

THURSDAY

Thursday, September 22
7:00 a.m. - 8:30 a.m.

Networking Breakfast**PLENARY SESSIONS:**

Thursday, September 22
8:30 a.m. - 9:45 p.m. (*Choose One*)

What's My Role? Interacting in a Multicultural World to Promote Cultural Responsiveness**Anita Patel**

YWCA of Minneapolis - Mpls, MN

Issues of race and culture don't just disappear during the hours of 9 to 5. They creep into our corner cubicles, stand face-to-face in client visits, speak loudly in our marketing materials, and sit silently during board meetings. Whether you work in the front office or directly with clients, the need to effectively work in a multicultural world is part of day-to-day experience. This session will discuss experiences, learn and practice techniques, and help you think about future applications for your cultural responsiveness skills. Let's work together to create better communities and a stronger sector!

Healthcare Reform & The Federal Budget: The Advocacy Imperative**Charles Ingoglia, MSW**

NCCBH - Washington, DC

It has been said that the only constant in life is change, and no group knows this more than the individuals engaged in providing or receiving community behavioral healthcare services. Federal policy is poised to make profound changes to the community behavioral healthcare system. This session will provide an overview of federal policy proposals related to the design, delivery and funding of community services. Learn how you can help shape the future by engaging in practice change and policy advocacy. You will leave this session with actionable strategies to shape your future.

Child Services, All Levels

Thursday, September 22
10:00 a.m. - 11:00 a.m.

Lethal Means Restriction Education Program**Donna Fox**

NAMI Minnesota
St. Paul, MN

Originally created for emergency departments, NAMI is adapting this training for mental health agency staff. Learn how to talk to families about restricting access to lethal means (such as guns, weapons, prescription and over the counter medications) for their child or adolescent who is having a mental health crisis, been diagnosed with a mental illness, or is at risk.

Child & Family Services, All Levels

Thursday, September 22
10:00 a.m. - 11:00 a.m.

Trauma Assessment Family Treatment Program (TAFT)**Saprina Matheny, MSW, LICSW**

M. Casey Ladd, MSW, LICSW, LMFT
Human Development Center
Duluth, MN

In 2011, the Human Development Center contracted with southern St. Louis County Public Health and Human Services to provide integrated trauma assessment and evidence-based trauma services to 30 county referred families. HDC is responding to research suggesting many children being served in the mental health system have unidentified and untreated trauma.

Networking Breakfast

This excellent networking opportunity is included in the price of your conference registration. Tables will be designated into key job roles & topics to facilitate meeting others with similar interests.

Thursday Morning, September 22

Community Psychiatric Services, All Levels

Thursday, September 22
10:00 a.m. - 11:00 a.m.

Developing Strategies & Honing Practical Skills in Managing Bipolar Mood Disorder**Michael Farnsworth, MD**

Forensic Psychiatry, PA
St. Peter, MN

Bipolar mood disorder is among the most complex psychiatric disorders to treat. In this presentation, through case examples, Dr. Farnsworth (who manages over 150 patients with bipolar disorder) will discuss holistic approaches to managing complex bipolar illness. Included in the presentation will be a review of advances in psychopharmacology, complementary medical care, utility of adjunctive psychotherapy and supportive community services designed to improve treatment outcomes and patients lives.

Adult Co-Occurring Conditions, Intermediate

Thursday, September 22
10:00 a.m. - 11:00 a.m.

Treating the Dual Disordered Client**Karen Edens, MPH**

Edens Group
St. Paul, MN

Steve Girardeau, PsyD, LP

Mental Health Systems
Woodbury, MN

Dual disordered clients are clinically challenging. Providers are expected to accommodate the needs of these clients beginning with the pre-placement assessment, providing an integrated treatment regime, and ending with the development of a coordinated continuation of care plan. This training will provide advanced levels of both knowledge and clinical interventions in the mental and substance use disciplines by focusing on clinical skills, tools and community resources. Participants will recognize not only the similarities and differences of these diagnoses, but also teach, treat and empower the dual disordered client to manage them. Learn how to help clients identify and remove barriers to successful life management and how to utilize resources and organizations that help foster and sustain recovery.

Clinical Strategies, All Levels

Thursday, September 22
10:00 a.m. - 11:00 a.m.

