Let's Discuss...

7 Facts About Anxiety That Will Change The Way You Think



Maryellen Dance

Thursday, May 22, 2025

PRESENTED BY



Special Thanks to Our Sponsors

Thanks to our generous sponsors and our dedication to ensuring mental health education is timely and widely accessible, all Let's Discuss events are Free!

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Speaker Series on Mental Wellness

We are thrilled to come together for the third annual Let's Discuss Speaker Series. We've already learned so much from past keynotes, and we're excited to bring you the 2025 series of forward-thinking topics.

Every day, we see people who are courageous and fighting for their lives come to treatment. They come to Fora Health seeking help and hope, and our role is imperative to their healing journey. Everyone on our team – facilities, nursing, counselors, and doctors - works together to provide



Devarshi Bajpai Chief Executive Officer

a safe, healing environment. I am so grateful for how much care and compassion they provide to patients.

Today, anxiety is more prevalent than ever, and rates continue to rise. We are glad you are with us to hear this keynote from Maryellen Dance. Her presentation is designed to educate, empower, and transform the way we think about anxiety, providing you with the tools you need to take back control. I'm glad you are here with us today, and I know you will leave with valuable insights for your personal life and professional career.

I can't wait to learn alongside you!

Devarshi Bajpai Chief Executive Officer

At Fora Health, we recognize the value of education and have worked very hard to create a high-quality, accessible event. Thank you to our partners – The Wheeler Foundation, Cambia, Care Oregon, Edlen & Co, and New Narrative.

Fora Health, *formerly De Paul Treatment Centers*, has been providing transformational treatment in our community for over 50 years! When we look at what it takes to recover from the disease of addiction, we understand that no one can do it alone. We believe that trauma-informed, evidence-based treatment programs along with supportive family and friends, compassionate healthcare providers, and thoughtful public policy are needed to recover.

Thank you for your support!



powerful impact in our community.

forahealth.org/fa-nom

Meet Maryellen Dance

Maryellen Dance is a Licensed Mental Health Therapist, psychology professor, and advocate for mental wellness. With over a decade of experience in the mental health field, she helps individuals translate complex mental health concepts into practical, real-life strategies for improving their well-being.



She is the creator of the Okay-ish podcast, a show dedicated to debunking mental health myths and normalizing the fact that it's okay to be okay-ish. Maryellen is also the author of 7 Facts About Anxiety That Will Change The Way You Think and a Professor of Psychology at Nazareth College. Her insights have been featured in Parents Magazine, SheOwnsIt.com, the Go-To Gal podcast, and many other platforms.

In our society today anxiety is more prevalent than ever, and rates continue to rise. This presentation is designed to educate, empower, and transform the way we think about anxiety, providing participants with the tools they need to take back control.

This presentation will cover:

- Rethinking Anxiety: A New Perspective
 How shifting our view of anxiety can help us better understand and manage it.
- Building Resilience in Conversations About Anxiety
 Why resilience should be a key component when discussing anxiety—and how it empowers us to face challenges.
- Shifting the Focus: Moving Away from Anxiety to Lessen Its Impact
 The power of redirecting our attention and energy to break free from anxiety's grip.
- Why Anxiety Returns—and How to Permanently Shut the Door on It
 Understanding the reasons anxiety keeps resurfacing, and actionable strategies to stop it for good.



to get involved.



CareOregon is committed to supporting behavioral health practitioners, our members, and all Oregonians.



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Edlen & Co. is honored to support Fora Health and to have helped make Fora Health Cherry Blossom a reality, bringing trauma-informed care to our community to help people live lives free from addiction.

EDLEN & CO.

Bold thinking. Fresh ideas. A people-first focus. That's how you transform health care.

Putting people first.



Every day.

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Supporting Fora Health

Our team at Fora Health works daily to bring hope and healing to our community by providing withdrawal management, residential care, and outpatient services.

We are also pleased to offer incredible educational opportunities through the Let's Discuss Speaker Series! As part of our effort to bring healing, we want to create more conversation around recovery, treatment, and highlight how every individual can heal from this substance use disorder!

With partnership from our generous sponsors, we've worked very hard to make this high-quality speaker series accessible and free of charge. Please join us in this effort with a donation. Through your generous support, we can keep these events free to the community for years to come.



Please make a tax-deductible gift today.

Platinum Transparency 2024

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Fora Health is a registered 501(c)3 nonprofit and will provide tax-deductible receipts for all donations. Tax ID number: 93-0706892.

Registration Opens July 31, 2025



The Unexpected Gift of Trauma and the Path to Post Traumatic Growth

Dr. Edith Shiro

Thursday, September 18, 2025 | 11:30 AM - 1:00 PM Hybrid | In-person and Livestream

Hear about a groundbreaking approach to healing from trauma and experiencing post traumatic growth with a powerful, five-stage framework to help individuals not just recover, but thrive and transform.



The Use of Virtual Reality to Treat Addiction

Dr. Brandon Oberlin Thursday, October 23, 2025 | 11:30 AM - 1:00 PM In-person Only

Study impulsivity, sensation seeking, decisionmaking, and VR interventions and how all of these engage the brain, in the context of addiction.



Let Nutrition Lead You to a Sober Lifestyle

Dr. Brooke SchellerThursday, November 6, 2025 | 11:30 AM - 1:00 PM
Hybrid | In-person and Livestream

Alcohol can stimulate nerve cells in the brain that increase appetite, and there's a behavioral link between excessive alcohol consumption and binge eating. Let nutrition lead you to sobriety (or to just drinking a little less) with this guide and meal plan to reduce alcohol cravings and repair your health through food.