

2019 IABH/MO COALITION CONFERENCE SCHEDULE (Preliminary)

Pre-Conference Training

October 22, 2019

8:00 am – 5:00 pm

Youth Mental Health First Aid (**\$50 additional fee-limited seats**)

Presenters: Riley Blythe, Prevention Program Coordinator and Bree Hea, Technical Assistance and Training Coordinator, Illinois Association for Behavioral Health

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Pre-Conference Workshops

OCTOBER 23, 2019

9:00 am – 12:00 pm

Professional Ethics for Clinical Supervisors in Behavioral Health Settings

Presenter: Richard Nance, MSHHA, MSW, LCSW, Director, Utah County Department of Drug and Alcohol Prevention and Treatment

How do you meet your obligations as a clinical supervisor to students, newly licensed staff, and senior staff who need focused skill development while simultaneously functioning as a line manager? How can clinical supervision protect your agency from liability and enhance its reputation? This workshop will touch on issues related to these forces on the ethics of clinical supervision in behavioral health, and offer resources and tools to help analyze, cope, and adapt to the benefits, responsibilities, and demands of clinical supervision for the field, your agency, and individual supervisees.

9:00 am – 4:00 pm

Physician Institute

ShuYing Ng, PharmD, Northern Pines Mental Health Center

9:00 am - 4:30 pm

Case to Care

As health care reform advances and health homes become the norm, behavioral health case managers are in demand — and required to expand their capacity in health care navigation, build on existing skills in health behavior change, and gain a better understanding of the common health problems and basic interventions for individuals with serious mental illness and those with chronic health problems. The National Council's Case Management to Care Management training is a key strategy to positioning your organization in the changing health care landscape.

2:00 pm – 5:00 pm

Trauma Informed Care: Understanding the Needs of Survivors Across Healthcare Settings

Presenter: Chaz Franke, MSW, Chestnut Health Systems

Trauma informed care has brought incredible resources and understanding to the world of the helping professions, but this visibility does not always give insight into the personal experiences of trauma survivors as they enter our care. In this session, we are going to look at multiple layers of interaction with trauma as it relates to the helping professions. We will discuss the experience of the beginning, middle and end of receiving services in a way that helps us, the providers, know what it is like to survive trauma and ask for help. This session is for anyone who wants to understand the subtle and meaningful ways we can all be a gentle and healing presence for those in need.

Objectives:

- In this workshop you will gain an understanding of how the experience of trauma can alter world views that are very specific to asking for help and experiencing vulnerability.
- In this workshop you will develop strategies for understanding how you, the provider, can access your own authenticity and consistency to create a trauma informed environment.
- In this workshop you will learn multiple strategies for creating safety at any point in the process of care, and you will learn how to apply these strategies in the moment.

6:00 pm – 7:45 pm Film Showing: Bedlam

Haunted by the death of a mentally ill sister, psychiatrist Kenneth Rosenberg takes on the role of filmmaker to examine a national health crisis. *Bedlam* follows the poignant stories of people grappling with schizophrenia, bipolar disorder, and other chronic psychiatric conditions. Impossible to mask when untreated, their symptoms shove them into the path of police officers, ER doctors and nurses, lawyers, and prison guards. Shooting over the course of five years, Rosenberg takes us inside Los Angeles County's overwhelmed and vastly under-resourced psych ER, a nearby jail warehousing thousands of psychiatric patients, and the homes — and homeless encampments — of people suffering from severe mental illness, where silence and shame often worsen the suffering. *Bedlam* describes the triggers pulled in the mid- and late 20th century to create this bedlam on a national scale. Massive federal defunding shuttered mental institutions across the country from the 1950s to the 1980s, leaving a skeletal support system in their place. Untold numbers of mentally ill people landed on the streets and, inevitably, stumbled on the cracks in American society that have led to misuse of jails, tens of thousands of people sleeping in parks and on sidewalks, and too many stories of loved ones lost while the clock ticks on solutions from policy makers and Big Pharma.

OCTOBER 24, 2019

8:30 am - 9:30 am

Keynote - Rethinking Leadership: Unleash Your People and Get Big Things Done

Presenter: Becky Margiotta, Principal/Owner, Billions Institute

Don't be a control freak, check your assumptions, challenge the status quo and don't be above cleaning the bathroom. An admitted self-recovering control freak, these are just a few of the lessons Becky Margiotta has learned about true leadership. To tell you about Becky Margiotta is meaningless. You must experience her. She is a force of nature who captivated her NatCon19 audience and set Twitter on fire with her self-deprecating humor, razor-sharp wit, heart-felt anecdotes and uncompromising truth. And so, instead of telling you about Becky Margiotta, here are just a few of her most memorable observations about leadership and life. We hope you are as inspired as we were. "When you commit, you're creating reality." "If something is worth doing, you can't do it alone." "Question assumptions and challenge the status quo." "Transformational leadership is leadership that's worthy of being followed ... something to truly aspire to." "To offer transformational leadership, we have to let people make mistakes and fail so they can learn. Take people under your wings and then let them fly! Leaders refuse to micromanage." "Find something to say no to! Every time you say yes to something you don't want to do ... it's a recipe for burnout."

