

Biographies and Class Descriptions

“Hope and Healing in Christ” Annual Workshop

March 2, 2024, 9:00am-4:30pm

General Session (9:00am)

Presenters: Evan and Melissa Hathaway

Title: Finding Hope and Healing through Christ in the Divine Mess of Mortality

Class Description: Mortality is intended to be messy. The Fall is supposed to be collective and for all of us. It also happens to be very individual. For some of us it has been addiction and others betrayal. Our intention is to show that healing through the Savior can not only justify us and raise us up out of that pit; He can raise us above and beyond, sanctifying us to a higher and holier place.

Leadership Support (10:30am – 12:30pm)



Presenters: Amy Curtis, DeAnn Thomas, Jeff Wood, Ben and Mindy Bodmer

Title: Christlike Leadership

Class Description: Church Leaders Helping Those Who Struggle with Addiction or Mental Health. An interactive session where we will discuss finding Christ in and through our trials. And how we can walk with others through theirs.

Amy’s Biography:

Amy C. Curtis has a Master’s in Clinical Social Work from Brigham Young University. She has worked at the Church's Family Services for over 25 years. She is currently the manager of the Boise Office. Her responsibilities include clinical therapy and management of the Addiction Recovery Program.

Relief Society Room (10:30am – 3:20pm)

Presenters: Erin; Mike

Title: Stories of Hope and Healing

Class Description: Erin and Mike share their individual experiences with addiction, what tools and resources have helped them and how they are healing and finding hope through Jesus Christ.

Presenters: Michelle; Chad and Kimberly

Title: Stories of Hope and Healing

Class Description: Michelle, Chad and Kimberly share their personal struggles regarding loved ones facing various challenges, tools and resources that have helped them and how they are healing and finding hope through Jesus Christ.

Presenters: Steve; Amber

Title: Stories of Hope and Healing

Class Description: Steve and Amber share their personal struggles regarding loved ones facing various challenges, tools and resources that have helped them and how they are healing and finding hope through Jesus Christ.

Presenters: Seth; Shane

Title: Stories of Hope and Healing

Class Description: Seth and Shane share their individual experiences with addiction, what tools and resources have helped them and how they are healing and finding hope through Jesus Christ.

1st Half of Gym (10:30am – 3:20pm)



Presenter: Angelee Davis

Title: Managing Anxiety - Tools and Strategies

Class Description: This session is targeted to those who want to help their children, friends or themselves in understanding, managing and embracing anxiety. The session will explore the “Anxiety brain” to help understand how it works, include gospel insight, and provide helpful tools and strategies. Examples and experiences will be shared including the presenter’s struggle with anxiety and helping with her child’s struggle with anxiety.

Counseling elementary to high school students through anxiety, Sister Davis will share takeaway tools, successful strategies and celebrate the anxiety brains with its unique challenges and strengths.

Biography: Angelee Davis has been a School Counselor for the past 14 years at the elementary, middle and high school levels. She earned her Bachelors in Psychology from Chapman University and Masters in Educational Counseling from Azusa Pacific University in California. Volunteer work includes facilitating counseling sessions for at-risk youth and their families and incarcerated women. She received the 2014-2015 Idaho's School Counselor of the Year recognition award. Angelee served a mission in England and her greatest joy is being with her family.

Presenter: Matthew Butler

Title: The Different Faces of Addiction

Class Description: Learning to identify the forms of addiction and how it impacts individuals during the healing process.

Biography: Matthew Butler has spent 5 years working in the addiction field. During this time, he treated individuals struggling with addiction and involvement with the law by helping them to receive counseling and work through the healing process. Since coming to Family Services, he has spent time working with individuals, couples and families that have been impacted by the addiction of pornography and other means.



Presenter: Garrett Newhard

Title: Suicide Awareness and Prevention

Class Description: During this session we will address suicide awareness, the reality of mental health struggles and the importance of prevention. We will discuss how to plan ahead, and how to help and support others who are struggling, including yourself. Learn how to identify warning signs, finding trust in those who can support you, and creating a safety plan. Ultimately, how to find help, support, and love through

Christ including reaching out for professional and spiritual help.

