

Changing My Own Narrative: Navigating the Lifelong Journey of Mental Health Stigma

presented by

Laura B. Turner, PhD, LP-CT, BCBA-D, LBA-CT

Laura B. Turner, Ph.D., LP-CT, BCBA-D, LBA-CT is a clinical psychologist and board-certified behavior analyst-doctoral (BCBA-D) with nearly 20 years of multi-disciplinary experience providing services to individuals with developmental and intellectual disorders. She completed her Ph.D. in Clinical Psychology at Binghamton University-SUNY, her pre-doctoral internship the May Institute in Randolph, Massachusetts, and her post-doctoral training at the Autism Center at the Hospital for Special Care in New Britain, CT. Dr. Turner is currently an Associate Professor and the Program Director of the Applied Behavior Analysis Programs at the University of Saint Joseph in West Hartford, CT, and a psychological diagnostician at Prism Autism Center in Farmington, CT. In addition, Dr. Turner is the Co-Chair of IOL's Patient and Family Advisory Council and an ongoing user of IOL's various mental health services.

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Zoom - <https://hartfordhealthcare.zoom.us/j/94299688222>

In Person - Schwartz Commons, Hartford Room

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

- 1. Compare and contrast the historical and current state of mental health stigma.*
- 2. Describe at least 2 ways external and self-stigma negatively impacts patients and their families.*
- 3. Apply at least 2 methods to decrease stigma at a micro and/or macro level.*

Accreditation: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Physicians: Hartford HealthCare designates this Live Activity for a maximum of **1.25 AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This activity is designated for a maximum of **1.25 ANCC contact hours**.

Psychologists: Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

Social Workers: As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive **1.25 general** continuing education credits.

Other Learners: All other learners will receive a Certificate of Participation for **1.25** hours of education. Consult your professional licensing board regarding the applicability and acceptance of certificates of participation for educational activities certified for **AMA PRA Category 1 Credit™** from organizations accredited by Joint Accreditation for Interprofessional Continuing Education.

Financial Disclosures:

- Laura Turner, PhD: Nothing to disclose - 03/24/2025