Building Inclusive Communities: Understanding East African Immigrant Cultural Values, Perception of Mental Illness & Treatment Preferences**Oswald Shanalingigwa, MSW, LICSW, PhD**

Winona State University - Rochester
Rochester, MN

This workshop will focus on African Immigrants from East Africa. It will provide a general perspective of who are these people, what is their unique history, social relationship, and their value system. The differences in perception of the causes of mental illness and preferences in treating the illness will be discussed.

Recovery Services, Intermediate

Thursday, September 22
10:00 a.m. - 11:00 a.m.

Certified Peer Specialist Services: Coming Soon to a Rehabilitation Option Near You**Shelly White, BA**

MN DHS - Adult Mental Health Division
St. Paul, MN

Rachel Voller, BA

MH Consumer/Survivor Network of MN
St. Paul, MN

Certified peer support services are rehabilitative activities emphasizing the acquisition, development and enhancement of skills needed to move forward in recovery. A certified peer specialist builds relationships based on mutuality and shared perspective. This workshop will explore how these services can benefit their clients and be a transformative agent in their organization.



Stay Well Stay Working, All Levels

Thursday, September 22
10:00 a.m. - 11:00 a.m.

**The Life Planning Approach -
Securing the Future for Persons
With Disabilities**

**Daryll Stenberg, BS, MA, ChFC, CLU
Roger Strege, BS**

Life Planning for Persons With Disabilities
Howard Lake, MN

This presentation assists persons with disabilities and their families in identifying and resolving their unique life and estate planning issues. The session takes professionals and families from the first to the last planning step, explained in easy to understand terms. Topics include protecting government benefits, preparing appropriate wills and Supplemental Needs Trusts, make final arrangements, preparing Letters of Intent, avoiding family conflict and reducing professional costs.

Wellness in Action, All Levels

Thursday, September 22
10:00 a.m. - 11:00 a.m.

**Spring Forest Qigong's Strategies
& Practical Skills for Everyday Life**

Glenn Tobey, MDiv, MA, LICSW

Private Practice
Duluth, MN

Spring Forest Qigong is a wonderful, simple yet very powerful energy practice, utilizing easily learned tools, techniques and perspectives. Spring Forest Qigong has a curiously positive effect on depression, anxiety, pain, etc., and provides a deeper connection with health and relationships. Spring Forest Qigong is an inexpensive way to help treat and prevent illness, while allowing the individual to have control over their treatment.



**Community Mental Health
Annual Conference**

Opportunities for Reform, All levels

Thursday, September 22
10:00 a.m. - 11:00 a.m.

**Advocacy & Opportunity: Dialogue
with National Council (NCCBH)**

Ron Brand, MA

MN Assoc of Community MH Programs
St. Paul, MN

Charles Ingoglia, MSW

National Council For Community
Behavioral Health Care
Washington, DC

Please join us for a discussion of key issues with National Council's Vice President of Public Policy. Chuck Ingoglia directs the federal affairs function as well as its policy and technical assistance outreach to 1,800 member organizations across the nation. Discussion will focus on key federal advocacy priorities, technical assistance resources, learning collaboratives, grassroots action networks, and business opportunities emerging from policy reforms.

Supervision Skills, All Levels

Thursday, September 22
10:00 a.m. - 11:00 a.m.

**Leadership: Purposeful Strategies
& Practical Skills**

Josh Denton, MA

Denton Consulting Group, LLC
Duluth, MN

Leadership, while heavily studied, has yet to have a unified definition encompassing the many leadership styles. From simple to complex, this presentation will focus on popular leadership theories. By learning the multiple perspectives, you will leave with ways to merge newly discovered styles with your current approach.

Management Skills, All Levels

Thursday, September 22
10:00 a.m. - 11:00 a.m.

**The Insider's Guide to
Unemployment Compensation
Cases**

Mary Martin, JD

Law Offices of Mary K. Martin
St. Paul, MN

This program provides an overview of unemployment compensation law, what constitutes "misconduct" (and what does not) and will focus on how good policies and procedures, coupled with documentation will assist the employer in winning unemployment compensation cases.

Child Services, All Levels

Thursday, September 22
11:30 a.m. - 12:45 p.m.

**Before Time Out -
The CHOICES Program**

Jessica Burkhamer, MSW, LICSW

Stellher Human Svcs/Lake Country Associates
Park Rapids, MN

The CHOICES program is a behavioral based program allowing children to make appropriate decisions for situations encountered in their daily activities. CHOICES was designed to benefit all children, including those with neurobehavioral conditions. It provides a curriculum for clinicians, parents (foster), teachers, and those devoted to enhancing and increasing self-esteem by emotionally connecting and giving balance to a child's everyday life.