9:45 am - 10:45 am **Concurrent Sessions**

Conflict Management: Escaping the Drama Triangle

Presenters: Andrea Dalton, Special Projects Coordinator and Roxanne Pendleton, Senior Projects Coordinator, Center for Trauma Informed Innovation, Truman Medical Centers

In this interactive session, participants will explore conflict and re-enactment, also known as the "drama triangle." Conflict, while sometimes beneficial, often traps us in repetitious cycles, damaging relationships and decreasing productivity. The presenters will discuss the interplay of the neurobiological effects of toxic stress and trauma, coercion, and re-enactment. Participants will examine the three different roles in the drama triangle, including hallmark behaviors, language, and attitudes, in order to self-identify when you may be in the drama triangle. This session will review the ways self-awareness and self-care (or the lack thereof) impact engagement in conflict and resolution. Participants will learn practical, empowering strategies to escape the drama triangle in both professional and personal interactions.

Rethinking Leadership: Unleash Your People and Get Big Things Done (keynote follow-up)

Presenter: Becky Margiotta

But Are We Any Good? A Primer on Coding Motivational Interviewing to Fidelity

Presenter: Scott Kerby, LPC, Scott Kerby Consulting

Motivational Interviewing (MI) is now a widely used modality with strong evidence to support that it works. Agencies across the land has spent time and effort training staff, and a quick poll of clinicians shows that most think they "get" and are "pretty good" at MI. The question is...how do we know? How, as an agency, or a practitioner, do you know if what you are doing is actually MI? Most agencies have no way to measure or to provide quality feedback. This session will serve as a primer on fidelity and coding in MI that will help guide agencies and individuals towards being able to answer, with certainty, "but are we any good?"

Mentoring 101

Presenter: Lara Ashbaugh, Team Leader, Truman Medical Behavioral Health

Many organizations are moving towards a mentorship model of management. What does that mean and how can it benefit our organizations?

Changing Lives through State Sponsored Programs

Presenters: Jeriane Jaegers-Brenneke, State of Missouri, and Jennifer Heimericks, Family Support Division
This session will be an interact discussion with the Workforce Development Unit (WDU) under Department of Social Services. WDU provides employment and training activities for Missouri citizens receiving food stamps and TANF, along with a variety of other employment and training activities. The outcomes of these programs change lives, families and communities.

Medical Marijuana: Health Care and Workforce Implications for Clinicians

Presenter: Jane Drummond, General Counsel and VP of Legal Affairs, Missouri Hospital Association
The legalization of medical marijuana in Missouri affects the health care industry both as providers of care and as employers of individuals with medical conditions that qualify them for cannabis use. This session will examine the implications of the new law for Missouri clinicians.

It's Hard to be Healthy When You Are Hungry or Homeless: The Role of Social Determinants in Care

Presenter: Joan Kenerson King, RN, MSN, Senior Integration Consultant, National Council for Behavioral Health
Addressing homelessness, employment and other social determinants has been the purview of behavioral health providers for a long time. There is a growing acknowledgement that improving overall health outcomes is a whole health project, the mind is in the body and the body is in the mind. The presence of chronic unmet social needs creates a set up for illness rather than health with the understanding of the impacts of toxic stress continuing to grow. This session will focus on assessing social determinants in a systematic way, addressing them and tracking outcomes from that process.

Objectives:

- Participants will describe the inter-connection between physical health, behavioral health and social determinants.
- Participants will understand the importance of using standard questions for assessing social determinants and a process for tracking these outcomes.
- Participants will list three strategies for addressing social determinants.

What Works: A True Integration of Research into Outcomes

Presenter: Thomas Britton, PhD, President & CEO, Gateway Foundation
The overdose epidemic has brought the field of substance use treatment to a point of unprecedented urgency. Providing ineffective treatment literally costs lives and we owe it to the world to provide evidence informed care, not just evidenced based practice. This session will share key findings from a 12-month retrospective outcome study conducted at the Gateway Foundation on a randomized group of persons suffering from addiction. You will learn the four elements that statistically contributed to higher levels of abstinence and quality of life. Participants will receive key insights into program development for results with an opportunity to explore how to apply these insights into their own clinical approach.

Make Education Your Addiction: Impact of a Service Learning Project

Presenters: Laura Crain, Program Coordinator, McHenry County Substance Abuse Coalition, and Colleen Geils, Media Specialist, Alden -Hebron School District #19
This session will cover a year-long service learning project developed by the McHenry County Substance Abuse Coalition and Alden-Hebron School District 19 for students in grades 5-8. Key partners and experts in our community met with students throughout the first semester for educational purposes and the students ended the project by publishing a book that is distributed throughout the county. What started as an educational program in a small, rural community changed the conversation and environment in the school about addiction. While the project was designed with the students in mind, the impact on the experts that presented was unplanned and has changed how they view their role in education and the need for prevention efforts. The program designed included research from NIDA, SAMHSA, NIH and NIAA. We will provide information about

development of the program, outlines of sessions, lessons learned, funding, and what the future holds for this initiative.

