



EMERGE FORWARD

**2020 Illinois Behavioral Health
Virtual Conference**

Digital Program Book

OCTOBER 13-16, 2020 | 9:00AM-3:00PM
ONLINE VIA ZOOM

www.ilabh.org



IABH



Welcome!

As the new CEO of the largest behavioral health trade association in the state, it is my pleasure to welcome you to IABH's first ever virtual conference.

We are excited to "Emerge Forward" with this new format and interact with each of you electronically. There has been a great deal each of us has experienced this year – both personally and professionally. Please take this opportunity to recuperate, recover, and renew, while exploring a wide variety of stimulating topics, from keynote sessions by nationally known speakers to breakouts that are tailored to your interests.

Each day after a brief welcome message, I will introduce our talented keynote presenters: Dr. Brenda Combs, Chuck Ignolia, Grace Hou, and Tim Velner. Following a break, you will be filtered into breakout sessions that cover a wide range of unique interests. From inspirational stories of personal perseverance, to the trials and tribulations of raising a child with mental health and addiction issues; from the state of our human services field in Illinois, to the state of behavioral health in Washington, DC, there is much to choose from.

Again, welcome. Please feel free to reach out with any questions to me or the numerous IABH staff who are available to make this virtual conference a "Dream Conference" for you!

Jud DeLoss, CEO

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FOR MORE INFORMATION, CONTACT

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School-Based Program Manager:
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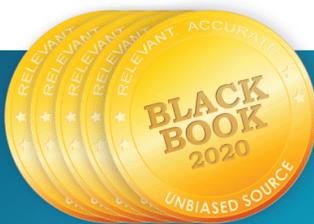
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Advocates for Human Potential, Inc. (AHP) has spent 35 years working passionately to improve health systems for vulnerable populations through research and evaluation, training and technical assistance, and professional consulting. Every day we work to develop “real-world solutions for systems change” through our areas of expertise in addictions & substance use; behavioral health treatment, prevention, and policy; criminal justice; health care reform; housing & homelessness; mental health; population health management; recovery supports; veterans; and workforce development.

To learn more about how we can put our experience to work for you, visit <http://www.ahpnet.com>.

We are offering a **10% discount** on professional consulting services to all IABH members who mention this conference!



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Things to Note

- **Sessions:** All sessions will be live, not pre-recorded!
- **Equipment:** You will need a laptop/computer to stream the event via Zoom and speakers for audio.
- **Networking:** The chat feature will be live and available. This will allow you to connect with attendees and speakers.
- **Breakout Sessions:** An email will be sent prior to the start of the conference for you to pre-select the breakout sessions you will attend. IABH staff will pre-load this into Zoom to make the transitions easier.
- **Continuing Education:** IDFP Requirements for Virtual T&E: All CEU events require the sponsor to confirm that each attendee participates fully in any training in order to earn the CEUs, whether that be in a traditional face to face setting or a virtual one such as our current conference. Thus, in order to provide CEUs through this virtual format, our sponsorship licenses require that we maintain evidence of full participation of each attendee. **This means that participants cannot earn CEUs if they participate only by phone. You must log in on your computer, and you must remain focused on the webinar throughout the session in order to receive CEUs. IABH will be implementing a poll every 30 minutes that attendees must respond to – we can then track who did/didn't respond.**

Attendees should expect to receive their certificates via email within 5-10 business days following the conference. Please be sure to check your spam/junk email folder if it has not appeared in your inbox by the 10th business day following the conference.

Schedule at a Glance

Tuesday, October 13

9:00-9:15 am

Welcome!

9:15-10:15 am

Opening Keynote Speaker

10:15-10:30 am

Relax & Recharge Break

10:30-11:30 am

Breakout Session 1

- Cultural Competency - Change Leader Academy (CC-CLA)
- Cannabis 2020 (Part 1)
- Youth Retention & Engagement (OS/CGTI Prevention Track)

11:30-12:30 pm

Lunch

12:30-1:30 pm

Breakout Session 2

- Creating Partnership Between Criminal Justice & Behavioral Health Care Teams
- Cannabis 2020 (Part 2)
- ~~Readying Today's Workforce For Tomorrow's Needs (Part 1)~~ **CANCELLED**

1:30-1:45 pm

Relax & Recharge Break

1:45-2:45 pm

Breakout Session 3

- The Value and Necessity of Partnerships
- ~~Readying Today's Workforce For Tomorrow's Needs (Part 2)~~ **CANCELLED**
- Treating Clients Living in Remote & Rural Areas with Evidence-Based Substance Use Treatment & Technology

Schedule at a Glance

Wednesday, October 14

9:00-9:15 am

Welcome!