Visit Us Online at:
www.macmhp.org
Online Registration
is quick and easy!

Child & Family Services, All Levels

Thursday, September 22
11:30 a.m. - 12:45 p.m.

**Healing the Wound; The Family's
Journey Through Chemical
Dependency**

Mathias Karayan, MA, LADC

New Beginnings at Waverly
Waverly, MN

This is an interactive workshop to identify the family's presenting problems in dealing with a chemically dependent member, what the primary blocks to resolution are and how you as a therapist can help the family move beyond these blocks.

Community Psychiatric Services, All Levels

Thursday, September 22
11:30 a.m. - 12:45 p.m.

**Problem Solving Strategies in the
Treatment of Anxiety, Depression
& Eating Disorders**

Julie Lesser, MD

Beth Brandenburg, MD
Park Nicollet Melrose Institute
St. Louis Park, MN

Problem solving is a key intervention in therapies including cognitive behavioral (CBT), dialectical behavioral (DBT), Interpersonal (IPT) and family-based therapy (FBT). Deficits in problem solving may result in higher levels of expressed emotion and risk of relapse and suicidality. Problem solving interventions show efficacy equal to medications and superior to supportive therapy. Specific interventions will be reviewed with case examples and links to emotion regulation and cognitive remediation therapy. *A special thank you to Kathleen Fitzpatrick from Stanford University for her contributions to this session.*



Adult Co-Occurring Conditions, All Levels

Thursday, September 22
11:30 a.m. - 12:45 p.m.

Coping with Addiction & Mental Illness (MI-CD)

Mark Zabawa, AAS
Professional Speaker
Little Canada, MN

The presenter will share his personal experience and understanding of the daily dynamics of coping with an addiction and mental illness (MI-CD) and examine why self-medicating is appealing when our mental illness is out of balance and holds us prisoner. The presenter discusses the key factors in a personal and professional relationship and why they are important to the person and client.

Clinical Strategies, All Levels

Thursday, September 22
11:30 a.m. - 12:45 p.m.

Purposeful Narrative Strategies for Invigorating the Values of Psychiatric Rehabilitation

Bharati Acharya
Touchstone Mental Health
Minneapolis, MN

In this workshop we identify basic principles and practices of narrative thought and apply them to psychiatric rehabilitation. We will also review one supervision strategy, which can be used to help staff identify their own contributions to client recovery.

Recovery Services, All Levels

Thursday, September 22
11:30 a.m. - 12:45 p.m.

Shared Decision Making: Practical Skills to Promote Mental Health Recovery

Bridget Hegeman, PhD, LP, CPRP
USPRA-MN - Mpls VA Health Care System
Minneapolis, MN

Stacy Salmi, MA, CPRP
USPRA-MN Chapter Representative
Minnetonka, MN

Karen Crowl-Johnson, MA, CPRP
RS EDEN
Minneapolis, MN

Shared Decision Making (SDM) is a style of communication that underscores how practitioners and people who use services work together. SDM, in a structured format, supports involvement of the service user in critical decision-making and provides an opportunity for an open, informed, respectful and collaborative discussion about treatment and service decisions.

Stay Well Stay Working, Intermediate

Thursday, September 22
11:30 a.m. - 12:45 p.m.

Stay Well, Stay Working: Research Project Focused on Individuals with Serious Mental Illness

Edwin Bonnie, PhD, LP
Medica
Minnetonka, MN

Stay Well, Stay Working was a three-year research demonstration project which focused on individuals with serious mental illness. The project was a collaborative effort between the Minnesota Department of Human Services, the Medica Health Plan and community providers. Individuals were randomly assigned to either an intervention or control group. Intervention group members received a comprehensive and coordinated set of health care, behavioral health and employment support services.

Wellness in Action, All Levels

Thursday, September 22
11:30 a.m. - 12:45 p.m.

Yoga Calm: An Integrated Approach to Wellness

Kathy Flaminio, MSW, RYT
1000 Petals LLC
St. Paul, MN

The effect of mindfulness and yoga based principles on behavior organization, social emotional growth, and the development of a community of learners will be the focal point of the presentation. Participants will be introduced to ways to bring these principles to all ages of students in one-on-one, small group, and classroom settings. Activities that highlight the five principles of the yoga calm curriculum (stillness, listening, strength, grounding and community) along with ways to utilize the skills throughout the student's day will be taught both through lecture and experiential learning.

