure I'm at my best
	Expressing appreciating and gratitude to those working in this field of work as it can be draining both mentally and physically
	Better self care
	positive self talk
	Better self care
	Take time for positive self talk and self care
	I will use the 4 pillars of wellbeing.
	the idea that self care is not just about doing some things but letting go of some behaviors.
	Remember to love myself and work on the negative self talk.
	Addressing self care as an internal process
	Lots of great tips for improving your mental health
	think about me
	Box Breathing
	excellent
	Self care
	Taking care of myself and lean into taking care of my staff
	Help carry message of support to my staff
	Very good session
	Being more kind in the way I speak to my self
	I appreciated the guidance to thank oneself.
	The laughing activity
	Inspired
	Self mind
	Self care
	Great Info
	It was good information--reminder of self care in a stressful world
	Smile
	count your hahas

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	De IFE who to nominate next year
	Showing myself more gratitude and having a better relationship with myself.
	look at self care
	discuss ACES with staff
	Focus on the way I care for myself and what my self talk is saying about what I think of myself.
	Practice gratitude with myself and work on one habit/ thought pattern that isn't helpful to support building a relationship with myself. Ie. Probably work on my negative self- talk/ people- pleasing.
	very insightful knowledge I can share
	I would like to implement the example of imagining current self thanking past self. And then future self thanking current self. I thought that was a very powerful exercise.
	Tell your story. You could be helping someone else.
	Seeking help as a helper
	Use some of her grounds grounding techniques
	Know more about the budget
	Amazing speaker
	Self work
	Excellent
	How to practice self care by creating more boundaries to make more time for myself.
	Kory presented a very powerful message.
	Practice storytelling
	Ensuring healthy boundaries

What topics would you like to see presented at future activities?	Open to anything. Just love to learn and see what opportunities there are
	Idk
	Idk
	Speaker was great! Maybe Brene Brown
	different perspectives
	client rights training
	Addiction
	Simplifying your life
	Im not sure.
	Leadership development
	Self care
	Discussion of her true crime podcast
	More about their books
	No suggestions at this time.
	More motivational or innovative treatments
	Any!
	Peer
	Cultural humility
	Ethical issues in mental health services in texas
	HHSC policy changes and improvement.
	I enjoy it
	Love self-care topics
	More Peer related

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	Love self-care
	None noted
	Community Helath Work
	Financial
	Unsure
	More self wellness
	thanks
	IDD/ crisis diversion
	trauma wise practices
	Not sure
	unknown
	Don't know at this time
	same array
	topics on SUD and coping strategies for professional to manage burnout , trauma etc
	Not sure
	Anything she is willing to present on
	Topics have been great
	More self care
	None
	Not sure
	Life experience
	Enjoyed topics such as this one
	Great session
	Unsure
	more self care activities
	ID/autism
	Self care
	More about AI integration.
	learning to implement better when your in the hustle and bustle of life without forgetting you need to take care of yourself too
	All
	Crucial conversations
	Unsure
	Crucial Conversation
	substance abuse
	Enjoying these topics so something similar. Always willing to learn about the work others are doing
	Great presentation!
	none noted
	Crisis services
	Crisis services
	Emotional intelligence, ethics, self-care, trauma informed care, more IDD
	building connections
	Great topic choices!
	no comment
	Im not sure.
	None
	unsure

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	cant think of anything
	Child and adolescent focused
	More workshops and evidence based practices
	No suggestions
	imposter syndrome
	More evidence based practices
	How to actually implement self care
	Similar topics and current events
	Always pleased with presentation selection. No comment at this time.
	PACES
	Nothing needs to change
	More peer services
	I like what we r offered
	More of this
	mental health and legal system
	Self care, how to implement self care
	Leading with intention. Being a great leader in high stress environments. Caring for staff and upholding policy, and learning to balance the two dynamics.
	I like personal stories and why people get into the mental health field
	More interaction
	None
	None
	More leadership skills or management techniques
	Recovery
	Similar
	Not sure

Comments (optional)	Loved Sheriff's demeanor
	None
	No comments
	Same speakers year after year.
	Excellent and very moving.
	Great presentation.
	none
	Excellent
	It was challenging to not receive a trigger warning that we would be talking about Kory's trauma story of her mother being murdered and hearing her father berate her. Going forward, if possible, please include a trigger warning.
	thanks
	good
	None
	loved it
	Great!
	very good presentations
	yay
	no comment
	Thank you
	presenters were excellent!

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Comments (optional)	None
Comments (optional)	She was a good presenter.
Comments (optional)	None