Unconscious Bias: Overcoming Ethical Obstacles While Increasing Multi-Cultural Competencies

Presenter: Christa Martin, MRC/CRC, Vocational Rehabilitation Specialist-Certified Kentucky Office of Vocational Rehabilitations (OVR) Employer Services Branch

This session will assist professionals in overcoming ethical obstacles involving unconscious bias by increasing multi-cultural competencies and providing best practices in accordance with the CRCC Code of Ethics. Many clients with disabilities are impacted by unconscious bias in the workplace and within service settings such as ours. We have an ethical obligation to reduce our unconscious bias, so as not to serve as an additional barrier to clients obtaining gainful employment or putting your professional relationship at risk. This interactive session will demonstrate how to overcome this obstacle including, but not limited to, differentiating conscious versus unconscious bias, various examples of unconscious bias, identifying ethical risks and implications for professionals, tangible methods to identify and address our own unconscious bias, etc. We will end with a facilitated discussion because hearing from other professionals within the field is the best way to find new ideas and resources for assisting our clients.

9:45 am - 12 pm Chestnut Health System - Behavioral Health Tour

A bus will be available to take individuals on a tour of Chestnut Health System - Behavioral Health. On this tour you will learn about how the FQHC, Outpatient MH / SUD, and 24/7 Detox and Crisis Unit at the Granite City campus operates and some of the challenges they have faced.

11:00 am – 12:00 pm Concurrent Sessions

The Imperative for Addressing Perinatal Behavioral Health

Presenter: Joan Kenerson King, RN, MSN, Senior Integration Consultant, National Council for behavioral Health
The first thousand days of life, from conception to age three, are a critical time for mother, father and baby. The presence of substance use, mood disorders and/or unaddressed social determinants of health are all risk factors that can impact this important triad. This session will review the data and describe promising approaches and the role behavioral health organizations can play in improving these outcomes.

Objectives:

- Participants will describe the impact of maternal or paternal depression on the baby's development.
- Participants will list potential consequences of substance use during pregnancy.
- Participants will discuss the potential role for behavioral health providers in addressing these issues including potential partnerships.

Identifying Strategies that Address Alcohol-Related Problems in a Community

Kellie Heinrichs, Director, and Nancy McGee, Alcohol Policy Resource Center, Prevention Frist Inc.

In this session participants will review evidence-based policies that can reduce underage drinking and alcohol-related problems in communities. The importance of using data to support policy efforts will be discussed, as well as how to develop political will, community support, and consensus for policy initiatives.

PANEL: STR/SOR Update - Provider Experience
(description available soon)

Getting to Know Your Technology Transfer Centers

Presenters: Dave Closson, Director and Chuck Klevgaard, Mid-America Prevention Technology Transfer Center
The purpose of the Technology Transfer Centers (TTC) is to develop and strengthen the specialized behavioral healthcare and primary healthcare workforce that provides substance use disorder (SUD) and mental health prevention, treatment and recovery support services. The TTC program is comprised of three networks: the

Addiction Technology Transfer Centers (ATTC), the Mental Health Technology Transfer Centers (MHTTC) and the Prevention Technology Transfer Centers (PTTC). This session will focus on the technical assistance and learning resources available to prevention professionals in your region through the PTTC network.

Holistic Approach Towards Translating Complex Trauma from Commercial Sexual Exploitation

Presenter: Katie Rhoades, MSW, Executive Director, Health Action Network

This session will take a deeper look into what you need to know about the issue of commercial sexual exploitation and sex trafficking as a provider. During this session, attendees will: Take a closer examination of who is a trafficking victim Learn how the experiences of survivors complicate the recovery process Examine an effective community-based response to trafficking and exploitation within social service provider agencies

Roadblocks to Listening: Getting Out of Your Own Way to Improve Reflective Listening Skills

Presenter: Scott Kerby, LPC, Scott Kerby Consulting

Active listening skills are among the most important tasks we have in the helping profession. Strong reflective listening skills are correlated to increased rapport, higher empathy scores, better outcomes, and clients that actually enjoy talking to helping professionals. This session will build off Thomas Gordon's 12 Roadblocks to listening, which details twelve things that clinicians do that actually get in the way of really listening well to our clients. Perfect session for the person looking for something interactive with practical application to their everyday work.

Medical Aspects of Alcohol

Presenter: Dianna Feeney, Owner/President, D.Feeney Counseling & Consulting LLC

This session 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. This session will go through the process of how alcohol metabolizes in the body and the consequences of alcohol abuse on the body and the brain.

Predicting Violence and Managing Escalation in People

Presenter: Shane Young, Training and Development Coordinator, ReDiscover

This session will look at effective ways to predict violence within situations and with people. We will discuss ways that we can manage a person prior to and after escalating behaviors have occurred.

Job Seekers & Social Media: Implications for Ethical Practice

Presenter: Christa Martin, MRC/CRC, Vocational Rehabilitation Specialist, Certified Kentucky Office of Vocational Rehabilitation (OVR) Employer Services Branch

This session will provide information to assist professionals in supporting job seekers with social media use and best practices in accordance with the CRCC Code of Ethics. Many clients with disabilities seeking employment and yourself, engage in social media use every day, which can serve as an additional barrier to obtaining gainful employment or put your professional relationship at risk. The session will consist of different ways that can be utilized to overcome that barrier including, but not limited to: appropriate use of social media venues, identifying ethical risks in social media use, how to broach the issue of crossing professional/client boundaries, confidentiality, consultation, setting clear expectations, etc. We will end with a facilitated discussion because being able to hear from other professionals within the field can be one of the best ways to find new ideas and resources for assisting our clients. (Specific CRCC Code of Ethics addressed include: A.4., A.5., D.5., J.4. and L.1.)