Opportunities for Reform, Advanced

Thursday, September 22
11:30 a.m. - 12:45 p.m.

Envisioning Future Collaboration in Healthcare: Purposeful Strategies & Practical Skills

Karen Lloyd, PhD, LP
Susan Leskela, MSW, LICSW
Caren Rennee-Markham, MSSW, LICSW
HealthPartners
Bloomington, MN

Health care delivery models have been resistant to change, but change is coming. Change drivers in the next three years will be health-care reform, new partnering approaches (ACOs,) technology supporting collaboration between organizations and the move to ICD-10 and DSM-V. Consider how to pursue purposeful strategies for future success.

Supervision Skills, All Levels

Thursday, September 22
11:30 a.m. - 12:45 p.m.

Effective Disciplinary, Termination & Grievance Policies

Mary Martin, JD
Law Offices of Mary K. Martin
St. Paul, MN

Discipline and termination are often the least desirable aspects of a manager's duties. This session will examine how a policy-based approach to discipline, termination and grievances can make the manager's work less stressful and more effective.

Management Skills, All Levels

Thursday, September 22
11:30 a.m. - 12:45 p.m.

Lessons Learned – The Road to a Recovery Organization

Kim Klose, MPA
Alyssa Shoemaker, MSW, LICSW
Christine Johnson, CPS
Elizabeth Johansen, MA
Teresa Nordin, MSW, LICSW

James Langer
Ramsey County Community Human Services
St. Paul, MN

While recovery is an individual journey of healing and transformation, becoming a recovery-focused organization requires thoughtful planning and a willingness to learn as you go. Ramsey County Adult Mental Health has begun this organizational shift, and they are willing to share their processes, challenges, lessons learned and successes.

BANQUET & AWARDS LUNCHEON

Thursday, September 22
12:45 p.m. - 2:00 p.m.

A Special Thank You to the Minnesota Psychiatric Society
Their collaborative efforts are greatly appreciated.

MACMHP Now Accepting Awards Nominations
Visit www.macmhp.org for more information on categories, deadlines, & submittal process.

Child Services, Intermediate

Thursday, September 22
2:00 p.m. - 3:30 p.m.

Purposeful Strategies for Adolescent Non-Suicidal Self Injury (NSSI)

Harold Pickett, PsyD, LP
The Storefront Group
Richfield, MN

Adolescent NSSI has become an epidemic problem, but may have its underpinnings in innate drives and urges that have been seen for centuries in anthropological studies. There does seem to be some minor correlations between the growing frequency of adolescent tattooing and NSSI. NSSI behaviors may be on a continuum with suicidal behaviors or may be completely separate. The important issue is that the underlying psychological issues are complex and need to be treated from the models of short-term behavior halting techniques with more long term healing of the psychological wounds.

Child & Family Services, All Levels

Thursday, September 22
2:00 p.m. - 3:30 p.m.

Family-Based Treatment of Eating Disorders: Evidence & Key Interventions

Julie Lesser, MD
Beth Brandenburg, MD
Heather Gallivan, PsyD, LP
Park Nicollet Melrose Institute
St. Louis Park, MN

The Academy of Eating Disorders recently published a position paper highlighting the important role of the family in helping promote recovery from eating disorders. The evidence for family-based treatment will be presented, with detailed discussions of the key interventions such as collaborative weighing, the family meal and the parental alliance. Case examples will be used to highlight techniques. Recent research on related therapies such as cognitive remediation therapy will be discussed. *A special thank you to Kathleen Fitzpatrick from Stanford University for her contributions to this session.*

Community Psychiatric Services, All Levels

Thursday, September 22
2:00 p.m. - 3:30 p.m.

Integrated Systems of Care: Role of Behavioral Health & the Psychiatrist

Alan Radke, MD, MPH
MN DHS - State Operated Services Division
St. Paul, MN

Health care reform calls for integrating care for better outcomes and lower costs. Integration of behavioral health and primary care makes sense because behavioral and physical health are interwoven. Wellness from a public health perspective calls for a whole person approach. Unfortunately there are barriers to integration including the funding, policy and service silos of today. Implementation will require a significant change in leadership and skills. Challenges will include workforce issues, especially the shortages of mental health professionals and psychiatrists. A context of comprehensive continuous integrated systems of care and continuous quality improvement is essential. The importance of Medicaid and the Affordable Care Act goals, access barriers and Institute of Medicine aims need to be considered. The person-centered healthcare home concept may be part of the solution.

