

**The
Missouri Department
of Mental Health's
2011 Spring Training Institute**

Session Descriptions

May 19 & 20, 2011

Tan-Tar-A Resort

Osage Beach, MO

Please Visit Our Exhibitors

ACT Missouri/Missouri Recovery Network
Alkermes
Alpha-Health Solutions
CIT
CLAIM
Department of Mental Health-Tobacco Cessation
Epworth Children and Family Services
First Call Alcohol/Drug Prevention & Recovery
Inflexxion
Lakeland Regional Hospital
McCallum Place/Webster Wellness Professionals
Mid-America ATTC
Midwest Special Needs Trust
Missouri Addiction Counselors' Association
Missouri Baptist Sullivan Hospital
Missouri Department of Health & Senior Services
Missouri Department of Mental Health
Missouri Health Insurance Pool
Missouri Institute of Mental Health
Missouri Protection & Advocacy Services
Missouri Long Term Care Ombudsman Program
MIMH-SBIRT
MSAPCB
Narcotics Anonymous—Show-Me Region
National Association of Alcoholism &
Drug Abuse Counselors-MOAAP
Pathways CBH/Royal Oaks Hospital
Paula J. Carter Center on Minority Health & Aging
Reckitt Benckiser Pharmaceuticals
Research Psychiatric Center
Residential Psychiatric Services, Inc
UMKC—Institute for Human Development
Webster University

A Word from the Director

Welcome to the 2011 Spring Training Institute. I am very pleased that this conference is again a showcase for the latest developments in our state mental health system. The agenda this year provides a broad range of diverse topics for all in attendance. I believe the presentations and workshops will help us continue to move our mental health system forward and continue to provide the best treatment and support for the persons we serve.

—C. Keith Schafer, EdD



Opening Keynote**Salon A, B, C****Beyond Benefits—Getting a Life through Work**

Mike Mayer

Mike Mayer is a Senior Partner at Community Resource Alliance (CRA). He has worked with over 500 organizations and trained over 75,000 people in the U.S., Canada, the Middle East, the Pacific Rim, Africa, Asia, and Europe, providing training and consultation to facilitate service innovation and quality improvement for organizations that support people who have disabilities.

He has authored and edited over 50 publications including books, chapters, and articles and is a noted developer of numerous assessment tools and protocols used throughout the world to assist in the diagnosis, treatment and support planning, and service evaluation for people who have complex disabilities. This includes EBT: Experience Based Therapeutics and the Assessment of Motivation, Tension, and Resistance which assists with person centered planning for people who have significant behavioral/emotional challenges.

He has been directly responsible for overseeing the development or management of community services for over 5,000 people who have disabilities, including employment supports, specializing in helping individuals often termed “too difficult to serve in the community”. He is a recognized national leader in the design and delivery of services for people who have co-occurring and complex disabilities. One of the programs he directed was recently labeled a national model for replication and another has become a national model for person centered planning in community mental healthcare systems change.

Thursday Morning Breakout Sessions 10:00-11:30 AM

Room 74/75 Compulsive Gambling
Problem Gambling, Impulsivity and Executive Function. How are the Brains of Gamblers Different?

Dave Ledgerwood, PhD

First, understand the importance of the concepts of impulsivity and executive function, and how they relate to problem gambling. Then, understand how impulsivity and executive function are related to brain function among problem gamblers, so that you will be aware of the importance of assessing for impulsivity and executive function problems among problem gamblers seeking treatment.

Salon A Co-Occurring Disorders
Employment First: Making Competitive Employment a Priority

Nancy Nickolaus, LMSW, Virginia Selleck, PhD, Tish Thomas, MS, Bianca Farr, MSW, LCSW, MATS

We believe people who want to work can work and those that are of working age should be supported to work and achieve their career goals. In this session we will discuss the importance of work in recovery. The importance of planning (career planning) and supports will be discussed and specific tools to assist people with career discovery will be shared.

Room 60/61 Substance Abuse Prevention & Mental Health Promotion
Connect. Accept. Respond. Empower.—How to Support LGBTQ Youth

Nathan Belyeu

This interactive workshop will provide an overview of suicide among lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth and the different environmental stressors that contribute to their heightened risk for suicide. The first half of the workshop will focus on what research states regarding reducing the risk of suicide and promoting resiliency. After reviewing current research, there will be an emphasis on best practices and practical steps that service providers, educators, and others can take to promote a positive environment for all youth.

Thursday Morning Breakout Sessions 10:00-11:30 AM

Salon B

Faith-Based and Recovery Supports

The Faith-Based Roots of Alcoholics Anonymous and the 12-Step Method of Addiction Recovery

Linda Mercadante, PhD

Many people are unaware that the 12 Step Method of Alcoholics Anonymous was deeply influenced by the para-church group, The Oxford Movement. Explore the similarities and differences between this religious group and AA, as well as learning more about the theology and spirituality of addiction recovery. This presentation will help in counseling persons with a religious background who want to practice the 12 Steps -- or are hesitant to join recovery groups --wondering how this method meshes with their faith. It will also help you understand some key theological terms as they translate into the language of addiction recovery.