9:15-10:15 am

Keynote Speaker

10:15-10:30 am

Relax & Recharge Break

10:30-11:30 am

Breakout Session 4

- Building a Trauma Informed, Resilient Organization
- Taking Population Health from Theory to Practice: Lessons Learned & Best Practices
- QPR; Ask a Question, Save a Life! (OS/CGTI Prevention Track)

11:30-12:30 pm

Lunch

12:30-1:30 pm

Breakout Session 5

- Medical Aspects of Alcohol (Part 1)
- HOW DID WE DO IT - Human Service Management/Leadership Strategies Utilized During and Post Pandemic Crisis
- Worldview Dynamics: The Intersection of Culture, Faith, History, & Behavioral Health (Part 1)

1:30-1:45 pm

Relax & Recharge Break

1:45-2:45 pm

Breakout Session 6

- Medical Aspects of Alcohol (Part 2)
- Why Are We Paying This Claim?
- Worldview Dynamics: The Intersection of Culture, Faith, History, & Behavioral Health (Part 2)

Schedule at a Glance

Thursday, October 15

9:00-9:15 am

Welcome!

9:15-10:15 am

Keynote Speaker

10:15-10:30 am

Relax & Recharge Break

10:30-11:30 am

Breakout Session 7

- Engaging with the Hard to Reach Client by Bringing a Substance Use Program to Supportive Housing
- Teen Mental Health First Aid (tMHFA) in Schools (OS/CGTI Prevention Track)
- Healthy Boundaries for Helping Professionals

11:30-12:30 pm

Lunch

12:30-1:30 pm

Breakout Session 8

- Using "Resistance" as a Doorway with Transition Age Youth (Part 1)
- Meeting Students Where They Are: Addiction Assessment and Treatment in Educational Settings
- Looking Forward as Families Address Recovery from Chaos

1:30-1:45 pm

Relax & Recharge Break

1:45-2:45 pm

Breakout Session 9

- Using "Resistance" as a Doorway with Transition Age Youth (Part 2)
- Don't Waste Your Data – How to Transform Your Data into Powerful and Actionable Analytics
- Addressing Transitions of Care for Patients with Opioid Use Disorder: Hospital "Warm Hand-off" Services

Schedule at a Glance

Friday, October 16

9:00-10:00 am

Breakout Session 10

- Becoming Trauma-Informed: How to Incorporate Trauma-Oriented Care in Daily Practice (Part 1)
- Youth Suicide: A Practitioner's Guide to Multi-Level Prevention (OS/CGTI Prevention Track)
- Preventing Sexual Harassment in Clinical Settings

10:00-10:15 am

Relax & Recharge Break

10:15-11:15 am

Breakout Session 11

- Becoming Trauma-Informed: How to Incorporate Trauma-Oriented Care in Daily Practice (Part 2)
- Implementation of Integrated Opioid Treatment Programs in the Community Health Center, Key Strategies
- Improving Community Care for Veterans

11:15-12:15 pm

Keynote Speaker

12:15-12:30 pm

Closing Remarks

Tuesday, October 13
Opening Keynote
9:15 - 10:15am

From Homeless to Hero: Overcoming Trauma & Changing Your Life



Brenda Combs

Inspirational
Educator & Survivor

A little over a decade ago, speaker Dr. Brenda Combs was homeless, addicted to crack cocaine, and was engaging in criminal behavior. At this part of her life she had been shot, beaten, and raped. Today, after having completely turned her life around, the media has lauded her journey as being “from homeless to hero.” A single mother who successfully obtained a doctorate in organizational leadership, Dr. Combs motivates others with her inspirational story of perseverance. “If I can do it anybody can do it,” she says. “I think every person has inside of them what it takes to succeed.”

Tuesday, October 13

10:30-11:30 am

Breakout Session 1

Cultural Competency - Change Leader Academy (CC-CLA)



Audience

Addiction Clinical
Mental Health Clinical
Clinical Manager
Executive Management
Human Services
Prevention

The Cultural Competency- Change Leader Academy (CC-CLA) trains change leaders in the NIATx model of process improvement: a structured, team-based approach to change management for organizations large and small with a focus on cultural competency and their corresponding change projects. Attendees learn how to select a change project, set a project aim, engage senior leaders and staff in the change process, and achieve measurable, sustainable improvements. Following the CLA webinar workshop, participants commit to carrying out a change project back at their agency focusing on behavioral health, prevention, workforce recruitment, retention, or a focus area of their choosing with integrated cultural competency elements.