Adult Co-Occurring Conditions, Intermediate

Thursday, September 22
2:00 p.m. - 3:30 p.m.

A Review of Development, Service Provision & Diagnostic Correlates In a Treatment Program for Co-Occurring Disorders

Linda Moore, MS, LADC
David Wright, MSW, LICSW
South Central Human Relations Center
Owatonna, MN

It is the intent of the presenters to provide a follow up to their original presentation of this topic at the 2006 MACMHP Conference. Included will be information and data from program implementation and longitudinal data of diagnoses, treatment and service utilization of participants in the Dual Recovery Program from 2004 to 2010.

Clinical Strategies, Intermediate

Thursday, September 22
2:00 p.m. - 3:30 p.m.

Continuity of Therapy & Its Importance in the Long-Term Treatment of Schizophrenia

James McCreath, PhD, LCSW
Cerebral Palsy of North Jersey
Livingston, NJ

Continuity of care for patients with schizophrenia and other serious mental illnesses is often suboptimal, despite its recognized importance. A new retrospective outcomes study, "Continuity of Care in Patients with Schizophrenia and Schizoaffective Disorder," reveals significant associations between specific interventions and improved rates of 30-day outpatient follow-up care for patients following hospitalization for schizophrenia or schizoaffective disorder. The study found that such interventions include: direct coordination of care plans by staff at inpatient facilities with staff at outpatient facilities, inpatient facility involvement with regional joint planning efforts, and social work support for patients during the transition from inpatient care to outpatient care.

A special "Thank You" to Janssen Pharmaceutica for their help with the development of this session.

Recovery Services, All Levels

Thursday, September 22
2:00 p.m. - 3:30 p.m.

The Art & Therapeutic Benefit of Journaling

Janna Brayman Krawczyk, MAT
Our Lives, Our Stories
Minneapolis, MN

During this presentation, participants will receive information about journaling as an extension of therapy as well as research-based information highlighting the physical, mental, and emotional benefits of this practice. Further, participants will be guided through specific writing exercises, modeling how to use this healing modality with clients and patients.

Stay Well Stay Working, Introductory

Thursday, September 22
2:00 p.m. - 3:30 p.m.

Work and Benefits Planning for People with Disabilities

Beth Grube
MN DHS - Pathways to Employment
St. Paul, MN

DB101.org is a comprehensive benefits/work-planning website for people with disabilities, their families and professionals. This site provides easy access to the facts, tools and resources needed to help people you serve understand their benefits while working, explore work as an option, and set goals. *DB101.org* informs, engages, motivates, and pays off in better outcomes for you and the people you serve.

Wellness in Action, All Levels

Thursday, September 22
2:00 p.m. - 3:30 p.m.

Using Acupuncture in an Addiction Treatment Center - A Local Case Study

Steve Spader, Licensed Acupuncturist
Jen DeMaio, Licensed Acupuncturist
Two Turtles Wellness Center
Moorhead, MN
Connie Longie, LAC
Sharehouse Treatment Center
 Fargo, ND

Acupuncture has been used as an adjunct therapy in major addiction treatment centers for decades. Find out firsthand from both the acupuncture practitioner as well as from the addiction counselor how acupuncture has been integrated into one of our local treatment centers.

**REGISTER BY
SEPTEMBER 2ND
AND SAVE \$30!**

Opportunities for Reform, Intermediate

Thursday, September 22
2:00 p.m. - 3:30 p.m.

Legal, Clinical & Operational Issues/ Opportunities Under the New Payment & Care Delivery Strategies

Michael Scandrett, JD
Emily Zylla, MPH

Halleland Habicht PA and LPaC Alliance
Minneapolis, MN

This session will describe how recent policy changes in Minnesota Department of Human Services' Health Care Programs will transform how mental health services are organized and paid for and what mental health organizations can do to prepare. Focus will be on the major business, legal, clinical and operational challenges related to new payment and care delivery strategies.

Supervision Skills, All Levels

Thursday, September 22
2:00 p.m. - 3:30 p.m.