Room 62/63

Children, Youth & Families

An Overview of School-wide Positive Behavior Supports

Danielle Starkey, MEd, Susan Brawley, MEd Tom Hairston, EdS

Missouri is a leader in the School-Wide Positive Behavior Supports movements. Currently SW-PBS is implemented in 597 schools within 176 districts and is continuously growing. Strengthened by a strong state initiative with 8 state-wide consultants and 23 regional consultants, Missouri SW-PBS provides schools with opportunities to develop systems, practices, and data within schools implementing and sustaining School-Wide Positive Behavior Supports. School-Wide PBS has been in existence for over 20 years, beginning with research stemming from the works of Dr. Ed Kame'enui, Dr. George Sugai, Dr. Geoff Colvin, Dr. Tim Lewis, and Dr. Rob Horner. This research has established and strengthened more effective ways for schools to implement data-driven decisions concerning behavior. Their efforts have resulted in secured funding through the Office of Special Education Programs that has funded a national Positive Behavior Supports Center since the mid 1990s. The goal of this presentation is provide an overview of School-Wide Positive Behavior Supports and the impact it can have on schools.

Salon C

Criminal Justice

Surviving the Absent Father

Guy Wheeler, MSW, CAP, CCJAP

Surviving the Absent Father confronts how a father's emotional detachment or physical absence during a child's rearing process can lead a child to severe feelings of anger, resentment, and frustration. This course will reveal how painful relationships with fathers can arrest the emotional development of a child, disrupt family structure, and later *may* propel them into a life of drugs and crime.

Thursday Morning Breakout Sessions 10:00-11:30 AM

Parasol II

Trauma

Clients Creative Service Provision: Achieving Recovery Through Creativity

Kasey Harlin, MA, CSAC I, CCDP-D

This presentation will provide an overview of the Achieving Recovery through Creativity (A.R.T.C.) program. A.R.T.C. is a strengths based approach using a curriculum based creative arts program as a unique tool for personal change for youth and adults participating in Preferred Family Healthcare's substance abuse prevention, early intervention and treatment programs. In addition the program has been recently incorporated into adult mental health programming (CPRC) and is an independent program provided to youth experiencing high risk situations in Franklin County Missouri.

Parasol I

Hot Topics

Health Care Reform: Implications for the Regional Workforce

Pat Stilen, LCSW

This workshop addresses emerging information about healthcare reform and implications for behavioral health. The world is changing in long-lasting ways. In the future government will play a much larger role in economic structures and business practices. There will be increased regulations on business and not-for-profit organizations as well. Business and consumers of goods and services are forming a new mind-set about what is expected. Understanding how these changes impact the non-profit workplace and how business strategies can foster success is vital in the current changing healthcare environment. In preparation for health system reform, we need to rethink our customer base, identify partners and incorporate new business practices. Participants will learn how to reset priorities and restructure strategies that will be necessary if addiction treatment organizations are to survive.

Thursday Super Sessions

12:30-1:45 PM

Moving the Field Forward: First Steps for Providers

Patrick Gauthier, Charles Ray MEd

Salon A

Parity implementation and health care reform are bringing unprecedented change to the field of addiction services, creating challenges as well as opportunities for providers in the public sector. These providers must be prepared to look at governance, business practices, workforce needs, marketing, and much more. The reality is so overwhelming that many providers seem immobilized on where to begin. This panel will look at this “wake-up” call and explain the first steps providers should take to begin the necessary transformation, using tools developed by the State Associations of Addiction Services in collaboration with the Network for the Improvement of Addiction Treatment (NIATx).

Mask-U-linity: Why Good Boys Become Bad Men

Khalil Osiris, MA

Salon B

This workshop examines how boys and men define their masculinity. The workshop integrates gender research with personal reflections to confront and challenge myths and misconceptions about manhood. This workshop also examines cultural images that influence and shape male self-definition. The workshop will help participants better understand masculinity, manhood and the need for new definitions to *prevent* good boys from becoming bad men.

Adolescent Drug Trends

Vicky Ward, MA

Salon C

It wasn't like THIS when we were teens! Eyeballs, bath salts, plant food....What do these have to do with drug trends? Participants will gain insight as to the most recent trends in alcohol and nicotine products as well as the shocking ways they are being abused. Additional information will be given regarding growing trends among prescription drug misuse and synthetic drug trends. Those manufacturing these products are getting more creative in the ways they market them, as to circumvent current laws. Through social networking, adolescents are well aware of these products and how/where to acquire them. Becoming aware of these trends will serve to help protect our youth.