Top Legal Issues to Expect in 2020

Presenter: Gerald “Jud” DeLoss, Attorney, Gozdecki Del Giudice

Several legal issues will come to the forefront in the next year and this session will explain each. Medicaid and managed care, IMDs, Parity, CCBHCs, and Privacy are expected to see significant change at the federal and state level. Each will be discussed along with anticipated modifications. Attendees will learn the steps to take now to address these areas at the provider level.

12:30 pm - 1:30 pm Keynote

The Other End of the Stethoscope

Presenter: Marcus Engle, MS, CSP, CPXP, Certified Speaking Professional and Author

Marcus Engel speaks from experience. After being blinded and severely injured by a drunk driver, Marcus overcame unimaginable obstacles to reclaim his life. This dramatic story inspires healthcare professionals to reignite their passion for providing excellent patient care.

1:45 pm - 2:45 pm Concurrent Sessions

Seeing Through the Vapor

Presenter: Andy Duran, Executive Director, LEAD

Vaping and e-cigarettes are a new and rapidly spreading industry. It may seem like everyone in school is doing it. This session will educate attendees on the myths around vaping, the reality of who actually is vaping, the potential life-long consequences, and strategies we can use to reduce usage in our community.

Beyond Opioids: Trends and Treatments for Emerging Drug Addiction and Overdose Crises in the U.S.

Presenters: Erin Stringfellow, Assistant Research Professor and Claire Wood, Assistant Research Professor, University of Missouri – St Louis, Missouri Institute of Mental Health

Recent large-scale funding initiatives have centered the need to critically address our nation’s opioid overdose crisis, and with good reason. National annual death rates of fatal opioid overdoses have continued to climb at alarming rates, with recent growth being largely attributable to an illicit drug supply poisoned with fentanyl, a powerful synthetic opioid. What has often been lost in this opioid-focused picture is the extent to which most opioid overdose deaths also involve other substances, particularly benzodiazepines, and that deaths associated with stimulants like cocaine and methamphetamine have also been steadily on the rise. This session will focus on three distinct topics: (1) recent and emerging trends in polydrug use, the role of social determinants of health (SDOH) as protective and risk factors, and the disparate impact on specific populations in these emerging trends; (2) evidence-based psychosocial treatments for stimulant use disorders, which remain the gold standard for stimulant use disorders given that pharmacotherapies are still in the clinical trial phase; and (3) corresponding promising and perilous policy approaches on our political horizon.

Making Cents of Value-Based Reimbursement

Presenter: Patrick Gauthier, Director, Advocates for Human Potential, Inc.

This session will provide participants with a roadmap to preparing for VBR and alternative payments methods. The presenters will share their experience with projects and clients in MA, NY and CA (and elsewhere around the country), drawing from their decades of managed care expertise. The focus will be on the steps and milestones required to follow for success with VBR. Throughout the session, the presenters will share not only their methods, but they will share important lessons learned about what doesn’t work.

Adult Sexual Offenders Assessment and Treatment

Presenter: Michael Kleppin, Therapist/Owner, Kleppin & Associates

Picking up where the previous presentation ends, this presentation is designed to identify and address issues specific to risk assessment and therapeutic intervention. This is assisted through a detailed breakdown of the offense cycle and therapeutic methods utilized in the confrontation of denial and deviant behavior.

Supporting Job Seekers with Criminal Backgrounds

Presenter: Christa Martin, MRC/CRC, Vocational Rehabilitation Specialist-Certified, Kentucky Office of Vocational Rehabilitation (OVR) Employer Services Branch

This session will assist professionals in supporting job seekers with criminal backgrounds in accordance with the CRCC Code of Ethics. Many clients with disabilities seeking employment may also have criminal records, which can serve as an additional barrier to obtaining gainful employment. The presentation will consist of different ways that can be utilized in trying to overcome that barrier including, but not limited to, how to read a background check, what to put on the job application, how to answer interview questions, expungement, the “Ban the Box” movement, known employers that are more open to hiring individuals with criminal histories, and a facilitated discussion allowing each other to share what they have found works, what doesn’t work, and their experiences working with job seekers facing this issue. Being able to hear from other professionals within the field can be one of the best ways to find new ideas and resources for assisting our clients. (Specific CRCC Code of Ethics addressed include: A.1.a., A.1.c., A.2.b., A.8., and L.1.a.)

The Narratives of Healing in Healthcare

Presenter: Marcus Engel, MS, CSP, CPSP, Certified Speaking Professional and Author

Birthered from Marcus Engel's M.S. in narrative medicine from Columbia University, the narrative nursing workshop teaches nurses to embrace their stories and to practice therapeutic writing techniques to guard against compassion fatigue and burnout. By leading nurses into the practice of therapeutic journaling, nurses are able to find different perspectives to invoke compassion and empathy; for patients, doctors, fellow nurses and for the families of patients.

PANEL: Innovative Workforce Strategies
(panelist and description available soon)

SMART CHATS: Developing Effective Physical Health Goals with Healthcare Home Members

Presenter: Nancy Gongaware, Deputy Chief Clinical officer, Compass Health Network

This session will give a brief overview of chronic disease self-management and the concepts of engagement and activation to set the context for goal setting. The primary discussion will be a model for developing a physical health goal in collaboration with the healthcare home member, and ideally their Community Support Specialist. This model expands on the SMART goal method on small, realistic, stage-matched goals that the person has confidence in achieving. Participants will see real examples of physical health goals developed using a goal-setting process that combines SMART goals and the IMPACT goal method used by Whole Health Action Management.