Cannabis 2020 (Part 1)



Audience

Addiction Clinical
Mental Health Clinical
Clinical Manager
Human Services
Prevention

Both medical and recreational marijuana are available in Illinois. What will this mean for the substance use disorders field? Will your clients claim the right to use marijuana without clinical consequences? How are medical and recreational marijuana legally sold? What do we really know about the short- and long-term effects of regular marijuana use? What about CBD? This workshop will provide participants with the latest research on the short- and long-term effects of marijuana (what we know and what is still unknown), answer questions about how the Illinois medical marijuana program works, and offer information about how, where and when legal marijuana is being made available to the public. It will also engage participants in a discussion of how to manage medical marijuana patients who present for treatment of other substance use problems as well as how to manage clients who insist on their right to smoke legal marijuana.

Tuesday, October 13

10:30-11:30 am

Breakout Session 1 Cont'd

Youth Retention & Engagement



Jeremy Butler
Integrated
Community
Alternatives Network

Audience
OS/CGTI Prevention Track

Out-of-school time (OST) programs frequently struggle with recruitment and retention of youth in their programs. Recruitment and retention in OST programs can be thought of as two sides of the same coin: after the initial decision to try out a program, youth need to be continually recruited to keep attending, or to be retained in the program. Youth decide to participate (and to keep on participating) in programs based on a number of interacting intrapersonal, interpersonal, and contextual factors.

12:30-1:30 pm

Breakout Session 2

Creating Partnerships Between Criminal Justice and Behavioral Health Care Teams



**Adam Woehlke
Anne Riley**
Human Support
Services

Audience
Mental Health Clinical
Executive Management
Clinical Management
Addiction Clinical
Prevention

A Criminal Justice Behavioral Health (CJBH) Task force was the outcome following a joint venture between Community Behavioral Healthcare and the Criminal Justice Department in Monroe County, IL. We will discuss how this partnership grew and developed following a Sequential Intercept Model (SIM) Mapping Report which was used to assess available resources, determine gaps in services and plan for community change in Monroe County. This presentation will provide an overview of the development of these connections and how it was used to promote improved access to care as well as training outcomes for law enforcement in mental health and substance use disorder treatments. We hope this presentation will help other providers gain a better understanding of how using SIM Mapping can help to show areas of improvement, development of relationships with those in the criminal justice department, and outcomes to help link those in need to behavioral health and substance use disorder treatments.

Tuesday, October 13

12:30-1:30 pm

Breakout Session 2 Cont'd

Cannabis 2020 (Part 2)



Audience
Addiction Clinical
Mental Health Clinical
Clinical Manager
Human Services
Prevention

Part 2 of breakout session. See description above.

~~Readying Today's Workforce for Tomorrow's Needs (Part 1)~~

CANCELLED

1:45-2:45 pm

Breakout Session 3

The Value and Necessity of Partnerships



Audience
Executive Management
Human Services

It's no secret that we are stronger as a community than when we are isolated in our efforts. Are you forming strategic partnerships with the organizations and associations around you? Are you making connections that expand your reach and enhance the quality of services you're able to provide? At Foothold Technology, we make it a priority to develop meaningful relationships with associations, like IABH, business partners, and even our clients, to make sure we're supporting our client community in the most informed and sophisticated ways. Over the years, we've learned a great deal about what it means to be a good partner. Some connections are simple, and some are necessary for survival. In this session, we'll share key principles and valuable resources for how to create and nurture successful partnerships. We'll talk about what a successful partnership can look like, and how to make sure you're on both the giving and receiving end of the benefits. In the face of the DSP/front-line staff crisis, Managed Care, Value-Based Payments, the current political climate, and more, forming strategic partnerships is just one way to continuously strengthen the already amazing work you're doing every day.

Tuesday, October 13

1:45-2:45 pm

Breakout Session 3 Cont'd

~~Readying Today's Workforce for Tomorrow's Needs (Part 2)~~

CANCELLED

Treating Clients Living in Remote & Rural Areas with Evidence-Based Substance Use Treatment & Technology



Audience
Addiction Clinical

Over the course of a 3-year project funded by the Center for Substance Abuse Treatment (CSAT), Chestnut Health Systems enhanced its capacity to provide evidence-based outpatient continuing care for substance use problems to underserved adults living in remote and rural areas. The Community Reinforcement Approach (CRA) was delivered mainly through the use of telehealth and web-based services (CBT4CBT).

By implementing this technology, national performance indicators of continuity of care, service initiation, and service engagement improved dramatically. Outcome analyses show that from intake to 6-month follow-up, clients reported significant decreases in: a) the percent of days using any alcohol; b) the percent of days consuming 5+ drinks; c) the percent of days using opioids; d) the percent of days using other drugs; e) the number of days being bothered by nerve, mental, or psychological problems; f) the number of days mental health problems kept them from meeting responsibilities; g) the number of days they had problems paying attention, controlling behavior, and breaking rules; and h) the number of days they were involved in illegal activity. The data indicates that the project is associated with the removal of barriers for remote and rural clients to initiate and engage in outpatient services at Chestnut. Challenges to implementing these technologies and how they were addressed will be discussed.

