



NEW MEXICO  
CAREER DEVELOPMENT ASSOCIATION  
*The Career Resource for New Mexico*



# Making Connections: Optimizing Mental Health and Networks for Career Development

## 2021 Virtual Conference

*Presented by the*  
New Mexico Career Development Association  
A division of the New Mexico Counseling Association

Up to 3 CE Hours

### Friday, March 5, 2021

1:00pm – 5:00pm

Zoom



**National Board for Certified Counselors (NBCC) - Provider #2032**  
New Mexico Counseling Association is an NBCC Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for courses that meet NBCC requirements. New Mexico Counseling Association is solely responsible for all aspects of the program.



## WELCOME NMCD A Conference Attendees!

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<http://www.careers-nm.org/>

# Conference Agenda

TIME	EVENT	CE Hours
1:00 – 1:15	Welcome	0
1:15 – 2:00	Keynote	0.75
2:00 – 2:10	Break	0
2:10 – 2:55	Keynote Continued	0.75
2:55 – 3:15	Break	0
3:15 – 4:00	It's A Small World After All: Networks as a Career Strategy	0.75
4:00 – 4:10	Break	0
4:10 – 4:55	It's A Small World After All: Networks as a Career Strategy (Continued)	0.75
4:55 – 5:00	Closing, Evaluation & CE Hours	0

*We realize that Zoom conferences are difficult to sit through for long periods. This event is formatted to be more comfortable. In order to receive CEs, you must be present in the Zoom session during the designated times with your camera on. We will be randomly monitoring video feeds to ensure attendance and using Zoom reports of log-in duration to verify clock hours for those who want CEs.*

# Conference Presentations

## Keynote

1:15 – 2:55 with 10 minute break

### ***Comprehensive Career Interventions: Integrating Mental Health Support in Career Services***, Seth Hayden, PhD

Due to the complexity of career concerns, it is important for career practitioners to consider mental health aspects of the experience of those they serve. Regardless of professional identity and training, it is imperative for career practitioners to holistically support those they serve. This presentation will provide information related to the connection between career development and mental health and ways in which to intervene.

As a result of attending this session, participants will be able to:

- Recognize the connection between career development and mental health.
- Describe strategies designed to effectively assess for mental health issues.
- Identify interventions designed to address co-occurring career and mental health concerns.

## Session 1

3:15 – 4:55 with 10 minute break

### ***It's A Small World After All: Networks as a Career Strategy***, Bob Grassberger, PhD & Steven R. Tetrev D.D.S, M.P.H., MBA, MA

We know the importance of networks in finding jobs, but we generally hear about tactics for growing our networks. In this session we will discuss how to build strategic networks that connect us to influential individuals and valuable resources. We will also explore how knowledge of network structures can enhance careers.

As a result of attending this session, participants will be able to:

- Explain the term “small world” & its derivation
- List the types of brokers & discuss the benefits from the connections each brings.
- Define the terms; strong tie, weak tie, & dormant tie. Discuss how these relate to job search & careers.
- Build an egocentric sociogram & discuss your learnings about your personal network.
- Discuss how helping students develop & analyze a sociogram can help advance their careers.

# Brief Presenter Biographies

## Keynote Speaker

Dr. Hayden is an associate professor of counseling and coordinator of the clinical mental health program at Wake Forest University. Dr. Hayden has provided career and personal counseling in community agencies, secondary school, and university settings. Dr. Hayden's research focuses on the career and personal development of military service members, veterans, and their families. In addition, he explores the connection between career and mental health issues and integrated models of clinical supervision designed to facilitate positive growth in counselors' ability to formulate interventions. Dr. Hayden is a licensed clinical mental health counselor in North Carolina, a national certified counselor, a certified clinical mental health counselor, and an approved clinical supervisor. In addition, Dr. Hayden is a past-president of the Military and Government Counseling Association and currently serves as the President of the National Career Development Association, both divisions of the American Counseling Association. (Category 1)



## Other Presenters

**Bob Grassberger**, PhD is an emeritus professor from the UNM's Organization, Information, and Learning Sciences. In 2006, Bob developed and taught a class entitled "The Future of Work". He has been on the New Mexico State Workforce Development Board since 2011. (Category 2)

**Steve Tetrev** is a retired dentist from Indian Health Service. After his retirement he started teaching clinic and program management to dental supervisors, dental regional directors and hospital department supervisors. (Category 2)

## **NMCDA Policies**

### **Complaint & Dispute Resolution**

All complaints and disputes should be submitted to the NMCDA Board in writing via email or on the provided evaluation form. The board will review the complaints and respond within 15 calendar days. Complaints can be emailed to: [newmexicocda@gmail.com](mailto:newmexicocda@gmail.com).

### **Cancellation & Refund**

If a participant is unable to attend, please notify the NMCDA board at least 24 hours before the event and cite the reason for not attending. Cancellation notices may be sent via email at [newmexicocda@gmail.com](mailto:newmexicocda@gmail.com) or via mail to PO Box 35906, Albuquerque, NM 87176. Refunds will be processed for those who send a cancellation notice.