From Vicarious Trauma to Vicarious Resilience: Rethinking Stress in The Workplace

Presenter: Ryan Breen, Director of Staff Development and Training, Haymarket Center

Stress has been misrepresented as something toxic which should be avoided. People in the helping field are inundated with concepts like “Self-Care” and “Vicarious Trauma” and are at risk for being burned out, contributing to high turnover rates, and potentially compromise the ethical standard of Do No Harm. This session will utilize newer research on the stress response system and seek to combat conventional cultural wisdom about stress, particularly in the workplace and offer a perspective that not only builds resilience but can act as a catalyst for personal/professional growth, health, and resilience.

Recovery Coordinators and Child Welfare the New Frontier...Again

Presenters: Amanda McMillen, Chief Program Officer, Illinois Collaborative on Youth (ICOY), Susan Pickett, PhD, Deputy Director of Research and Evaluation, Advocates for Human Potential

During this session we will explore an innovative co-location project between SUD providers and child welfare agencies in their effort to collaborate to have greater impact on families impacted by substance abuse. We will provide an overview of the project model; share the joys and challenges with implementing new partnerships between SUD, child welfare agencies, and other stakeholders; and, offer guidance on measuring impact and initial findings within the project.

3:00 pm – 4:00 pm Concurrent Sessions

Stopping Stress in Its Tracks: How to Minimize the Long-Term Effects of Stress in the Body

Presenters: Holly Nemec, Community Relations Manager and Tara Stevens, Community Engagement Liaison, Behavioral Health Response

The human body has a normal and predictable response to stress. When this response is overactivated, it can result in physiological changes in the brain and body. We will discuss how the brain is impacted by stress and the danger of chronic inflammation in the development of cancer, heart disease, obesity and Alzheimer's. We will discuss how to minimize the effects on your emotional, social and physical health and provide tools to decrease the risk of developing such illnesses.

How Patients Can Control Chronic Pain

Presenter: Robert Bynum, PCP, HCH, Burrell Behavioral Health

A new viewpoint in chronic pain management. Do we have it right? By shifting focus of chronic pain to chronic inflammation, patients have a definable control to self-management of chronic pain. 1. Know difference between acute and chronic pain 2. Mechanism of immune system (inflammation) in chronic pain 3. Understandable treatments for patients to controlling inflammation may lead to controlling their chronic pain

PANEL: Virtual Mobile Crisis Intervention – Like Having a Clinician in Your Car

(panelist and description available soon)

Vocational Rehabilitation: The Untapped Resource in Diversity and Inclusion

Presenter: Christa Martin, MRC/CRC, Vocational Rehabilitation Specialist-Certified Kentucky Office of Vocational Rehabilitation (OVR) Employer Services Branch

This session will provide information about Vocational Rehabilitation (VR) and client services for both consumers and employers, as well as its purpose and history in which it is rooted. Participants will gain a better understanding of how to utilize VR to promote diversity and inclusion within their organization and connect with VR services in their area. Participants will become more knowledgeable of the disability community/culture, disability demographics, disability etiquette, AgrAbility, dispelling common misconceptions, the importance of our words/language we use, WIOA, etc. relative to the CRCC Code of Ethics. This session ends with a facilitated discussion because being able to hear from other professionals within the field can be one of the best ways to find new ideas and resources for assisting our clients. (Specific CRCC Code of Ethics addressed include: A.2.a, A.2.b., A.4., D.2.a, D.5.h., & L.1.a.)

MAT: Treatment Requires More Than Medication

(description available soon)

Inter-Professional Collaboration within Rural Health Practices

Presenter: Colleen Bader, Doctoral Student, Southern Illinois University-Carbondale

Building a collaborative, interprofessional workforce for behavioral health requires an objective definition of what collaboration is, along with tools which allow health care providers and managers the ability to measure

its presence or absence. A national study of collaboration among behavioral health professionals in the fields of substance use and mental health was conducted. The results of this study will be reviewed and a discussion on the benefit of clinically based assessments of collaboration will be facilitated by the presenters.

The Adaptive Imperative of Re-Positioning Behavioral Health in the Era of Seismic Market Shifts

Presenter: Patrick Gauthier, Director, Advocates for Human Potential, Inc.

This session will reinforce the marketing mandate that BH providers position and promote themselves in the bigger, broader markets of private health insurance coverage, managed care, IPAs, and hospitals. There will be a special emphasis on recognizing and promoting BH as central to whole-person health, outcomes, quality and savings – not a paradigm in which BH is fragmented and ancillary.

The Role of Prevention in Addressing Opioid Misuse: A Multi-Channel Effort

Presenters: Dave Closson, Director and Check Klevgaard, Mid-America Prevention Technology transfer Center

The opioid crisis has received much attention in the United States. More people than ever are dying from opioid overdose and the epidemic is hitting people hard. Stopping opioid misuse takes a multi-channel effort and requires collaborating with new partners. This session will provide an overview of factors known to elevate individuals' risk for opioid overdose, introduce strategies shown to lower that risk, and outline opportunities to engage new partners in developing a comprehensive approach.