Wednesday, October 14
Opening Keynote
9:15 - 10:15am



**Grace Hou,
Secretary**

Illinois Department
of Human Services

Grace B. Hou has served on Governor JB Pritzker's Cabinet as the Secretary of the Illinois Department of Human Services (IDHS) since March 2019. The mission of IDHS is strengthening Illinois by building up lives and communities which is achieved through an integrated network of mental health, substance use prevention and recovery, rehabilitation, developmental disabilities and family and community services. IDHS operates seven psychiatric hospitals, seven developmental centers, one treatment and detention facility for sexually violent persons 76 local offices and four schools. Grace also previously served as the Assistant Secretary at IDHS from 2003 to 2012, and during that time she was an architect of Illinois' Immigrant Integration New American's Gubernatorial Executive Order which was nationally recognized. Grace has dedicated her career to advancing social justice by working in the non-profit and public sectors systems for change improvement through public policy development and implementation, social services provision, community organizing and engagement, and philanthropy. Grace most recently served as the President of Woods Fund Chicago from February 2012 to March 2019. Woods Fund Chicago is a bold grantmaking foundation that finds –and funds –projects that draw on the power of communities to fight the brutality of poverty and structural racism. She had served as the Executive Director of the Chinese Mutual Aid Association (CMAA) and as the Development Manager at the Chinese Mutual Aid Association where she became an advocate for immigrants' rights. Grace is a child of immigrants from Taiwan, studied at the University of Illinois - Champaign and Springfield campuses, and has two teenage sons. She is the board chair of the Healthy Communities Foundation and a board member of The Chicago Network; she is a 2001 Leadership Greater Chicago fellow, a member of The Commercial Club, and a German Marshall fellow. In her role as Secretary of IDHS, she chairs the Adult and Youth Redeploy Boards, chairs the Interagency Working Group on Poverty and Economic Security, co-chairs the Interagency Housing Working Group, and is a commissioner of the Early Childhood Funding Commission.

Wednesday, October 14

10:30-11:30 am

Breakout Session 4

Building a Trauma Informed, Resilient Organization



Audience

Intellectual and Developmental
Disabilities Clinical
Mental Health Clinical
Direct Service Professionals
Executive & Clinical Management

Attending to staff well-being is a critical aspect of non-profit leadership and often involves not just looking inward but understanding the experiences of staff outside of the workplace. The current moment in the United States, highlights the urgency of this need. Focusing on well-being is challenging in fields of care that suffer from high burnout and turnover rates. Trauma as one source of strain for professionals is often not thought of in terms of staff support need even though seventy percent of individuals in the United States have experienced some type of traumatic event. Trauma informed organizations, built on trauma informed principles, have the potential to create systems of staff support that not simply focuses on the self-care needs of their teams, but also on building resilience within teams such that they are better able to do their work. This presentation will focus on ways in which organizations can utilize trauma informed approaches that help better support professional building a resilient team that can continue to care for individuals while assuring care for the self. Participants will be given tools to start to incorporate trauma principles within the organization that ultimately creates a healthier workforce.

Taking Population Health from Theory to Practice: Lessons Learned and Best Practices



Audience

Executive Management
Intellectual and Developmental
Disabilities Clinical

As Illinois embarks on integrated health homes, to understanding how to manage complex populations in a new way is vital. Leveraging technology to identify and monitor risk at the population level, along with a whole-person care approach can enhance service delivery and outcomes. The learnings and innovation happening across the country with other health home and population health initiatives can enhance your service delivery and collaboration efforts. Case studies from the award-winning Missouri Healthcare Home model, along with other population health models will be covered. Best practices and lessons learned will be shared along with new and innovative ways to use technology to improve outcomes and create data-driven workflows.

Wednesday, October 14

10:30-11:30 am

Breakout Session 4 Cont'd

QPR; Ask A Question, Save A Life!



**Jeremy
Studebaker**

Chestnut

Audience

OS/CGTI Prevention Track

QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention is an educational program designed for the average individual/professional (non-clinically trained) to recognize the warning signs of a suicidal individual and how to respond. Gatekeepers can be anyone who are strategically positioned to recognize someone at risk of suicide, and work with them to receive help (e.g. parents, friends, neighbors, teachers, coaches, coworkers, etc.). This presentation will eliminate the myth that only someone who is clinically trained can prevent someone from completing suicide.