Thursday Afternoon Breakout Sessions 2:00-3:30 PM

Room 74/75 Compulsive Gambling
*Predictors of Treatment Participation and Outcome among Problem Gamblers.
Where should we Focus Treatment Efforts?*

Dave Ledgerwood, PhD

If we know the factors that predict whether problem gamblers will seek treatment, we can better understand factors that predict treatment outcomes. In this session, we will also discuss cognitive behavioral and motivational treatment approaches that may improve treatment outcomes.

Salon B Co-Occurring Disorders
*Parity 101: How Macro-economic Forces Are Changing the Business of
Addiction Treatment*

Patrick Gauthier, Charles Ray, MED

Practical overview of the Mental Health Parity and Addiction Equity Act (MHPAEA) as it relates to substance use disorder treatment providers. We will explore the regulations and the opportunities that exist today for providers who are willing and able to expand their business in a commercial managed care marketplace.

Parasol I Substance Abuse Prevention & Mental Health Promotion
What is FASD, and How Can We Prevent this Brain-Based Disability?

Leigh Tenkku, PhD, MPH

Fetal Alcohol Spectrum Disorders (FASDs) is a birth defect that is an entirely preventable birth disorder. It is a brain-based disability that is the result of cellular damage caused by alcohol use during pregnancy. Current estimates of the prevalence of FASDs is between 2 and 7 per 1,000 live births and is higher among some populations. It is an increasing public health concern that can be prevented as we understand addiction and methods currently used to prevent alcohol use among women, particularly of child-bearing age.

Today, a primary model is being used to help women reduce or quit their alcohol use, particularly during a pregnancy, known as motivational interviewing. We will discuss the framework behind motivational interviewing, discuss empirical research that provides evidence of the success of MI for women and alcohol use and have a brief opportunity to role-play the use of MI in practice.

Thursday Afternoon Breakout Sessions 2:00-3:30 PM

Salon C

Faith-Based and Recovery Supports

Spirituality and Recovery

Guy Wheeler, MSW, CAP, CCJAP

Using William Miller's book "Integrating Spirituality into Treatment" for practitioners, Guy Wheeler discusses how spirituality is vital to many clients. Many providers are reluctant to use this powerful tool, but research and studies have documented that Spirituality aids in recovery.

Parasol II

Children, Youth & Families

Family Leadership Training: Learning Skills to be Effective Family Leaders

Lu Ann Reese

Family members and youth often benefit from opportunities to learn skills that allow them to be more effective voices in their individual planning meetings, workgroups and committees. The experiences we go through as we attempt to navigate the system often cause us to have extremely strong emotions. We need to have the skills to take those experiences, find the systems issues that created the barrier and frame the issue in a way that the team, committee or workgroup can stay focused on the issue. It is essential that family members and youth have support from other family members/mentors as they learn to use the newly acquired skills. A mentor can visit before and after a meeting to talk about the upcoming agenda, goal of the meeting and possible hot button issues. With this support, most families start experiencing more productive meetings that focus on that needs to be addressed.

Room 60/61

Criminal Justice

Integrating Mental Health and Corrections: The Sequential Intercept Model

Robert Reitz, PhD, Felix Vincenz, PhD

The Sequential Intercept Model provides a conceptual framework for communities to organize targeted strategies for justice involved individuals with serious mental illness. Numerous intercept points in the justice process allow linkages to mental health services which can reduce further penetration of individuals with serious mental illness into the criminal justice system.

This presentation provides an overview of the Sequential Intercept Model and discusses emerging practices in the State of Missouri which have impacted the continuum of care for justice involved individuals with mental health issues. Specific examples will include: Crisis Intervention Teams, jail screening, pre-booking diversion, mental health courts, and Forensic Assertive Community Treatment (FACT). The roles that Boundary Spanners play in bridging the conceptual gaps between mental health and criminal justice will also be highlighted.

Thursday Afternoon Breakout Sessions 2:00-3:30 PM

Salon A

Trauma

Using Effective Language to Rapidly Relieve Psychological Trauma

David Kohlhagen, MED

Our thoughts and the words that we use and hear have a demonstrably emotional, neurological, and biological effect on us, for better or for worse. Some of the negative effects on our emotional and physical health are temporary, but they can become chronic patterns and result in virtually every complaint and symptom that brings clients and patients into treatment.

If we leave it to chance, our thoughts and words are more likely to have a detrimental effect on ourselves and others than they are to have a positive one. This talk will explain the pathways by which these effects occur, referencing contemporary neuroscience and other disciplines, and it will teach the participant how to become mindful in the use of language so as to intentionally have a positive, healing effect on clients and patients during every conversation. Specific language and its healing qualities will be discussed.

