



Southeast Minnesota Community Mental Health and Wellness Conference

About the Conference

The annual Southeastern Minnesota Conference on Adult Mental Health and Wellbeing is designed primarily for community members to learn, connect with local resources, and support their overall mental wellness, with providers warmly welcomed to attend and share the event with those they serve.

This year's theme, Breaking Silence, Building Strength, emphasizes a collective effort to raise awareness, provide education, and reduce mental health stigma.

Conference Information

Thursday, May 7, 2026

8:30am – 4:00pm

International Event Center

7333 Airport View Dr SW
Rochester, MN 55902

Registration



Free event
Lunch provided
**Registration is
required**

Register using
the QR code

or by calling 507-328-7770

Transportation Cost Assistance Available

Funded by Southeastern MN
Adult Mental Health Initiative

Agenda

8:30am • Registration

9:00-10:00am • *Keynote: Fighting the Darkness by Sharing Your Light*

10:00-10:10am • Break

10:10-11:00am • *Breakout sessions (choose one):*

- 1. Affirmation as Intervention: The Minority Stress Model in Practice*
- 2. Weathering Life's Pressures: Practical Tools for Stress, Support and Hope in Rural and Regional Communities*

11:00-11:15am • Break

11:15-12:30pm • *Panel: Healing Together;
A Conversation on Co-Occurring Conditions*

12:35-1:35pm • Lunch

1:35-1:50pm • Introduction to Calm kits and drawing

1:50-1:55pm • Move to breakout rooms

1:55-2:45pm • *Breakout sessions (choose one):*

- 1. Overdose Response Training in Partnership with the Steve Rummeler Hope Network*
- 2. Living with Panic Disorder*

2:45-3:00pm • Break

3:00-4:00pm • *Mental Health Recovery: Leading from Lived Experience*

4:00pm • Closing

For any questions about the event, please email events4mentalhealth@olmstedcounty.gov