



To Whom It May Concern:

The 2019 AASP Northwest Regional Conference was held at Western Washington University on Friday April 12th and Saturday April 13th. This report provides a summary of important information regarding the conference.

Number of Attendees: 38 total attendees

Undergraduate Students: 18

Graduate Students: 5

Professionals: 15

Number of Schools/Organizations Represented: 11 (7 Universities; 4 Organizations)

The conference program included:

- 2 Keynote Presentations
 - Dr. Keith Russell – *Nature as a restorative facilitator of mindfulness-based experiences in addictions treatment*
 - Dr. Sharleen Hoar - *My Top 5 Lessons learned from 20+ years as a Mental Performance Consultant*
- 1 Panel Discussion
- 4 Invited Professional Lectures
- 6 Research Presentations (1 professional, 5 student presentations)
- The conference also included an attendee dinner, breakfast, and lunch, as well as a tour of campus facilities and ice breaker sessions.

According to attendees, strengths of the conference included:

- Student-oriented conference goals
- Networking opportunities
- Diversity of topics presented
- Emphasis on subtopics within the field

The conference grant of \$500 was used to offset registration costs for students, which allowed us to reduce the costs of attendance for students in comparison to previous years, at \$15 per student attendee. Funds were used for several purposes. Some of the grant funds went toward honorariums for the keynote speakers and invited lecturers. This grant money directly benefitted student attendees, as they were able to hear from a diverse group of experts some of whom are researchers and others who are experienced applied practitioners. The funds were also used to pay for food for student attendees of the conference, to keep their registration costs low. The meal breaks allowed ample time for networking, which was highly valued by student attendees.

We want to thank AASP for the integral funding that contributed to making this conference a success!

Sincerely,

Jessyca Arthur-Cameselle, Linda Keeler, Samantha MacDonald, and Nate Wolch
Conference Planning Committee