Biography: Garrett graduated from Purdue University with a Bachelors in Science of Human Development and Family Studies. During his time in school, he worked as a peer support specialist in addiction recovery and mental health for Phoenix Paramedics in Lafayette, IN. Garrett developed a passion for helping others that stemmed from his time serving as a full-time missionary for the Church of Jesus Christ of Latter-day Saints in Chalco, Mexico. Since then, he has been devoted to supporting others that has led him to his current role as a Team Lead/Supervisor at the Idaho Crisis and Suicide Hotline.



Presenters: Cristi Dame, LPC, NCC

Title: The Art of Validation: A Therapist's Secret to Disarming a Defensive Heart

Class Description: In this interactive class, Cristi will give you a crash course on holding space for any age who needs validation without asking questions or giving unsolicited advice. As humans we all have defensive mechanisms used to protect from pain including armoring the heart. Having language to express emotions and feel heard initiates the disarming of a defensive heart, rewires the brain, and allows space for leaning into uncomfortable feelings in a safe and loving environment.

Biography: Cristi Dame is a Licensed Professional Counselor, Certified Language of Listening® Coach, wife, and mom of four spunky kids. Determined to never let go of her playful heart, she chose to specialize in working with children and teenagers using play therapy, sand tray, and expressive arts...basically any excuse to play! During her practice, she came to realize strengthening the connection between parent and child was a key element to healing and growth. Through her strength-based

approach, Cristi currently focuses on working side by side with parents in teaching them basic play therapy skills to hold their own “special play times” and increase their connection and communication with one another.

2nd Half of Gym (10:30am – 3:20pm)

Presenters: Kari; Dave

Title: Stories of Hope and Healing through Emotional Resilience

Class Description: Kari and Dave each share their experiences with emotional resilience, tools and resources that have helped them and how they are finding hope through Jesus Christ.

Presenter: Jeff Johnson

Title: Medication, Faith, and Healing: Navigating Trauma for Hope and Recovery

Class Description: This will be a presentation on how trauma affects the brain and hijacks it. We will discuss how trauma can lead to addiction and ways to help break the cycle. We will discuss the role of medications in trauma and how they can help or hurt.

Biography: Jeff Johnson is both a pharmacist and a PA. He has worked in numerous settings including community pharmacy, emergency medicine, and mental health. He is also a professor and teaches pharmacology and other medical topics at Idaho State University.

Presenters: Lynn and Jeff Woodard

Title: “Healing What’s Hidden” – Conquering Trauma Through Christ

Class Description: Many of us have experienced or know of friends and loved ones who suffer life altering trauma of various types and degrees. These may take the form of sexual, emotional or physical abuse, to name a few. Ever notice that while some of us go on to live fulfilling lives, others become bitter and feel broken? The scars that we carry as victims often leave us in a dark place, hidden from the ability to feel happiness and love. Jeff and Lynn discuss ways to find light, hope, and even healing, through cultivating a relationship with Christ.

Presenters: Ben; Mary

Title: Stories of Hope and Healing

Class Description: Ben and Mary each share their personal struggles with mental wellness, tools and resources that have helped them and how they are healing and finding hope through Jesus Christ.

Closing Session (3:30pm)

Presenters: Seth and Nicole Ahlstrom, Shane Carlson, President Ririe

Title: Moving Forward in Your Healing Journey

Class Description: The closing session of our Hope and Healing in Christ workshop will include an open Q&A for participants to submit questions anonymously about addiction, trauma, grief, mental health, and family support. A panel of experts and fellow speakers will provide answers and insight. We'll use slido.com to facilitate questions and keep identities private. This is an opportunity to ask vulnerable questions in a safe space, among a community focused on hope, healing, and support through Christ's love. All questions related to the workshop topics are welcome.