12:30-1:30 pm

Breakout Session 5

Medical Aspects of Alcohol (Part 1)



Dianna Feeney

D.Feeney
Counseling &
Consultants

Audience

Mental Health Clinical
Direct Service Professionals
Addiction Clinical

This training is designed to work with clinicians and students in understanding the medical consequences of alcohol on the body and the brain. Alcoholic beverages are classified by the International Agency for Research on Cancer (IARC) as a Group 1 carcinogen responsible for up to 7 types of cancer. It is also considered to be one of the leading causes of preventable death globally. Alcohol affects almost every organ system in the body directly or indirectly. Some people may be more vulnerable than others to the medical effects of alcohol for genetic reasons. There also seems to be a relationship between medical consequences and the amount, duration, and pattern (daily vs. binge) of drinking. While most people are aware of problems like cirrhosis and "wet brain", there are other organs affected which are also catastrophic. To examine how alcohol affects the body, it is easiest to envision taking a drink and follow the effects of alcohol on the organs as it moves through the body.

Wednesday, October 14

12:30-1:30 pm

Breakout Session 5 Cont'd

HOW DID WE DO IT – Human Service Management/Leadership Strategies Utilized during and Post Pandemic Crisis



Audience
Qualified Intellectual
Disabilities Professionals
Executive Management
Clinical Management

Since March of 2020 communities across the nation were scrambling to mitigate the spread of COVID-19 pandemic outbreak. Strategies and plans were outlined to address this quickly evolving public health issue. Non-essential businesses and services were forced to close or operate remotely. Essential businesses and services which includes most all of the services provided by the human services system remained open and were encouraged to operate remotely except for functions that require on-site coverage. Recipients of human services are some of the most vulnerable and at risk of contracting the COVID-19 virus. Providers worked quickly protecting staff, residents, patients, and customers with the care and services they need, as the work often requires direct contact and human connection. Persons providing the care are considered essential staff. Many were at risk with the shortage of supply of Personal Protective Equipment (PPE), specifically masks. Providers have received guidance from the appropriate state authorities, temporarily suspending day service programs to lessen the spread of the coronavirus. Throughout the pandemic crisis, human service managers/leaders had to make decisions as well as altering how they manage/lead their organization in order to safely and effectively meet the challenges that exist.

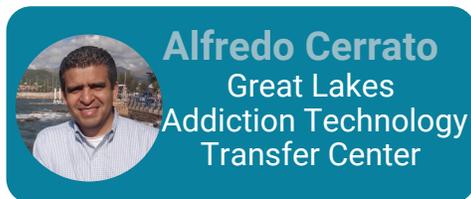
In this interactive session we will share the survey findings reported by the human service providers so we can learn from one another's successes and mistakes. Participants will be encouraged to share additional key management/leadership strategies and tips. Participants will have an opportunity dialog about their management/leadership experiences during this historic crisis.

Wednesday, October 14

12:30-1:30 pm

Breakout Session 5 Cont'd

Worldview Dynamics: The Intersection of Culture, Faith, History, and Behavioral Health (Part 1)



Audience

Addiction Clinical
Mental Health Clinical
Executive Management
Clinical Management
Human Services
Prevention

When we look at integrated systems of learned behavior, the philosophical maps of how we view reality, and the history that brought us to this moment, we then may be able to recognize why we are the way we are and what shaped us. This training will take you on a journey that will explain the dynamics and intersections of culture, faith, history, and behavioral health as we consider our worldview, the worldview of others, and how they were shaped. Effective cross-cultural communication requires an interdisciplinary approach that includes anthropology, cultural studies, history, psychology, religion, and communications, among others. To gain the agility necessary to navigate within an ever-growing diverse population in need of behavioral health services in our country, we must consider elevating skills and strategies that transcend cultural, historical, and faith boundaries.

1:45-2:45 pm

Breakout Session 6

Medical Aspects of Alcohol (Part 2)



Audience

Mental Health Clinical
Direct Service Professionals
Addiction Clinical

Part 2 of breakout session. See description above.

Wednesday, October 14

1:45-2:45 pm

Breakout Session 6 Cont'd

Why Are We Paying This Claim?



Lori Beers
Eastern
Kentucky University

Audience

Qualified Intellectual
Disabilities Professionals
Executive Management
Clinical Management
Human Resources

This session will provide an overview of the legal test for compensability in workers' compensation claims. The presentation will discuss the factors an adjuster reviews to determine if the claim should be covered under Workers' compensation insurance, by applying the legal test to work injuries. This session will include a discussion about why Illinois has such a high rate of litigation in workers' compensation surrounding this legal test for compensability. The training will conclude with an overview of the more frequent types of injuries found in the healthcare business.

Worldview Dynamics: The Intersection of Culture, Faith, History, and Behavioral Health (Part 2)



Alfredo Cerrato
Great Lakes
Addiction Technology
Transfer Center

Audience

Addiction Clinical
Mental Health Clinical
Executive Management
Clinical Management
Human Services
Prevention

Part 2 of breakout session. See description above.

