

WEDNESDAY

Wednesday, September 21
10:00 a.m. - 1:00 p.m.

Registration at the DECC

OPENING ADDRESS:

Wednesday, September 21
1:00 p.m. - 2:30 p.m.

Emerging Market Opportunities for Community Behavioral Health: Finding "Gold" in the Shifting Market

Monica Oss, MS
OPEN MINDS
Gettysburg, PA

The changing economic environment presents both opportunities and challenges for community behavioral health providers. Organizations that understand the rapid changes in our environment and develop the critical competencies required in the future will be well positioned to both maintain and improve fiscal viability. This strategic check-up will give an overview of cutting-edge market intelligence about the trends shaping the delivery of services for consumers with chronic and complex conditions, and the emerging market models for success in years ahead. Receive the latest information on key trends in neurotech, bioconnectivity, and finance, and the implications for your short and long-term strategies for achieving and maintaining profitability.

Monica Oss, founder and chief executive officer, has led the OPEN MINDS team and its research on health and human service market trends and its national consulting practice for the past two decades. She is well known for her numerous books and articles on the strategic and marketing implications of the evolving health and human service field.

Trauma Informed Care, All Levels

Wednesday, September 21
2:45 p.m. - 4:00 p.m.

What is Trauma Informed Care?

Abigail Gewirtz, PhD, LP
Dawn Reckinger, MPH, PhD
Minnesota Child Response Center
Minneapolis, MN

Join us for a workshop describing the key elements, treatment components, and designed characteristics of trauma informed care. We will cover ways mental health professionals can connect and inform other professionals working in the juvenile justice, child welfare, school and other systems that interact with traumatized children to help them be more trauma informed. The session will also contain a brief presentation on a MN project aimed at developing a continuum of care for child trauma.

Child & Family Services, All Levels

Wednesday, September 21
2:45 p.m. - 4:00 p.m.

Family Therapy - Appropriate Family Involvement

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

This session will provide an evidenced-based practice framework for the effective use of family therapy in the mental health treatment of children and adolescents. Goals of this workshop include: identify diagnostic conditions in which family therapy is clinically appropriate; examine effective engagement strategies to enhance family involvement and improve outcomes, and discuss how family therapy and family-based services augment other treatment approaches, medication, behavioral, and psycho-social functioning.

Community Psychiatric Services, Intermediate

Wednesday, September 21
2:45 p.m. - 4:00 p.m.

Honey, I Shrunk the State Hospital!

Steven Pratt, MD
MN DHS - SOS - Anoka Metro RTC
Anoka, MN

The staffing of 16-bed facilities necessitates a change in approach to care. Safety requires a different approach when control through strength of numbers is not an option. Change in culture is underway as a consequence of changing the environment of care. The focus is on pursuit of safety through positive treatment alliance rather than rule enforcement.

Justice & Corrections, Intermediate

Wednesday, September 21
2:45 p.m. - 4:00 p.m.

Reintegration of Mentally Ill Offenders: What Do We Do With Them?

Jolene Rebertus, MA, LPC, NCC
Jeff Spies, MA, LADC
Mark Groves, MS, LADC
MN Department of Corrections
Rush City, St. Cloud & St. Paul, MN

The MN Department of Corrections offers a variety of reintegration services to special population offenders. Release from prison can be a difficult, critical time in an offender's life. Release planning services are offered to SPMI, chemically dependent, TBI, medically fragile and sex offenders. This workshop will address the significant progress Minnesota has made with reentry practices; as well as challenges offenders continue to encounter.

Adult - Special Populations, All Levels

Wednesday, September 21
2:45 p.m. - 4:00 p.m.

Military Culture, Readjustment & Deployment Related Mental Health Issues of Veterans

Dawn Matz, MSW, LICSW, DCSW, QCSW
Elizabeth Rezek, MSW, LICSW, LADC
VA Health Care System
Minneapolis, MN

This workshop is designed to assist the helping professional understand mental health and substance use issues that returning veterans and their families may be facing. We will be providing evidence-based treatment modalities that may assist with the veteran's successful integration into their community.

Adult Clinical Tools, All Levels

Wednesday, September 21
2:45 p.m. - 4:00 p.m.

Cognitive Enhancement Therapy: Physical Therapy for the Brain

Ray Gonzalez, ACSW, LISW-S
Center for Cognition and Recovery
Beachwood, OH

Cognitive Enhancement Therapy (CET), an evidence-based treatment, improves cognitive skills and social cognition for consumers with mental disabilities. During 48 once-a-week sessions of computer exercises, psycho-social group work and individual coaching, consumers learn how to be socially wise and vocationally effective. Attendance and graduation rates average 85 to 90%.

REGISTER BY SEPTEMBER 2ND AND

SAVE \$30!

Easy online registration!

www.macmhp.org

Assertive Community Treatment, Intermediate

Wednesday, September 21
2:45 p.m. - 4:00 p.m.

