

About the Conference Sessions

The behavioral health needs of Community HealthChoices members require comprehensive and innovative approaches. Please join us for updates from leaders in behavioral health strategies and interventions. The virtual institute will focus on the following themes:

- Lifestyle modifications to improve health and decrease cognitive decline
- Relationship between chronic medical conditions and mental health
- How grief shows up across the lifespan

Attendance is free of charge and includes continuing education credits. We encourage behavioral health and long-term care providers, administrators, primary contractors, county partners, members, families, and other interested professionals to attend.

June 3rd | 12:00 - 1:00pm



[Lifestyle Interventions to Reduce Cognitive Decline](#)

Lyndra Bills, MD

Senior Medical Director, Community Care Behavioral Health

Cognitive decline and dementia place a growing burden on individuals, families, and the healthcare system. While medical treatments have had limited impact on disease progression, research shows that targeted lifestyle changes can slow, and in some cases improve cognitive function. This presentation will highlight evidence-based lifestyle interventions, including whole-food, plant-focused nutrition, physical activity, restorative sleep, and meditation. Participants will learn practical strategies that can reduce and potentially reverse further cognitive decline.

June 10th | 12:00 - 1:00pm



[Breaking the Cycle: How Medical-Mental Health Integration Transforms Patient Outcomes](#)

Bilal Mannan, MD

President, Sina Health, Allentown, PA

There is a two-way relationship between chronic medical conditions and mental health. This program will examine this relationship, with a focus on depression and anxiety across the lifespan. Using current research, it will highlight how conditions such as diabetes, chronic pain, and cardiovascular disease affect mental well-being. Participants will review practical screening tools and evidence-based, collaborative care models, with special attention to the mental health needs of aging adults in home care, skilled nursing, and community-based long-term services.

June 24th | 12:00 - 1:00pm



[Managing Grief, Loss, and Loneliness](#)

Virginia Johnson, PhD

Manager, Psychological Services, Community Care Behavioral Health

Grief, loss, and loneliness touch people differently at every stage of life. This presentation explores how grief shows up across the lifespan, when it becomes more complex in Prolonged Grief Disorder, and what truly helps. Participants will learn about evidence-based treatment approaches and practical therapeutic activities that can be used in clinical practice to support healing, resilience, and connection. Participants will leave with practical tools to support healthier grieving and help individuals move from loss toward healing and connection.

Continuing Education Credits

- Continuing education approval details are available on each registration page
- To qualify, participants must join via computer or mobile device and remain active for the full session
- Phone participation without ability to hear audio and see video will not count toward attendance

Important Notes

- Advanced registration is required, same-day registration may delay access
- Registrants will receive a calendar invite with the Teams link to join
- Recording or use of AI tools during sessions is not permitted
- For accommodation requests, please contact Gina Russo at russoge@ccbh.com