Thursday, October 15
Opening Keynote
9:15 - 10:15am



Charles Ingoglia

CEO, National Council for
Behavioral Health

With more than 20 years of experience in behavioral health, Charles Ingoglia has worked as a provider, advocate, and educator for government and public sector organizations. Prior to becoming President and CEO of the National Council for Behavioral Health, Ingoglia served as the Senior Vice President of Public Policy and Practice Improvement, where he directed the federal and state affairs function of the National Council, and oversaw practice improvement and technical assistance programs offered to more than 500,000 behavioral health professionals across the U.S. His efforts have centered on key issues such as parity, healthcare reform, and improving the experience of mental health and addictions care and treatment engagement. Before joining the National Council, Ingoglia provided policy and program design guidance to the Substance Abuse and Mental Health Services Administration. He also has directed state government relations and service system improvement projects for the National Mental Health Association, served as a policy analyst for the National Association of Social Workers, and designed educational programs for mental health and addictions professionals at the Association of Ambulatory Behavioral Healthcare. He has worked in a transitional shelter with homeless persons and provided individual, group and couples counseling at the Whitman-Walker Clinic in Washington, DC. Ingoglia is adjunct faculty at the George Washington University Graduate School of Political Management.

Thursday, October 15

10:30-11:30 am

Breakout Session 7

Engaging with the Hard to Reach Client by Bringing a Substance Use Program to Supportive Housing



Carolyn Bloom
AIDS Foundation of
Chicago

Audience

Mental Health Clinical
Direct Service Professionals
Clinical Management
Addiction Clinical

Effective engagement with people who use drugs can be challenging. Those challenges are increased when trying to reach and support a more vulnerable population. This population includes people who mistrust a system that has discriminated and marginalized them in the past. They often lack social capital and community leaving them with little support outside of structured systems. People who have difficulty meeting their basic needs (i.e., housing, food, access to healthcare) often don't prioritize or have the capacity for significant changes to their lifestyle even when they recognize that change is needed. This presentation will describe a substance use focused program, Connection to Recovery, which works with hard-to-reach populations living in permanent supportive housing. For clients served by this program, abstinence is not often an attainable or desired goal. For this reason, it is important and vital to meet these clients where they are and support them in any positive change that THEY want to make including connection to services, ongoing counseling and harm reduction education. Allowing these clients to make decisions for their own life without judgment or expectation is essential to relationship building and ongoing engagement.

Teen Mental Health First Aid (tMHFA) in Schools



Riley Blythe
Illinois Association
for Behavioral Health

Audience

OS/CGTI Prevention Track

Interested in learning about a new innovative training offered to teens? The teen Mental Health First Aid (tMHFA) Course teaches high school students how to provide mental health first aid to their friends. The course was developed in response to research indicating that young people have a preference for sharing problems with peers. Come learn more about the course and how to bring this training to a school near you.

Thursday, October 15

10:30-11:30 am

Breakout Session 7 Cont'd

Healthy Boundaries for Helping Professionals



Jessica
Newsome

Alternatives, Inc.

Audience

Addiction Clinical
Mental Health Clinical
Clinical Management
Human Services
Prevention

Boundaries sit at the intersection of cultural competency and self-care. In determining healthy boundaries, one has to understand the ethical dilemmas that can arise when two values come into conflict with each other. For example, mental health professionals seek to respect clients' rights to self-determination and autonomy. This includes respecting an individual's agency. Sometimes clients' agency includes their desires to give back and participate in their helping relationship with a mental health professional in a way that does not feel like a one-way street, or makes them feel like a "charity case." How does one respond appropriately when they are in private practice to someone giving them a gift of home-made cookies? What about in a neighborhood-based organization? How do the multiple identities of the mental health professional and the client come into play? This interactive workshop will include case examples, as well as exercises for internal reflection.

12:30-1:30 pm

Breakout Session 8

Using "Resistance" as a Doorway with Transition Age Youth (Part 1)



Candy Malina

Thresholds

Audience

Mental Health Clinical
Direct Service Professionals
Clinical Management
Addiction Clinical

Mental health professionals often experience TAY as "resistant" when they challenge us, show irritability, shut down, don't show up, or are non-compliant with our recommendations. As professionals, we understand TAY developmental needs, the effects of trauma and of other mental health conditions. However, we sometimes struggle to connect the dots between these needs and the behavior which challenges us. And, when challenged, it can be difficult to respond effectively. By increasing our understanding of these dynamics, awareness of our own human reactions, and repertoire of potentially effective responses, we find that the "resistance" can be used as a doorway to effective engagement of TAY in mental health treatment and in the next step of their successful development.