Getting our ACT together

Walter Rush, MD

Tracy Hinz, MSW, LICSW

Great River ACT /South Metro Human Svcs
Monticello, MN

Helen Wood, MD

South Metro Human Services
St. Paul, MN

Assertive Community Treatment (ACT) teams can do a lot to improve the physical health of people with severe mental illness, significantly contributing to the state's 10 x 10 goal, through integration of care. We will present examples of integrated care, evidence that it has been effective and suggestions for new approaches.

Crisis Services & Behavioral Mgmt, Intermediate

Wednesday, September 21
2:45 p.m. - 4:00 p.m.

Over Night Crisis Care & Stabilization

William Affeldt, MSSW, LICSW

Angela Byczynski, LGSW

Central MN Mental Health Center
Monticello, MN

Gretchen Welch, LICSW

PATH Inc.

St. Cloud, MN

Jonelle Bollig, MS

Lutheran Social Service
St. Cloud, MN

In 2009 a partnership was created between LSS, PATH therapeutic foster homes, the 4-County Crisis Response Team of CMMHC, and STARS for Children's Mental Health to provide short term (3-7 days) community based overnight crisis care in the least restrictive-intrusive and most cost effective manner possible. The goals included reducing out of home placements-trips to the hospital and improving access to and coordination of services.

Opportunities for Reform, All Levels

Wednesday, September 21
2:45 p.m. - 5:30 p.m.

A Future View of Community Mental Health

Monica Oss, MS (Moderator)

OPEN MINDS

Gettysburg, PA

Panel Members to be Determined

Join us for a panel discussion on the "future view" of community mental health. The panel of provider representatives and major payers in Minnesota will overview their organization's futures and respond to global questions from the moderator, Monica Oss, as well as audience participants. Possible topics include: emerging payment methods, high value services, and problems that need attention.

Supervision Skills, Advanced

Wednesday, September 21
2:45 p.m. - 4:00 p.m.

Thinking Outside the Box- Providing Effective Supervision to Home Based Employees

Karen Helfand, MA, LICSW

Medica

Minneapolis, MN

Supervising home-based employees presents special issues. This workshop will explore different techniques to address performance issues, providing effective supervision in community settings and supervising multi-disciplinary staff.

MACMHP Awards Nominations

Visit www.macmhp.org for more information on award categories, deadlines, and submittal process.

Trauma Informed Care, All Levels

Wednesday, September 21
4:15 p.m. - 5:30 p.m.

Practical Skills for Working with Military Families

Abigail Gewirtz, PhD, LP

Minnesota Child Response Center

Minneapolis, MN

Since 2001, over 15,000 troops from Minnesota have been deployed to Iraq and Afghanistan. An extremely large number of these soldiers are parents and spouses. Join us for a workshop highlighting ways to focus on helping military families. We will introduce parenting tools to help promote children's resilience throughout the deployment and family reintegration process. We will also overview the ADAPT (After Deployment: Adaptive Parenting Tools) project based at the University of Minnesota to support military families.

Child & Family Services, All Levels

Wednesday, September 21
4:15 p.m. - 5:30 p.m.

Using Life Coaching Skills as a Purposeful Strategy with Youth & Families

Sandra Lindgren, MSW, LICSW, PCC

I Support Youth!

Minneapolis, MN

Are you familiar with life coaching? Did you know that research indicates youth who receive coaching improve grades, test scores, attendance, confidence and motivation while decreasing behavioral problems and depression? Join Sandi in this interactive session! You will walk away with 6 basic life coaching skills to use immediately!

Community Psychiatric Services, Intermediate

Wednesday, September 21
4:15 p.m. - 5:30 p.m.

Metabolic Syndrome & Mental Illness

Kevin Turnquist, MD

AMRTC / Touchstone Mental Health

Anoka, MN

Metabolic Syndrome (obesity, Type II diabetes, elevated blood lipids, hypertension) is now recognized as a major contributor to the shortened life span of mentally ill people. The relative roles of psychiatric medications, illness variables, and modifiable environmental factors in this syndrome will all be reviewed in this presentation.

Justice & Corrections, All Levels

Wednesday, September 21
4:15 p.m. - 5:30 p.m.

Supporting Recovery for Justice-Involved Clients

Anna McLafferty, MPP

NAMI Minnesota

St. Paul, MN

Jennifer Maxfield, LAMFT

Northern Pines Mental Health Center

Brainerd, MN

Heidi Kammer, LICSW

Elizabeth Burgos, MSW, LSW

Recovery Resource Center / Spectrum

Community Mental Health

Minneapolis, MN

One in 27 Minnesotans are on probation, including many people with mental illnesses and co-occurring substance use disorders. How can you help a client who is on probation stay out of jail and on the road to recovery? Learn how some local agencies in Minnesota work together to accomplish this.

Thank You

to the many presenters, exhibitors & volunteers
who make this conference possible

Adult - Special Populations, All Levels

Wednesday, September 21
4:15 p.m. - 5:30 p.m.