Developmental Assets for Abuse and Neglected Children

Presenter: Shane Young, Training and Development Coordinator, ReDiscover

The Search Institute utilized evidence-based research to create the concept identified as developmental assets. You will be introduced to what developmental assets are, how you can incorporate them with the children you are working with and how to build a strengths-based culture.

Resilience in Action: Trauma Through the Lens of a Mother, Survivor, and Behavioral Health Leader

Jamie Wehmeyer, Chief Clinical Leader, Resilience Builders

Trauma Informed Care has been growing in popularity over the last several years, however many organizations and leaders struggle with fully understanding what it means to integrate it into their culture. As the lead in integrating Trauma Informed Care into the culture in her previous position, the presenter was passionate about the need to fully understand the impact of trauma and importance of building resilience for both staff and the persons served. With the murder of her son in 2017, she became intimately aware of how systems can help and harm those who are living with trauma. As the presenter has had to navigate through a variety of systems including schools, courts and work environments she has become even more aware of the need for communities to become trauma informed. The value of utilizing the principles of trauma informed practices along with teaching staff self-care and resilience in order to build a strong workforce will be emphasized. The presenter will utilize both her professional experience and personal story to help participants understand the importance of trauma informed practices and resilience building. Specific examples will be provided in regard to how to help trauma survivors and build resilience. Through her message of hope and resilience that she aims to educate individuals, organizations and communities on the importance of trauma informed care. The target audience will be organizational leaders as well as individuals interested in building resilient, trauma informed workforces.

4:15 pm – 5:00 pm

Innovation Showcases

Saving a Life with Text

Presenter: Andy Duran, Executive Director, LEAD

Text-A-Tip is an anonymous text crisis hotline offering emotional support, substance use prevention and on-the-ground crisis intervention for community members. It is the only text hotline in the country that is fully anonymous and supported by teams of fully licensed mental health counselors. Text-A-Tip is available 24/7, 365

days per year. The service was launched in January 2014 in a local Chicago community in response to three teen suicides and has since expanded across the country.

Value-Up

Presenter: Mike Donahue, Director, Value Up

Our program Value Up exists to help schools develop and maintain a healthy social climate. Our signature program, "Value Up", speaks to students in a way that resonates with what matters to THEM and brings them into a collective agreement about respect, diversity and the value of human life. Lesson #1 The Value Up message is simple, everyone has equal value and your value is intrinsic. Value is not based on performance or social status. Lesson #2 Value is built in and does not change. Lesson #3 When students understand their innate value, they are more likely to see and appreciate the value in others, leading them naturally to treat others with dignity and respect. The Value Up culture building program empowers students to build a social climate where students strengthen one another and embrace each other's differences.

No Wrong Door for Integrated Care: Beyond Co-Location to Information Sharing

Presenter: Julie K.D. Hiatt, LMSW, Senior Director, Population Health, Netsmart

The trend toward integrated care shows no signs of slowing. Whether your organization is currently taking on risk for your patient population or just now embarking the path to integrated care, the changing landscape requires an evolving approach to innovation and technology...and the ability to effectively coordinate care across a diverse landscape of providers, clinical settings, workflows and IT systems. In this session, learn how to enable data sharing with disparate systems and leverage technology to create the infrastructure needed to ensure all providers have a complete picture of the individual, regardless of venue of care.

Objectives:

- Participants will understand the key components and strategies of integrated care, including making virtual connections to all providers in an expanding scope of care.
- Participants will identify opportunities and challenges associated with coordinating care between your organization and health system and community-based partners.
- Participants will learn how data analytics and Key Performance Indicator (KPI) dashboards can be used to measure clinical and operational success in integrated care

S.C.R.E.A.M.

Presenter: Marcus Gentry, Owner, A Mastermind Creation

This class approaches the matter to crisis intervention personally and professionally by expanding the understanding of the word Scream and why particular management tools are an essential part of dealing through a crises. During this class we discuss the complications that arise from the emotional energy built up as a result of periods of high stress, ongoing anger, or when traditional coping methods may be exhausted or ineffective. Learning Objectives: 1) Participants will be provided with a toolbox full of tips to help manage their emotions through a crises. 2) Participants will be able to identify methods used by others who successfully overcome personal and professional obstacles and how they can have immediate application. 3) Participants will discover the benefits of the "Scream Strategies" introduced and how they can be used appropriately daily once gaining a deeper understanding of its origin and benefits.

Trends in Opioid Misuse

Presenter: Leah LaRue, Associate Director, Clinical Affairs, Millennium Health

Rates of prescription opioid medication misuse remain high but have leveled in comparison to a sharp increase in the use of heroin and fentanyl. This program is intended to illustrate recent trends in both prescription and illicit opioid use, as well as discuss pharmacology and physical effects. Consequences to public health continue to emerge and require a multi-pronged approach to mitigate the risks associated with opioid misuse, abuse, and

addiction. Objectives: -Describe landscape and trends in opioid misuse and abuse -Identify pharmacology and physiologic effects of opioids -Discuss consequences and efforts designed to mitigate the risk of opioid use

Music as a Modality in Healthcare

Presenter: Randy Melick, Clinical Mental Health Supervisor, Burrell Behavioral Health

What happens in our brain as we listen to music? Why combine familiar sounds in nature (i.e.) rain, thunderstorms, ocean tides wind, and whales, with music?