Thursday, October 15

12:30-1:30 pm

Breakout Session 8 Cont'd

Meeting Students Where They Are: Addiction Assessment and Treatment in Educational Settings



Audience

Clinical Management
Addiction Clinical
Prevention

The aim of this presentation is to review successful strategies that support the relationship between student services and addiction treatment providers. School districts are aiming to reduce exclusionary discipline practices, which creates an opportunity for addiction treatment providers to support schools with assessment, prevention and early intervention, and even treatment services. Developing reliable referral relationships between the school and addiction professionals as well as providing services in the school setting increase positive treatment outcomes for clients, in addition to meeting the school's goal to divert from more extreme disciplinary actions.

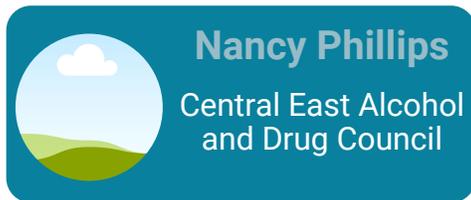
Through collaboration among our marketing and outreach team, administration, and counselors, Rosecrance has been successful in establishing relationships with school services to meet student needs both at our agencies and within the schools through placement of Substance Abuse Professionals. In the past year, we piloted two 8-week closed sessions of a school-based Intensive Outpatient Program. We are eager to share how to adapt your treatment resources to increase access to treatment to your communities and support student health.

Thursday, October 15

12:30-1:30 pm

Breakout Session 8 Cont'd

Looking Forward as Families Address Recovery from Chaos



Audience

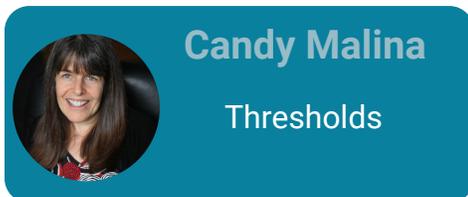
Addiction Clinical
Mental Health Clinical
Clinical Management
Human Resources
Prevention

As the treatment field for substance use disorder (SUD) addresses family involvement in SUD's services, looking at the family future is important especially with the COVID-19 pandemic issues. Whether the outcome for a loved one is a recovery journey, incarceration, or sadly, death, the families often feel grief and frustrated and battle with the next move. Even if family members have participated in treatment services, they may have unrealistic expectations of the future. When the family focus has revolved around their loved one's substance use, the family is often at a loss of a focus as the crisis and chaos increases with the social distancing and isolation. Awareness of the additional stress in recovery due to lack of face to face support can create unhealthy concern by the family. Without educational and emotional support for the family it is often difficult for families to move forward. It is important that participants understand the grief and resilience process involved with healthy outcomes. The workshop will provide an awareness of the chaos/resilience research generated during the pandemic and the strategies that assist families in moving forward.

1:45-2:45 pm

Breakout Session 9

Using "Resistance" as a Doorway with Transition Age Youth (Part 2)



Audience

Mental Health Clinical
Direct Service Professionals
Clinical Management
Addiction Clinical

Part 2 of breakout session. See description above.

Thursday, October 15

1:45-2:45 pm

Breakout Session 9

Don't Waste Your Data – How to Transform Your Data into Powerful and Actionable Analytics



Audience
Executive Management
Human Resources

Are you making the best use out of the data you are collecting on a daily basis? Is your data playing an instrumental part in your decision making and service provision? Are your services contributing to the overall health of your participants and community? If so, how do you know? Quality data capture can inform program operations, highlight trends in service utilization, enhance collaboration, and even help your agency secure funding. In this session, hear from an expert on how to use your data to advocate for and align your work with state and federal policy. Learn tips for how to analyze your data to help you make the smartest operational and clinical decisions for your agency. Also, hear how your data can support you as you advocate for grants and funding. Through standard reporting, and also the use of powerful business intelligence tools, learn how to analyze and make sense of the complex data your EHR is collecting.

Addressing Transitions of Care for Patients with Opioid Use Disorder: Hospital “Warm Hand-off” Services



Audience
Addiction Clinical
Executive Management
Clinical Management
Human Resources
Prevention

This presentation will examine the hospital “warm hand-off” model aimed at assisting patients with opioid use disorder (OUD) in transitioning from hospital settings to community-based treatment including medication-assisted recovery (MAR). Data on the need for programs to address transitions of care for patients with OUD will be highlighted, including 2020 data from the Illinois Department of Public Health which shows a dramatic increase in opioid-related hospital visits in the first half of 2020. The “warm hand-off” model used by Family Guidance Centers, Inc. will be discussed in detail.