Room 62/63

Hot Topics

Librarian411 Update

Nancy Nickolaus, LCSW

The Department of Mental Health and libraries throughout the state have been collaborating to make library services more consumer friendly. Libraries can be a refuge when you need a quiet place to go, a resource, a classroom or a place to connect to other community members. This session will provide information about the Department's library services technology act grant. Participants will also be encouraged to participate in a discussion regarding the creation of an online awareness toolkit for librarians across the state.

Thursday Afternoon Breakout Sessions 4:00-5:30 PM

Room 74/75

Compulsive Gambling

New Research on the Susceptibility to Develop a Gambling Disorder

Wendy S. Slutske, PhD

In this presentation, Dr. Slutske introduces the concepts of the availability-susceptibility model of disordered gambling and the continuum of pathology in disordered gambling. These concepts set the stage for the presentation of some of her research findings on the factors related to the susceptibility to develop disordered gambling based on surveys of the general (rather than a clinically-ascertained) population. She presents evidence for an important role of three susceptibility factors (genetic vulnerability, temperament and personality, and early age of gambling onset) in the development of disordered gambling.

Salon B

Co-Occurring Disorders

Creating an Organizational/Provider Culture to Promote Employment

Mike Mayer

Employment can seem like a nearly impossible task in the current situation but it doesn't need to be. However, if we are going to have a different future we need to invent it rather than simply predicting our future based on our past. This session will focus in more detail some of the critical elements necessary to promote the transformational culture that can produce multiple positive outcomes, including employment and organizational success. This session is more of a dialogue and discussion than "presentation" – so bring your questions and we will do our best to address them.

Room 62/63

Substance Abuse Prevention & Mental Health Promotion

State Epidemiological Workgroup: New Routes to Gathering Data

Susan Depue, PhD

Missouri was awarded the SEOW grant in November, 2010. This grant is designed to increase the data availability for both substance abuse and mental health issues. This presentation will describe the progress made to date under this grant; the most important of which is the development of new tools available to Missourians to obtain data. Examples of reports at both the state and county level will be shown.

Thursday Afternoon Breakout Sessions 4:00-5:30 PM

Salon C

Faith-Based and Recovery Supports

ROSC is Setting Sail! Don't Miss the Boat (Part 1)

Scott Breedlove, Brenda Schell

Addiction has long been recognized as a chronic disease. However, most treatment for addiction uses acute care interventions rather than a disease management approach. For many people seeking recovery, this has created a revolving door of multiple acute treatment episodes. Under SAMHSA's leadership, the substance use disorders treatment field is shifting from an acute care model of treatment to a chronic care approach, known as recovery-oriented systems of care. This presentation will help attendees understand the concept of a recovery-oriented system of care, identify the key elements and explore opportunities to shift from an acute care treatment model to a recovery management model.

Parasol I

Children, Youth & Families

Project RECONNECT: An Implementation Model for Brining TIP to your Community

Deborah Craig, MA, Tiffany Sturdivant, MSW, LCSW, Hanni Woelk, MS, PLPC

You will hear about TIP, the *Transition to Independence Process*, an evidence-based practice model for young adults with SED/SMI in another presentation by Wayne Munchel. Now come learn how TIP is being implemented right here in Missouri by the Department of Mental Health through a five-year, \$2.4 million grant award from the Substance Abuse and Mental Health Services Administration (SAMHSA) grant! This workshop will present key features of Project RECONNECT, an implementation model for TIP being piloted right now in four mental health centers in Jackson County. More communities will have the opportunity to implement the RECONNECT model in the near future. You will hear firsthand about the challenges and rewards of bringing RECONNECT to your work with transition age youth.

Parasol II

Criminal Justice

Essential Systems of Care for Justice-Involved People with Mental Illnesses and Co-Occurring Disorders

Rick Gowdy, PhD

The National Leadership Forum on Behavioral Health/Criminal Justice Services (NLF) was established in 2008 by the SAMHSA National GAINS center to address common barriers to successful diversion and reentry of justice-involved individuals with mental illnesses and co-occurring disorders. Forum members represent leading experts in the fields of criminal justice, consumer advocacy, and mental health. The first report of the NLF addresses the Essential Systems of Care necessary to provide appropriate services for individuals with behavioral health issues who are involved in the criminal justice system while providing for public safety.

Thursday Afternoon Breakout Sessions 4:00-5:30 PM

Room 60/61

Trauma

Catching Them Before They Fall: Integrating SBIRT Services in MO Healthcare

Barbara Keehn, BSN, Rita Adkins, MPA, Mary Dugan, PhD

The Screening, Brief Intervention and Referral to Treatment program has been implemented in emergency departments, clinics and Federally Qualified Health Centers across the state of MO. This prevention program is designed to identify individuals engaged in risky health behaviors, to provide education on the impact of lifestyle choices on patient's health, and to reduce future health care costs. We will discuss successes and barriers to implementation at each site, the evidence-based practices used in the educational component, outcomes to date, and personal stories from patients and health care providers.