When Stress Sabotages Our Passion for Our Work

Karen Edens, MPH

Edens Group
St. Paul, MN

Human service professionals work in an extremely challenging environment. Overwhelming stress, accompanied by persistent anxiety, internal distress and feelings of incompetence can emerge at any time; due in part to the professional's efforts to be an empathetic and compassionate care-giver. Internalized stress and discontent with one's work can result in poor self-care, extreme self-sacrifice and the potential for an adverse impact on client care. Such unresolved issues can lead to a condition similar to secondary post-traumatic stress. Explore major causes of workplace stress, the impact of unmanaged workplace stress and the potential for "burn-out" and strategies for resolution. Participants will explore personal risks for stress related workplace impairment as well as identify strategies helpful in bringing this awareness and potential resolution to clients being served.

Management Skills, All Levels

Thursday, September 22
2:00 p.m. - 3:30 p.m.

Social Work Licensing: What You Need To Know

Kathleen Zacher-Pate, LSW, BA
MN Board of Social Work
Minneapolis, MN

M. Casey Ladd, MSW, LICSW, LMFT
Human Development Center
Duluth, MN

Learn the facts about Minnesota social work licensing requirements. Do you understand the Board's mission, when a license is required by state law, standards of ethical practice, new 2011 licensing requirements, and benefits of licensure? Attend this workshop to learn what you need to know about social work licensing.

Child Services, All Levels

Thursday, September 22
4:00 p.m. - 5:30 p.m.

Transitioning Youth (18-21) to Adult Services: Implementing Federal Fostering Connections

John Nalezny, BSW
Traci Thompson, MSW, LICSW
Jodi Hilber, MS, LISW

Washington County Community Social Svcs
Stillwater, MN

Kathleen Pape, MSW, LICSW
Human Services Inc.
Oakdale, MN

Washington County Community Social Services, located in Stillwater, Minnesota will present a panel presentation and dialogue on how they have begun implementing Federal Fostering Connections and Increasing Adoptions legislation. Come learn how this agency has taken ownership, coordinates, has created champions, and engages youth (ages 18-21) in the process.

Child & Family Services, Introductory

Thursday, September 22
4:00 p.m. - 5:30 p.m.

Trauma Informed Services: Under- standing Effects of Trauma on Development & Strategies for Service Provision to Homeless Youth

Lisa Borneman, MSW, LICSW
Shannon Brennan, MSW, LICSW
Shelly DeVore, MSW, LGSW
YouthLink
Minneapolis, MN

We will discuss the interplay of trauma, the brain and culture and how it affects service provision. Clients who experience complex trauma often present with extreme, unusual behaviors. When we use a "trauma lens" we can begin to see how a behavior might be a "normal reaction to abnormal circumstances."

Community Psychiatric Services, All Levels

Thursday, September 22
4:00 p.m. - 5:30 p.m.

MN 10x10 Update - Responding to Decreased Lifespan in SMI Patients

Michael Trangle, MD
HealthPartners Medical Group/Regions Hospital
St. Paul, MN

Louise Clyde, RN
Blue Cross Blue Shield MN
Eagan, MN

Pam Pietruszewski, MA
Institute for Clinical Systems Improvement
Bloomington, MN

Peter Thelen
Andrew Residence
Minneapolis, MN

Karen Lloyd, PhD, LP
HealthPartners
Bloomington, MN

Cary Zahrbock, MSW, LICSW
Medica Behavioral Health
Minneapolis, MN

People living with serious mental illness die 24 years sooner than the general population, even in Minnesota! This session will briefly highlight Minnesota's plan to improve this lifespan by 10 years within 10 years. A panel,

representing interest groups committed to achieving this goal, will share information and experiences about strategies and success- es to improve care and measure results. Implementation examples and specific health risk and wellness measures will be discussed.

Adult Co-Occurring Conditions, Introductory

Thursday, September 22
4:00 p.m. - 5:30 p.m.

You Can't Do Anything You Don't Want To Do: Creating Lasting Change In "Resistant" Clients

Geoffrey Meyer, MA
People Incorporated
St. Paul, MN

In this session we will explore the myth of the "resistant" client and learn what we do to create barriers to change. We will learn how to tap into the motivations of the individuals we work with and create lasting change rather than forcing it.

Clinical Strategies, All Levels

Thursday, September 22
4:00 p.m. - 5:30 p.m.