**Navigating the Colonized Self:
A Mindful Systemic Approach**

Lorene M. Jabola, PhD, LMFT
Argosy University Twin Cities
Eagan, MN

Many ethnic groups in the US originate from countries marked by long histories of colonization. Experiences of generational, systematic colonization are fundamental shaping factors in group members' individual, personality, and family development. Recognition and understanding of layers of colonization's impact on mental and emotional functioning are critical for effective interventions.

Adult Clinical Tools, All Levels

Wednesday, September 21
4:15 p.m. - 5:30 p.m.

**Understanding Anxiety...
The "What If" Disorder**

Todd Mulliken, MS, LPCC
Mulliken Counseling Center
Edina, MN

Recent research suggests that roughly 25% of all people will experience some type of anxiety disorder in their lifetime. Anxiety is even more common than depression. Todd Mulliken, consultant with the Minnesota Institute of Public Health will be presenting on the "Who, What, Where, When, and Why's" of anxiety and specific risk factors for it as well as treatment strategies for caregivers and for those who suffer with the illness itself.

Assertive Community Treatment, All Levels

Wednesday, September 21
4:15 p.m. - 5:30 p.m.

**Using the Tool for Measurement
of Assertive Community Treatment
(TMACT) to Improve Purposeful
Strategies & Practical Skills of
ACT Teams**

Steven Harker, MD
Ramsey County Mental Health
St. Paul, MN
Grace Tangjerd Schmitt
Melissa Mikkonen, MA, CPRP
Susan Bollinger-Brown, LICSW
Guild Incorporated
St. Paul, MN

Lynette Studer, MSSW, LCSW
UW-Madison, School of Social Work
Madison, WI

To achieve person-centered planning practices, operationalizing evidence-based practices, and deepening staff roles to create a true transdisciplinary ACT Team, Guild used TMACT to improve fidelity to the ACT model, assure recovery focus, and improve service quality. TMACT is a "second generation" fidelity tool used by many state ACT systems. Ramsey County is now using TMACT to create quality improvement plans for ACT services. Learn about the TMACT tool and its usefulness.

Crisis Services & Behavioral Mgmt, Introductory

Wednesday, September 21
4:15 p.m. - 5:30 p.m.

**Getting the Word Out: Practical
Skills for Mental Health First-Aid**

Diane Erkens, MSW, LGSW
Andrea Wigfield, LSW
Functional Industries, Inc.
Buffalo, MN

Mental Health First Aid (MHFA) is an evidence-based practice that started in Australia and has continued to grow around the world to 14 different countries. It teaches a five step plan for assistance when someone is in crisis. Learn more about MHFA and its impact on communities.

Supervision Skills, All Levels

Wednesday, September 21
4:15 p.m. - 5:30 p.m.

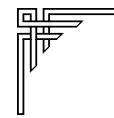
**Passion, Productivity & Profit -
Effective Management for
Non-Profit Organizations**

Mark McNamer
The Storefront Group
Richfield, MN

Participants will be trained on the important distinction between leadership and management while learning how to tap into employees individual passions to meet the goals and mission of their agency. The workshop will journey through how life events shape who people are and how to navigate through barriers to work effectively with everyone in your organization. The presenter utilizes practical examples of how effective leadership can change organizational culture and increase organizational effectiveness so management is better equipped to train and empower employees to be effective, happy and productive.

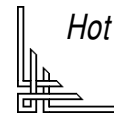
WELCOME RECEPTION

Wednesday, September 21 at 5:30 p.m.



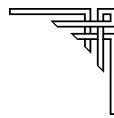
All Conference Participants are Invited!

Welcome Reception



Hot Hors d'oeuvres, Cold Drinks, and Good Conversation

Wednesday, September 21 at 5:30 p.m.



Bonus Evening Session

Wellness in Action, Introductory

Wednesday, September 21
6:30 p.m. - 7:30 p.m.

**Beyond Downward Facing Dog:
Yoga as an Approach in Social
Work Practice**

Susan Rickers, MSW, LICSW
Student, University of Minnesota
School of Social Work
St. Paul, MN

Yoga is an approach to life that has many areas of overlap with social work and the helping professions. Unfortunately, many of us know yoga only as a series of postures done in studios and health clubs. Using a combination of direct instruction, experiential activities, and small group discussions, this presentation will briefly outline the eight limbs of yoga including ethics and techniques such as breathing and meditation. Personal and professional applications will be highlighted. No previous yoga experience is needed.

Thank You
2011 Conference
Planning Committee
Your work is greatly appreciated!

DON'T MISS THE CONFERENCE EXHIBIT HALL

- Learn about products and services
- Receive product samples or promotional materials
- Grab a beverage from the break table and network with providers
- Preview product demonstrations & compare their features and benefits
- Meet representatives from companies that serve the mental health community

Exhibitors include: pharmaceuticals, business services, software companies, health plans, treatment providers, non-profit organizations and many others.