Salon A

Hot Topics

Substance Abuse Treatment for Lesbian, Gay, Bisexual and Transgender Individuals

Jan Wroldstad, MDiv

This workshop includes both presentation and experiential elements to provide opportunities for participants to become aware of the barriers faced by lesbian, gay, bisexual and transgender (LGBT) persons when seeking treatment for substance use disorders. Research showing the high rate of substance use disorders among LGBT persons will be examined along with the need for LGBT clients to address identity in the context of their treatment. A short video will be used as part of the workshop. Participants will receive materials on the definition of terms specific to working with LGBT clients and a comparison document of the myths and facts related to LGBT persons.

Thursday Evening Activities

SPECIAL EVENING SESSION

**Room 60/61
5:45-7:00 PM**

Avatar Assisted Therapy and Other Innovative Technology

Dick Dillon

This session will explore the foundation science behind immersive online technology and other emerging technological tools, describe the specific methods being used and current outcomes of Preferred Family Healthcare's pilot projects.

Evening Meeting
Room 62/63
5:45 PM

Voice for Providers

This open forum will allow treatment providers an opportunity to discuss how you and the Missouri Recovery Network can collaborate to improve recovery outcomes statewide. Come share your ideas and suggestions!

**Don't forget—Conference Evaluations and CEU Applications
are all online this year. Go to [www.MIMHTraining.com/
STIEvaluations](http://www.MIMHTraining.com/STIEvaluations) to complete.**

Friday Morning Super Sessions**7:45-8:45 AM**

Health Care Reform

Salon A

Mayme Young, Jan Heckemeyer

This session highlights the relevant sections of the Affordable Care Act from a behavioral health care perspective and discusses health care reform as it relates to the Department of Mental Health's efforts to ensure better care, treatment and prevention efforts for Missourians with mental illness, substance abuse disorders and/or developmental disabilities.

Wounded

Salon B

Guy Wheeler, MSW, CAP, CCJAP

This session tackles this subject by looking at how emotional wounds have motivated defendants to act out illegally (crime and drug usage) when legal violence have occurred toward them through family, friend, fun and foes. Wounded responds to the emotional needles that plagues defendant whether they are locked up in jail/ prison or locked up in the mind while walking in the jungles of life. We constantly hear the barrage of gunshots injected on our nightly new but ignore the bomb of pain defendants suffer from through violent words and action. Lastly, the topic uncovers how being wounded is a trap for depression, numbness and even death.

Salon C

Medication Assisted Treatment from a Counselor's Perspective: Integrating MAT with Cognitive Behavioral Therapy and 12-Step Principles in the Treatment of Addictions.

Percy Menzies, MPharm, Ned Presnall, MSW, LCSW

The medical and psychosocial interventions for addiction are often delivered without any theoretical or practical integration. This talk will provide counselors a framework for integrating MAT with standard psychosocial approaches to addiction. This framework will integrate principles from the neuroscience of addiction, cognitive behavioral therapy, and 12-step programs of recovery.

Friday Morning Breakout Sessions 9:15-10:45 AM

Room 75/75

Compulsive Gambling

New Research on Natural Recovery from Disordered Gambling

Wendy S. Slutske, PhD

In this presentation, Dr. Slutske presents results from her program of community-based epidemiologic research focused on treatment-seeking and recovery from disordered gambling. The rates of treatment-seeking and recovery for disordered gambling are compared to the rates of treatment-seeking and recovery for other psychiatric disorders. The concept of natural recovery is introduced and the rates of natural recovery from disordered gambling are presented, as well as two factors that are related to natural recovery. Some researchers have noted that the processes of natural recovery can inform approaches employed in treatment-assisted recovery. This is illustrated by presenting the results of a study examining the role of gambling abstinence in gambling recovery.

Salon B

Co-Occurring Disorders

Preparing People to Change: A Skill Building Training

Craig Miner, MA, LPC, CASAC, CCDP-D, Katie Franklin, MSW

We will assist in the development of an understanding of the fundamental concepts and skills of Motivational Interviewing (MI) for use with individuals diagnosed with co-occurring psychiatric, substance use and medical issues. Motivational Interviewing is a style and spirit which allows the helping professional to join and engage the contemplative individual in the change process. In this module, practitioners and students will learn motivational interviewing principles and techniques designed to process ambivalence, to elicit and strengthen responses for change, and to build a commitment to a change plan.

Room 60/61

Substance Abuse Prevention & Mental Health Promotion

Sexting and Internet Misuses Harmful to Youth: Key Issues

Sgt. Paul Cordia

“Sexting” is the act of sending sexually explicit messages or photographs, primarily between mobile phones. With the advances of technology, young people who like each other today can pass much more than, simply, a handwritten note! As such, while youth who behave provocatively and impulsively is not new, technology now provides a means to manifest this behavior in more dangerous ways that can be exceedingly harmful to others—including life threatening. This session will focus on current issues.