Psychological Adaptations of Adults with Autism

June Wood, PhD, MA Spec Ed MA MMFT, LICSW
Consultant/Educational Therapist
Tuscon, AZ

Autism is more than the conflicts involved around socialization skills. With same needs, passions and desires as the average person without autism, both men and women are faced with the prospects of living single lives even though they desire a relationship. Also, adults with autism struggle to get jobs and find success in employment. Visual and auditory perception with dyslexia are often challenges that make following directions and tasks difficult. Adults with autism have had to live their lives with the frustrations of learning disabilities. As bleak as these challenges may seem, the saving grace for the adults with autism is that most have acquired the gifts of intuition and common sense along with a saving sense of humor.

Recovery Services, Introductory / Intermediate

Thursday, September 22
4:00 p.m. - 5:30 p.m.

De-escalating People in Crisis: What Helps When Someone is Upset?

Russell Turner, MA, MS

People Incorporated
St. Paul, MN

Seven specific verbal de-escalation techniques are presented, demonstrated and role-played for resolving potentially violent situations. The workshop will explore the difference between de-escalation and problem solving, as well as the role of the physiological response to stress in managing angry exchanges.

Stay Well Stay Working, All Levels

Thursday, September 22
4:00 p.m. - 5:30 p.m.

Stable Employment, Safe Housing & Supportive Peers: A Recipe for Recovery

Ashley Trepp, MSW, LICSW

Stephen DeLong, BS
Tasks Unlimited
Minneapolis, MN

Tasks Unlimited's successful implementation of the Fairweather Lodge Model is a cost-effective program that keeps an average of 92% of program participants out of the hospital each year. Discover how the organization's many programs utilize peer support to break cycles of dependency and help people maintain employment.

Wellness in Action, Introductory

Thursday, September 22
4:00 p.m. - 5:30 p.m.

Relax With Reiki & Reduce Your Stress

Jody Guy-Krulc, Registered Karuna Reiki Master

Relax with Reiki
Virginia, MN

How we deal with stress effects everything else in our lives. The Japanese Relaxation Technique called Reiki provides deep relaxation to reduce stress, anxiety, and depression and promote well-being by balancing the energy in the body. Anyone can learn and benefit from Reiki's gentle healing touch.

Opportunities for Reform, All Levels

Thursday, September 22
4:00 p.m. - 5:30 p.m.

An Innovative Model of Rural Mental Health Care: The Success of the SCCBI Psychiatric Hub

Angela Youngerberg, MA

Michael Farnsworth, MD
Blue Earth County Human Services
Mankato, MN

Recruitment and retention of mental health practitioners into rural practices is an enormous challenge. This panel presentation describes how the 10 counties of the South Central Community-Based Initiative (SCCBI) responded to the needs of their SPMI consumers by creating a technologically savvy, integrated mental health model that combines psychiatry, mid-level practitioners, ITV, EMR, and trans-county cooperation in a cost-effective, efficient service which has pleased both consumers and practitioners.

Supervision Skills, Intermediate

Thursday, September 22
4:00 p.m. - 5:30 p.m.

The Challenge of the "White Collar Psychopath"

David Swenson, PhD, LP

Jerry Henkel-Johnson, PsyD, LP
College of St. Scholastica
Duluth, MN

Mental health programs often provide Employee Assistance Programs (EAP) to deal with people who suffer from or contribute to workplace stress. Recent research and tools have enabled better identification of persons with psychopathic adjustments in business settings who adversely affect others, or are themselves referred for counseling or evaluation. This program presents current research on "white collar" psychopaths, how they develop, how they enter organizations, their adverse effects on others, and what can be done to reduce their impact.

Management Skills, All Levels

Thursday, September 22
4:00 p.m. - 5:30 p.m.

Clinical Audits: Introducing Continuous Quality Improvement Across an Agency

Tanya Anderson, MA

Ann Henderson, LICSW, MSW
Mental Health Resources, Inc.
St. Paul, MN

Quality is a big buzzword these days, especially within health care. Come listen to how one agency introduced two clinical audits to improve quality and accountability for client services. During this session we'll highlight the things we learned along the way and how it has impacted the culture and business practices of our organization.

THURSDAY EVENING DINNER & SOCIAL ACTIVITY

The North Shore Scenic Railroad - an optional group dinner and social activity

Networking & Team Development Time

Excellent Dinner Buffet at the Radisson Hotel *(Cash Bar Available)*

Dessert & Coffee on a scenic North Shore train ride

Registration information and more details are on page 32



Community Mental Health
Annual Conference