Investing in Your Future

Presenter: David Bucciferro, Senior Advisor, Foothold Technology

For some, data is a scary four-letter word. It doesn't have to be. When used strategically, data can give your agency great power and responsibility and it can be a tool your agency can use to invest in its future. In this session, we'll demystify data and share examples of how agencies are identifying what to measure, what to share, and how to use it to enhance their work and support the individuals they serve. If you're ready for a greater understanding of how to market your services and fuel your sustainability, join us to learn practical tips on how to reinvent your organization's relationship to data. Learning Outcomes: 1. Participants will be able to evaluate data from their own programs and outcomes for the purpose of strategic planning and governance. 2. Participants will be able to gauge their own agency's technical readiness to generate reports that can inform all aspects of an agency's operations and service provision. 3. Participants will be able to identify reports and key measures to bring back to their agency management.

Telehealth for Kids

Presenters: Terry Trafton, MS, LPC, BCC, President and CEO, CommCare, Alex Bachert, MPH, Clinic Partnerships Manager, Genoa Healthcare Telepsychiatry, Margo Pigg, MBA, Chief Behavioral Health Officer, Comtrea

This presentation will explore the potential for telepsychiatry to increase access to psychiatric care in underserved communities, with a specific focus on key components for developing sustainable treatment for pediatric patients with mental and behavioral health needs. Across the country, 13-20% of children and adolescents suffer from mental illness, making it one of the five most common pediatric conditions. Most children and adolescents with a mental health condition have a chronic medical condition (60%), but only 20% receive care. Telepsychiatry programs in community settings are especially promising for recognizing conditions and offering timely and long-term treatment for child and adolescent populations. The goal of our session is to highlight the intersection of community advocacy and delivery of quality care through telepsychiatry with a specific focus on regulatory developments that encourage its expansion.

Hope, Health, & Happiness: From Resiliency to Well-Being

Presenter: Lisa Fansler, Director Account Services – myStrength

Emotional health and well-being is a journey. myStrength is here each day to provide inspiration, cultivate resilience and strengthen skills to build strong mental health. Our platform empowers individuals with personalized pathways incorporating multiple programs to help manage and overcome comorbid challenges. This session will explore the latest myStrength innovations.

4:15 pm – 6:00 pm

Film Showing: Bedlam

Haunted by the death of a mentally ill sister, psychiatrist Kenneth Rosenberg takes on the role of filmmaker to examine a national health crisis. Bedlam follows the poignant stories of people grappling with schizophrenia, bipolar disorder, and other chronic psychiatric conditions. Impossible to mask when untreated, their symptoms shove them into the path of police officers, ER doctors and nurses, lawyers, and prison guards. Shooting over the course of five years, Rosenberg takes us inside Los Angeles County's overwhelmed and vastly under-resourced psych ER, a nearby jail warehousing thousands of psychiatric patients, and the homes — and

homeless encampments — of people suffering from severe mental illness, where silence and shame often worsen the suffering.

Bedlam describes the triggers pulled in the mid- and late 20th century to create this bedlam on a national scale. Massive federal defunding shuttered mental institutions across the country from the 1950s to the 1980s, leaving a skeletal support system in their place. Untold numbers of mentally ill people landed on the streets and, inevitably, stumbled on the cracks in American society that have led to misuse of jails, tens of thousands of people sleeping in parks and on sidewalks, and too many stories of loved ones lost while the clock ticks on solutions from policy makers and Big Pharma.

OCTOBER 25, 2019

8:30 am - 9:30 am

KEYNOTE

What's Driving You??: How I Overcame Abuse and Learned to Lead in the NBA

Presenter: Keyon Dooling, former NBA Player and Mental Health Advocate

During his 12th season as a professional basketball player, Keyon Dooling was at the top of his game as the designated team leader of the Boston Celtics. Known for firing up his teammates with the challenge, “What’s driving you?” – found himself a few months later locked away in a mental institution, confused, frightened and on the verge of losing everything.

In his memoir “What’s Driving You???” Dooling candidly discusses the shocking childhood incident that had a major impact on his career, as well as the hidden trauma that led to his widely publicized breakdown. From his childhood struggles growing up in a poor and traditionally-segregated section of Fort Lauderdale, to his battle to prove the experts wrong and make the cut for the NBA draft and his challenging career on the court, Dooling chronicles the difficulties many professional basketball players face both in achieving their dreams and adjusting to a new and overwhelming lifestyle for which they are unprepared.

Dooling openly discusses many revealing off-the-court anecdotes involving legendary coaches Pat Riley and Doc Rivers, his infamous fight with Ray Allen, experience as a rookie being targeted by Gary Payton and the team leadership skills learned from Shaquille O’Neal and others.

His breakdown in 2012 is also described in harrowing detail; the betrayal that reignited his childhood trauma, the anxiety that caused him to announce his retirement, and the confrontation with the police that resulted in his commitment to a mental hospital. Dooling’s recovery, fueled by his faith, family and the touching support of the entire Boston Celtics organization, makes for an inspiring ending to a gripping story that reveals what drove Dooling to continually overcome the odds – and emerge a winner.