Friday Morning Breakout Sessions 9:15-10:45 AM

Parasol II Faith-Based and Recovery Supports
The Role of the Peer Specialist in Person Centered Planning

TBD

This presentation will explore the important role that a peer specialist can play in the treatment plan process. From initial assessment to leading treatment planning meetings Peer Specialists can add depth, meaning, and sincerity to this process. This can lead the consumer to a commitment to their goals and a more positive recovery. In this presentation we will look at the roles the Team Leader and the Peer Specialist can play to include the Peer Specialist in the process. The hope is that by involving the Peer Specialist treatment plans can become truly person centered.

Salon A Children, Youth & Families
Navigating Rough Waters: Transition Practices for Preparing and Facilitating Young People with SED into Adulthood Roles

Wayne Munchel, LCSW

Transition into adulthood represents a particularly challenging period for youth and young adults with emotional/behavioral difficulties. This work shop describes the Transition to Independence Process (TIP) system that prepares and supports youth and young adults with SED in their movement into employment, educational opportunities, living situation, personal effectiveness/wellbeing, and community-life functioning. The TIP model is an evidence-supported system that has six research studies demonstrating improvements in real-life outcomes.

Salon C Criminal Justice
Culture of Confinement: Lived Experience of Criminal Justice Involved Clients

Duane Cummins, MS

The objective of the current training is to familiarize counselors with the specific dynamics of cultural adaptation and assimilation associated with incarceration. Participants will obtain a better understanding of how and why individuals are changed by incarceration and the lasting implications for treatment of that change long after release. Topics include discussion of Criminological theory,

Friday Morning Breakout Sessions 9:15-10:45 AM

Cultural dynamics of Corrections, Criminal Justice involved populations, and the experience of incarceration.

Room 62/63

Trauma

Therapy with HIV+ Patients: Clinical Practices to Use Now

Sara Nelson-Johns, LCSW, MSW

Overview of comprehensive HIV+ care at this time, and outcomes if engaged in care with wrap-around services.

The risks of mental health issues increases when diagnosed with a chronic disease. Self-destructive behaviors increase with newly diagnosed patients.

Psychological theory regarding the negative impacts of diagnosis: disruption of Erikson's Theory of Psychosocial Development.

Difficulties in engaging in mental health services: drop-out risks.

Practical steps: working with newly diagnosed people on reducing mental health risks, coping with grief about diagnosis, and increasing ability to advocate for their needs in the medical system.

Practical steps: working with people diagnosed 10-20 years in order to increase involvement in work, and healthy social supports.

Practical steps: working with patients diagnosed 25 years: increasing trust and working relationships with their medical care providers, and increasing overall involvement in life.

Parasol I

Hot Topics

Healthy IDEAS—Older Adult Depression

Sally King, MSW, LCSW, Pam Stoelzel, MS

We will be discussing Healthy IDEAS-A best practice that works in decreasing depression in older adults. Our presentation will provide a summary of what this intervention is and how it works as well as include some case examples of challenges and success stories.

Friday Late Morning Breakout Sessions 11:15AM-12:45 PM

Room 74/75

Compulsive Gambling

Motivational Interviewing for Problem Gamblers

Ty Lostutter, PhD

Motivational interviewing is a client-centered, directive method for eliciting intrinsic motivation to change by exploring and resolving a person's ambivalence to change. This nonjudgmental, nonconfrontational interviewing style is designed to minimize a clients' resistance. The goal is to construct an interaction with clients so they feel comfortable discussing their risky or problem gambling and increasing their motivations to make a change.

Parasol I

Co-Occurring Disorders

Lessons Learned from the Missouri Foundation for Health Co-Occurring Initiative

Andy Homer, PhD, Craig Miner, Michael Renner, David Veans, Joe Yancey, Cliff Johnson

A panel of experts involved in implementing the Missouri Foundation for Health Co-Occurring initiative will react to the results of focus groups conducted across Missouri. The reaction panel consists of staff and agency executives involved in implementing the Co-Occurring initiative. The focus groups involved line staff, change agents and executives of the agencies involved in the Co-Occurring initiative. Discussion will focus on what was learned implementing evidence-based practices, what would be done differently, what things would be kept and what next steps will be taken. Michael Renner from the Missouri Foundation for Health will serve as a discussant.