Friday, October 16

9:00-10:00 am

Breakout Session 10

Becoming Trauma-Informed: How to Incorporate Trauma-Oriented Care in Daily Practice (Part 1)

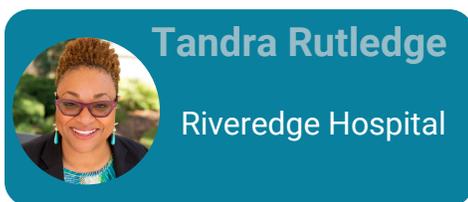


Audience

Intellectual and Developmental
Disabilities Clinical
Mental Health Clinical
Direct Service Professionals
Executive & Clinical Management

In becoming trauma-informed, it is crucial to create an understanding of trauma impact. The initial stage is, "See Something, Say Something". This is a time when a clinician is able to recognize reactions to trauma in clients, particularly those with substance use or mental health concerns. Secondary to noticing trauma, we must be able to help clients to have a common language by "Getting on the Same Page". The common language allows clients to have a way to describe their experiences and recognize their impact in daily life. The final piece for trauma-informed care is "Leading from Behind". This is a time for us to remember that clients with a trauma background often need someone who is compassionate, flexible, and willing to hand control over to the client.

Youth Suicide: A Practitioner's Guide to Multi-Level Prevention



Audience

OS/CGTI Prevention Track

Suicide in Schools provides school-based professionals with practical, easy-to-use guidance on developing and implementing effective suicide prevention strategies. Attendees will come away from this workshop with clear, step-by-step guidelines on how to work proactively with school personnel and community professionals, think about suicide prevention from a three-tiered systems approach, how to identify those who might be at risk, and what steps to take to ensure their safety.

Friday, October 16

9:00-10:00 am

Breakout Session 10 Cont'd

Preventing Sexual Harassment in Clinical Settings



Audience

Addiction Clinical
Mental Health Clinical
Executive Management
Clinical Management
Human Services
Prevention

Sexual harassment is a significant issue in our culture which has far-reaching impact on individuals as well as workplace culture. In 2019, the Illinois General Assembly took the bold step to amend the Illinois Administrative Code Section 1130 to require that effective January 1, 2020, all licensed professionals complete a one-hour course in sexual harassment training as a condition for licensure renewal. As mental health professionals, this course will prepare us to ensure that our own workplaces are safe and free of harassment and also that we have the knowledge and skills to help clients know their rights and how they can advocate for themselves.

10:15-11:15 am

Breakout Session 11

On Becoming Trauma-Informed: How to Incorporate Trauma-Oriented Care in Daily Practice (Part 2)



Audience

Intellectual and Developmental
Disabilities Clinical
Mental Health Clinical
Direct Service Professionals
Executive & Clinical Management

Part 2 of breakout session. See description above.

Friday, October 16

10:15-11:15 am

Breakout Session 11 Cont'd

Implementation of Integrated Opioid Treatment Programs in the Community Health Center, Key Strategies

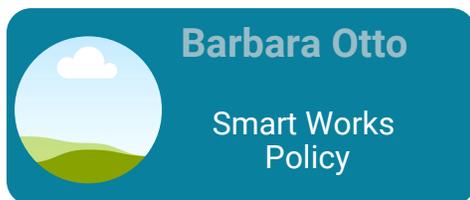


Audience

Mental Health Clinical
Direct Service Professionals
Executive & Clinical Management
Addiction Clinical
Integrated Care Administrators

The growing opioid epidemic has appropriately led to calls for primary care providers to offer medication for addiction treatment (MAT) in office-based settings. Federal and state funding opportunities have allowed Community Health Centers to introduce or expand existing MAT services. However, many CHC systems are new to addiction medicine and to MAT. The session will open with discussion of different models of office based opioid treatment, and the challenges many health systems struggle with when initiating a new office-based MAT program. The session will continue with thoughtful solutions for addressing these challenges, and considerations for building an effective financial and operational model for the delivery of high quality and sustainable integrated treatment programs.

Improving Community Care for Veterans



Audience

Mental Health Clinical

The Improving Community Care for Veterans will provide community care workers with tools on what training to receive, what resources to share, and what procedures to adopt to better serve those who have served. These tools were developed by the Illinois Women Veteran Health Collaborative a group of key expert stakeholders who include community health providers, representatives from federal, state agencies, local philanthropy, veteran-serving organizations, and veterans.

Friday, October 16
Closing Keynote
11:15 - 12:15pm



Timothy Verner

Waking Up Mental
Illness, LLC.

Mr. Verner will be presenting a keynote session on a parent's perspective of the behavioral health treatment system and the trials and tribulations of dealing with a child's mental illness and addiction. Mr. Verner and his wife were admitted to the emergency room 12 times, in ambulances 10 times, undergoing inpatient hospitalization eight times, admitted to residential facilities three times, and involved with child protectives services three times. Mr. Verner will describe the process they went through to locate services for their daughter, gain admission, and undergo treatment. The session will give participants a different perspective and an ability to identify the shock, trauma, and foreign nature of the treatment system to better be able to assist their clients and family members.