

2025 Annual ASAGA Conference

**Strength in Service: Balancing
Advocacy, Ethics, Self-Care**

**When: October 3, 2025
Registration begins at
8:30am**

Conference Ends: 4:30pm

**Where: BP Energy
Conference Center
1014 Energy Ct, Anchorage,
AK 99508**



OUR SPEAKERS



**Amy Willoughby
Bryant, ESQ**

NGA President



Dan Berstein, MHS

MH Mediate



Officer Ruth Adolf

Crisis Intervention



Lisa Wawrzonek, MS

NGA President-Elect

**\$75 in-person
attendee/\$65 zoom
Join us for :
in person/online auction**

Register now at :

**www.asaga.info
eventbrite.com**



CONFERENCE AGENDA

3 OCTOBER 2025

8:30AM-4:30PM

BP Energy
Conference Center
1014 Energy Ct
Anchorage, AK
99508

www.asaga.info

AM RUNDOWN

8:30AM-
9:00AM

REGISTRATION

Registration and Welcome Coffee: Attendees arrive, register, and enjoy a morning coffee to start the day.

9:00AM-
9:15 AM

OPENING REMARKS

NGA President Amy Willoughby Bryant,
ESQ

9:15 AM-
10:15 AM

SESSION 1-SELF- HELP,CIVILITY, AND MENTAL HEALTH IN TWO SESSIONS

Dan Bernstein, MHS

10:15 AM-
10:30 AM

MORNING BREAK

10:30 AM-
11:30 AM

SESSION 2: SELF-HELP, CIVILITY, AND MENTAL HEALTH.

Dan Bernstein, MHS



CONFERENCE AGENDA

3 OCTOBER 2025

8:30AM-4:30PM

BP Energy Conference
Center
1014 Energy Ct
Anchorage, AK 99508

WWW.ASAGA.INFO

PM RUNDWON

11:30 AM-
1:00 PM

LUNCH AND ASAGA ANNUAL
MEETING. GROUP SURVIVAL
ACTIVITY AND DISCUSSION.

1:00 PM-
1:45 PM

CRISIS MANAGEMENT AND
OUR COMMUNITY: RUTH
ADOLF, MODERATOR, AND
THE MIT TEAM

1:45 PM
3:00 PM

Q&A STRENGTH IN
UNCERTAINTY: A
COLLABORATIVE CRISIS
PANEL

3:00 PM-
3:15PM

AFTERNOON BREAK-
ONLINE/SILENT AUCTION
CLOSES 3:15 PM

3:15PM-
4:15 PM

WHY ETHICS? AMY
WILLOUGHBY BRYANT, ESQ.
NGA PRESIDENT

4:15-4:30-Closing Remarks- NGA President
Elect-Lisa Warwzonek

WHY ETHICS?



AMY WILLOUGHBY BRYANT, ESQ

Ethics affect how people make decisions and lead their lives. Guardians are charged with making decisions and guiding the lives of others. Knowing the basics of ethical considerations and implementation is essential to carrying out a guardian's fiduciary duties. Using the NGA Ethical Principles this presentation will provide examples of situations that a guardian may encounter.



AMY WILLOUGHBY BRYANT SERVES AS THE DAVIDSON COUNTY OFFICE OF CONSERVATORSHIP MANAGEMENT DIRECTOR. AMY DEMONSTRATES HER PASSION FOR HER COMMUNITY THROUGH SERVICE AS A LEADER, INSTRUCTOR AND VOLUNTEER IN NUMEROUS ORGANIZATIONS. SHE IS PRESIDENT FOR THE NATIONAL GUARDIANSHIP ASSOCIATION. AMY SERVES AS AN ADJUNCT PROFESSOR AT BELMONT UNIVERSITY COLLEGE OF LAW IN ELDER LAW. THIS MEMPHIS NATIVE IS A TENNESSEE STATE UNIVERSITY ALUM AND OBTAINED HER JURIS DOCTORATE FROM SAINT LOUIS UNIVERSITY SCHOOL OF LAW. AMY IS MARRIED TO JULIAN BRYANT AND MOTHER OF FOUR. SHE LIVES BY THE MOTTO THAT EVERYTHING IN LIFE HAPPENS FOR A REASON, EMBRACES LIFE AS IT COMES, AND MEETS EVERY DAY WITH OPTIMISM!

**We invite you to a
discussion with our
guest speaker,
available in person and
on Zoom.**

**REGISTER TODAY
WWW.ASAGA.INFO**

Join us for a conversation with our guest speaker, either in person or via Zoom.



Mission Statement

The Anchorage Police Department Mobile Intervention Team (MIT) responds to support individuals in crisis to provide humane, cooperative, compassionate law enforcement intervention to reduce the potential for violence during police contacts, stabilization within the community, and connect individuals to follow-up services.

***Officer
Ruth Adolf***

Crisis Intervention
Officer

When: 10/3/2025

Where: BP Energy
Conference Center

* How guardians and conservators can best notify and coordinate with the crisis team.

* An overview of what 311 offers and how it can be accessed effectively.

Goals

The Mobile Intervention Team is a data-driven unit:

1. Diversion— When possible, divert individuals in crisis or suffering from a serious mental illness from the jail and the hospital when it is safe and appropriate to do so.
2. Minimize the duplication of Mental Health Services.
3. Enable police patrol officers to return to service as soon as possible.

Please join us for a discussion on: **Self-Care, Civility, and Mental Health**

Web: www.mhmediate.com

TEDxTalk: <https://youtu.be/nstRHTVv0Aw>



**Dan Bernstein,
MHS|MH**

Professionals experiencing emotional dysregulation need more tools to maintain their composure and practice effective, empowering coping.

Resources

This program shares resources to help professionals stay dignified and respectful in the face of distress, tough topics, and obstructions.

*All attendees will also receive an electronic copy of Dan's book, **Mental Health and Conflicts: A Handbook for Empowerment**, recently republished by DRI Press.*

Learn

Learn trauma-informed ways to accept disconnects, stay patient, seek support, and practice self-care.

Bio:

Dan Bernstein is a mediator living with bipolar disorder who applies conflict resolution best practices to promote effective mental health communication and prevent mental illness discrimination. Since 2012, Dan's company MH Mediate has helped professionals, organizations, and government agencies address challenging behaviors without discriminating against people who have mental health conditions. Through MH Mediate's Mental Health Safe Project, Dan has successfully advocated for many potentially stigmatizing publications and policies to be updated. Dan holds degrees from the Wharton School and Johns Hopkins School of Public Health. His book, *Mental health and Conflicts*, was originally published by the American Bar Association.

Register at
www.asaga.info