Room 60/61

Substance Abuse Prevention & Mental Health Promotion

The Advantage of Blending Wellness and Behavioral Health

Chad Morris, PhD

What is killing the majority of persons with mental health and substance abuse disorders is not infectious disease, but chronic and modifiable behaviors. To assist individuals to reach their highest functioning within the most integrated settings possible, all providers must play a role in promoting behaviors that lead to health. Dr. Morris will focus on tobacco use in discussing the health disparities persons with mental illnesses and addictions face. Pragmatic clinical and administrative resources

Friday Late Morning Breakout Sessions 11:15AM-12:45 PM

will be presented that will assist mental health and addictions providers to integrate prevention and cessation strategies into current services.

Parasol II Faith-Based and Recovery Supports

Healthy Eating: Feeding the Body & the Soul

Randall C. Flanery, PhD

Dr. Randy Flanery presents on the spectrum of eating, from disordered to healthy, identifying meanings and common false spiritual beliefs frequently ascribed to each. In addition to covering the multi-faceted dimensions and functions of food and eating, Dr. Flanery will also teach practical and effective tools to help clients and loved ones eat to feed both body and soul, including research supporting the "Family Dinner Meal", mindful "What" & "How" skills, and other key tips.

Salon A Children, Youth & Families

Emergency Preparedness: New Opportunities for Strengthening Community Resilience and Helping Children and Youth

Anita Chandra, PhD

Community resilience, or the sustained ability of a community to withstand and recover from adversity (e.g., economic stress, man-made or natural disaster) has become a key policy issue. In order for communities to be able to recover well from disasters, they must be able to mitigate and address the vulnerabilities of their residents. Recent disasters have highlighted the many distinct populations with unique needs during an emergency that cannot be addressed with a one-size-fits-all approach and certainly cannot be confronted during an event without careful and appropriate pre-event planning. Incorporating these potentially at-risk or vulnerable populations into emergency preparedness planning is important because, during an emergency, valuable resources are often stretched beyond capacity, and without proper planning, the most vulnerable populations are least likely to receive what little aid is available. Moreover, effective implementation of preparedness policies, programs, and plans requires participation and compliance from all populations. Children are often overlooked in emergency planning, but they can have special needs that should be considered before, during, and after an event. These needs are biophysical and emotional, and they also can vary considerably by developmental age. In addition, since children can be separated from their family during an event, schools and child care facilities are integral in any preparedness plans addressing pediatric needs. This session will discuss the unique needs of children and

Friday Late Morning Breakout Sessions

11:15AM-12:45 PM

youth in emergencies, with specific attention to emotional and behavioral health, and identify ways that communities can build resilience by improving preparedness plans in ways that fully integrate children and youth.

Salon C

Criminal Justice

Circle of Courage Mentoring Program: A Positive Behavioral Support Model

Khalil Osiris, MA

The Circle of Courage Mentoring Program is an evidence-based cognitive behavioral curriculum designed to improve behavioral outcomes for youth through *mentoring*. Application of the curriculum is informed by the logic, tenets and principles of School-Wide Positive Behavioral Interventions and Supports (SWPBS) and Response To Interventions (RTI) frameworks. Behavioral outcomes are evaluated and measured based on research data and is continuously monitored to quantify the rate of youth improvement over time.

Salon B

Trauma

Treatment Issues in Combat Related PTSD: Effective Approaches

Shawn O'Connor, PhD

Veterans with combat related PTSD often have a complex mix of presenting concerns that require a specialized approach. This talk will discuss some of the issues that arise, with a special emphasis on veterans returning from the current conflicts (OEF, OIF, OND). A discussion of some evidence based practices and the theories behind them will ensue.

Room 62/63

Hot Topics

Professional Self-Care: What Are My Ethical Obligations?

Tamitha Price, ACSW, CSWM, LBSW-IP, BSBA

*****Qualifies for Ethics Hours*****

This presentation will review professional self-care and the need for practitioners to engage in this essential underpinning of best practice while looking within the Professional Code of Ethics for guidance. Professional self-care is critical within the profession of social work which offers unique challenges that are both rewarding and potentially overwhelming for the practitioner. It can be extremely taxing on the practitioner's judgment and their role in guiding clients for best outcomes.

Friday Afternoon Breakout Sessions**1:45 PM-3:15 PM**

Room 74/75

Compulsive Gambling

*Suicide Risk Assessment, Intervention and How it Relates to Problem Gambling***Ty Lostutter, PhD**

Disordered Gambling has been associated with increased suicidal ideation and attempts. This presentation will serve as overview and starting point to address the issues of suicide assessment and intervention for disordered gamblers

Parasol I

Co -Occurring Disorders

Developing Local Funding for Mental Health Services in Your Community

Bruce Sowatsky, Rita McElhany

Mental health and substance abuse treatment services have taken dramatic hits over the past 15 years in the State of Missouri and, in response, seven counties in the St. Louis region have taken advantage of legislation that allows counties to pass local taxes for children's services. Since 2004, these counties have successfully passed localized measures, raising upwards of \$55 million annually. Not only have these funds expanded the ability of these counties to dramatically increase services, but the impact has been far greater with the reduction of child abuse, teenage runaways, juvenile crime and teenage pregnancy. Economic conditions are leading many to predict continued state cuts to mental health services and many counties should consider the creation of permanent funding within their borders.

