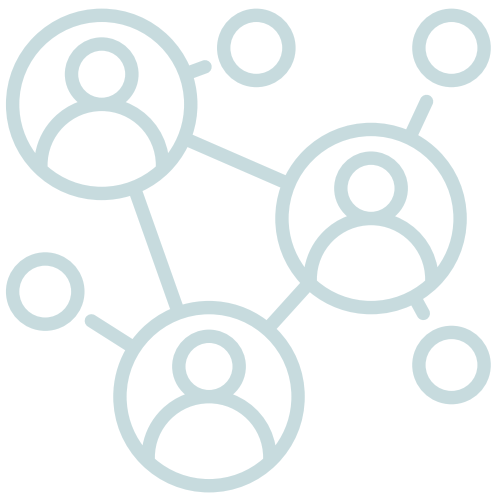




LC3 November General Meeting

Hosted in Vado, NM



**FEATURING SPECIAL GUEST
SPEAKERS KRISTIN DRAKE**

**& A SPECIAL PRESENTATION
FROM FYI+ ON THEIR MOBILE
CRISIS TEAM**

**FOOD & DRINK PROVIDED
ENGLISH W/SPANISH TRANSLATION**

RSVP REQUIRED - FOOD PROVIDED

**LOCATION CHANGE: HYBRID - MESQUITE COMMUNITY
CENTER (129 TAWA AVENUE, MESQUITE NM 88048)**

**TUESDAY
NOV 18
10A-2P**

**RSVP AT
[HTTPS://TINYURL.COM/LC3TR25](https://tinyurl.com/LC3TR25)**

OR SCAN QR CODE

FREE TRAINING

SPOTS LIMITED

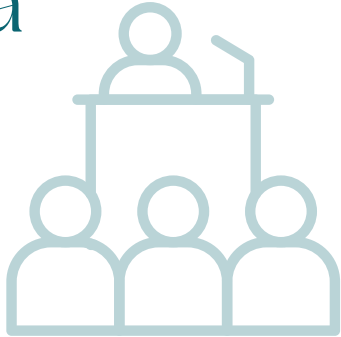
HYBRID

**FOR MORE INFORMATION
CONTACT JAVIER GUERRERO, ICS
STRATEGIST AT JGUERRERO@FYINM.ORG**





November General Meeting Agenda



10A - Check-In & Networking

10:10A - Welcome & Introductions

10:45A - FYI+ Mobile Crisis Team Presentation (MCT)

11 A - Special Guest Speaker Kristin Drake
Deactivation of the Limbic System in De-Escalation

12:30 P - Lunch

1:15 P - Manifest Your Mood: Regaining Control of Your Happiness (Kristin Drake, Cont.)

1:45P - Wrap-Up & Community Sharing

About the Trainer



KRISTIN DRAKE, MBA
MORPHOTIC SOLUTIONS, LLC
FOUNDER & PRINCIPAL
CONSULTANT

KRISTIN DRAKE IS A SEASONED HEALTHCARE EXECUTIVE, CONSULTANT, AND SYSTEMS STRATEGIST WITH OVER 22 YEARS OF LEADERSHIP EXPERIENCE SPANNING BEHAVIORAL HEALTH, HOSPITAL OPERATIONS, LAW ENFORCEMENT COLLABORATION, AND PUBLIC-SECTOR PLANNING ACROSS TEXAS AND NEW MEXICO. AS THE FOUNDER AND PRINCIPAL CONSULTANT OF MORPHOTIC SOLUTIONS, LLC, KRISTIN LEADS TRANSFORMATIVE INITIATIVES THAT UNITE HEALTHCARE SYSTEMS, GOVERNMENT AGENCIES, AND COMMUNITY STAKEHOLDERS TO IMPROVE ACCESS TO CARE, REDUCE RECIDIVISM, AND STRENGTHEN BEHAVIORAL HEALTH INFRASTRUCTURE ACROSS RURAL AND URBAN COMMUNITIES.

HER PASSION FOR BEHAVIORAL HEALTH WAS SHAPED BY HER LIVED EXPERIENCE—BEING RAISED BY A FATHER WHO STRUGGLED WITH SERIOUS MENTAL ILLNESS. THIS PERSONAL JOURNEY SPARKED A LIFELONG COMMITMENT TO SUPPORTING INDIVIDUALS AND FAMILIES NAVIGATING MENTAL HEALTH CHALLENGES. KRISTIN BELIEVES HER

PURPOSE IS TO RAISE THE OVERALL LEVEL OF HAPPINESS ACROSS THE HUMAN EXPERIENCE, AND SHE APPROACHES EVERY PROJECT, TRAINING, AND STRATEGIC PARTNERSHIP WITH THAT MISSION AS HER GUIDING LEGACY.

SHE HOLDS A BACHELOR OF SCIENCE IN PSYCHOLOGY WITH A MINOR IN BUSINESS ADMINISTRATION FROM TEXAS A&M UNIVERSITY AND A MASTER OF BUSINESS ADMINISTRATION IN HEALTHCARE ADMINISTRATION FROM TEXAS A&M INTERNATIONAL UNIVERSITY.

About the Training

Limbic System & Mood
Manifestation: Understanding
Stress, Calm, and Emotional
Balance

2 CEUS

JOIN KRISTIN A. DRAKE, MBA, PRINCIPAL CONSULTANT WITH MORPHOTIC SOLUTIONS, LLC, FOR AN ENGAGING, NEUROSCIENCE-INFORMED TRAINING DESIGNED TO STRENGTHEN EMOTIONAL AWARENESS AND DE-ESCALATION SKILLS.

IN THE FIRST SESSION, "**DEACTIVATION OF THE LIMBIC SYSTEM IN DE-ESCALATION,**" PARTICIPANTS WILL EXPLORE HOW THE BRAIN'S LIMBIC SYSTEM DRIVES EMOTIONAL AND STRESS RESPONSES. THROUGH DISCUSSION AND GUIDED PRACTICE, YOU WILL LEARN TO RECOGNIZE SIGNS OF FIGHT, FLIGHT, OR FREEZE ACTIVATION AND APPLY PRACTICAL, TRAUMA-INFORMED TECHNIQUES TO RESTORE CALM AND PROMOTE COMMUNICATION DURING HIGH-STRESS SITUATIONS.

THE SECOND SESSION, "**MANIFEST YOUR MOOD: REGAINING CONTROL OF YOUR HAPPINESS,**" FOCUSES ON HOW NUTRITION, PHYSICAL ACTIVITY, SLEEP, AND SELF-CARE INFLUENCE MOOD AND OVERALL WELL-BEING. PARTICIPANTS WILL GAIN PRACTICAL TOOLS TO ENHANCE EMOTIONAL BALANCE, STRENGTHEN RESILIENCE, AND PROMOTE DAILY MENTAL HEALTH THROUGH SMALL, EVIDENCE-BASED LIFESTYLE ADJUSTMENTS.

TOGETHER, THESE SESSIONS PROVIDE A COMPREHENSIVE VIEW OF HOW OUR BRAINS AND DAILY HABITS INFLUENCE EMOTIONAL REGULATION, COMMUNICATION, AND PERSONAL WELL-BEING.

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