Salon B

Substance Abuse Prevention & Mental Health Promotion

*Prescription Drugs: Legal—NOT Harmless***Marilyn Bader, MS**

This workshop will allow participants to have explore the current trends surrounding the rise in prescription drug rise among youth and adolescents. Participants will become more familiar with the various drugs abused, review signs and symptoms of abuse as well as explore some strategies to prevent this from occurring.

Friday Afternoon Breakout Sessions

1:45 PM-3:15 PM

Salon C

Faith-Based and Recovery Supports

ROSC Part 2—Implementation

Scott Breedlove, Brenda Schell, Jane Pfefferkorn, BS, CCJP, MRSS, MATS, OES, Adriatik Likcani, BA, MSW, LMFT, CASAC, CRAADC

Addiction has long been recognized as a chronic disease. However, most treatment for addiction uses acute care interventions rather than a disease management approach. For many people seeking recovery, this has created a revolving door of multiple acute treatment episodes. Under SAMHSA's leadership, the substance use disorders treatment field is shifting from an acute care model of treatment to a chronic care approach, known as recovery-oriented systems of care. This presentation will help attendees understand the concept of a recovery-oriented system of care, identify the key elements and explore opportunities to shift from an acute care treatment model to a recovery management model. Part 2 focuses on implementation.

Salon A

Children, Youth & Families

The Department of Mental Health-Department of Corrections Canine Connection in Promoting Mental Health

George A. Lombardi, C. Keith Schafer, EdD

A presentation on the genesis of the Missouri Department of Corrections Puppies for Parole Program with accompanying literature and video will occur. There will be a description of the program at all the prison facilities, the effect on the inmate trainers and atmosphere of the prison and the rapport between and among inmates and staff. A video will be presented which will demonstrate the various aspects of the program systemically. In addition, discussion will be shared on the adoption of dogs by the Department of Mental Health, Veterans Administration and the Cardinal Glennon Children's Hospital.

Room 60/61

Criminal Justice

When the Money Runs Out

Nancy Box, MA, Angela Casimere, Sherre Waggoner

Federal funding doesn't last forever. Even if you have a successful program, the money will eventually stop and you will be left trying to figure out how to continue service to those who desperately need it, prevent staff turnover, maintain a healthy morale, and find new funding all at the same time. This session will address all of these topics, plus ideas to put into play long before funding ends.

Funding for our prisoner re-entry program ends March 2011. We will discuss the challenges we face as our program winds down.

Friday Afternoon Breakout Sessions

1:45 PM-3:15 PM

Parasol II

Trauma

Understanding Traumatic Brain Injury and Differentiating TBI from Psychiatric Illness

Tom Martin, PsyD, ABPP

This presentation is designed to provide an introduction and fair review of traumatic brain injury, including its causes, impact, and consequences. This lecture will also focus on promoting awareness regarding the differentiation of symptoms of TBI from psychiatric illness. While these conditions share overlapping and similar symptoms and are often misunderstood by persons who work with individuals who have incurred a TBI, effective and personalized treatment and care requires appropriate awareness and assessment of the persons status.

Room 62/63

Hot Topics

Ethics—The Eighth Wonder of the World

Ben Shriver, MS, MPH

*****Qualifies for Ethics Hours*****

The presentation will explain and clarify the ethical responsibilities and obligations of the role of a therapist. The professional identity will be covered from an ethical perspective. High risk ethical dilemmas will be presented with appropriate ethical choices. Short clips of a major motion picture will be briefly shown giving high risk ethical situations. The presentation is based on advanced ethical practices.

Closing Keynote

Fueling the Flame of Compassion... Harnessing the Power of Creativity and Joy in Our Lives and in Our Work!

Walter Kisthardt, PhD

Salon A/B/C

Dr. Kisthardt has provided training and technical assistance with mental health and substance abuse providers in 43 states, in England, and in New Zealand. He is one of the original developers of strengths based case management. He has worked with many programs in Missouri, and has presented keynote addresses at the Missouri Conference for Social Welfare and the Missouri Association for Psychiatric Rehabilitation. Dr. Kisthardt has provided extensive training with the Office of Mental Health and Substance Abuse in Oklahoma under the SAMSHA COSIG grant. In Kansas, he has been providing training for counselors, case managers and supervisors, and evaluating the impact of this training on practice strategies for the past five years. He has also provided training for Department of Corrections staff in the Risk Reduction and Reentry program.

Don't forget—Conference Evaluations and CEU Applications are all online this year. Go to www.MIMHTraining.com/STIEvaluations to complete.



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