9:45 am - 10:45 am

Concurrent Sessions

Using “Resistance” as a Doorway, with Transition Age Youth

Presenters: Candy Malina, Senior Clinical Director and Jose M. Viruet, Program Director, Thresholds

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, for a number of reasons, we struggle with understanding the underlying developmental needs that young people have when presenting as “resistant”. By increasing our understanding and awareness of young person needs, the conflict cycle, and our personal tendencies in response to our perception of young person “resistance”, 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. Participants will (1) reframe the concept of "resistance" within the framework of TAY development, mental health and trauma; (2) explore the role of our own "emotional competence" in changing our interactions with "resistant" TAY; (3) learn individual and programmatic strategies to use "resistance" as a doorway for engagement and TAY development.

An Update from Washington: Mo' Money, Mo' Problems (Maybe not in that order!)

Presenter: Andrew Kessler, Principal, Slingshot Solutions

Knowledge of the federal government's commitment to spending increases or decreases on behavioral health. New policies and regulations that can make the provision of services more difficult. How the Illinois delegation views behavioral health as a priority.

Teen Mental Health First Aid: Coming Soon to a School Near You

Presenters: Ashley Webb, Director of Strategic Initiatives and Riley Blythe, Prevention Program Coordinator, Illinois Association for Behavioral Health

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. This pilot course is expanding and will soon be offered! Come learn more about the course and how to bring this training to a school near you.

Alternative Intervention Strategies for At-Risk Youth

Presenter: Shane Young, Training and Development Coordinator, ReDiscover

You will be introduced to a series of concepts that have been introduced into a juvenile justice program that helped change the way we worked with at risk youth and court ordered juveniles.

Working with Veterans with Co-Occurring Substance Use and PTSD

Presenter: Dr. Mary Roberson, Project Director, Nicasa Behavioral Health Services

Across the nation, providers are seeing more and more of our military and veterans. This session will help you gain insight about the military and veteran culture and hone in on PTSD and addiction in this population as well as Recovery-Oriented Mental Health Care, Trauma-Informed Counseling and Clinical Implications relative to military and veterans.

Toxic Stress as a Social Determinant of Health

Presenters: Janelle Elliott, Outpatient Nurse Case Manager, and Jill Knight, BSH, RN, CCM, Barnes-Jewish Hospital, Randy Jotte, MD, Washington University

This will be a research-backed discussion on how childhood trauma/stress can reshape the brain and adversely affect brain function. Being in a chronic fight or flight state can influence impulsivity in adult behavior as well as cause anxiety that impacts the ability to adhere to goals or plans. We will look at how medical professionals and community resources can combine to assist with setting long term goals and obtaining life skills training to optimize outcomes. In-depth case study presented.

Impacted Family and Friends of People with Suicidal Experiences

Presenters: Jacque Christmas, Fatality Review Coordinator, Missouri Department of Mental Health, Rick Strait, ITCD Program Manager & Suicide Prevention Coordinator, Community Counseling Center

According to Julie Cerel at the University of Kentucky, 11 people are devastated by a single suicide. 47,000 people died by suicide in the U.S. last year, which leaves over a million people whose lives were devastated. These are just some of the impacted family and friends (IFF) of people with suicidal experiences. The voices of many IFF are beginning to be heard since the formation of the American Association of Suicidology's (AAS) committee for IFF. This session will focus on identifying who IFF are, and available interactive wellness workshops for them in MO. The wellness check exercises that help suicide loss and suicide attempt survivors clear emotional clutter and find inner peace will be demonstrated.

Trauma, Substance Use and HIV: Examining the Intersectionality

Presenter: Nicholas Brady, HIV Care Connect Associate & Trauma-Free Illinois Initiative Coordinator, Illinois Public Health Association

Research regarding psychological trauma has been forthcoming since the late 1990's beginning with the publishing of the Centers for Disease Control and Kaiser Permanente Adverse Childhood Experiences study. Despite the overwhelming volume of research literature, understanding what trauma means for professional practice is sometimes challenging to articulate and integrate. This session will review pertinent research and examine the intersection of trauma with substance use and HIV. Moreover, specific interventions and therapy modalities which have or could be adopted into professional service settings will be considered.

Gender Affirming Care

Presenter: Meredith Gray, MD, University of Kansas

By the end of this discussion the attendee shall be able to: discuss initiation criteria for GAHT; identify the foundational concepts of GAHT; blockers; masculinizing therapy; feminizing therapy; utilize appropriate laboratory and clinical benchmarks to monitor GAHT process; and list resources which can be utilized to stay up to date on the latest care.

Bottom Up: The Missouri CIT Council Approach

Presenter: Jason Klaus, Detective, MO Coalition for Community Behavioral Healthcare

The Missouri Crisis Intervention Team (MO CIT) Council is a network of representatives from each established local council across the State, Community Mental Health Liaisons (CMHLs), state agencies and associations, and those with lived experience. The business of the Council is informed by the needs of the local CIT Councils. The Council works to address any structural barriers at the state level and advocate for policy and legislative changes that may be necessary to support health and wellness. The Council also provides direction and support on the CIT Curriculum, training, expansion and implementation of the program.

9:45 am – 12:00 pm Independence Clubhouse Tour

A bus will be available to take individuals to learn about the Independence Centers clubhouse, how it got started, challenges along the way, and a visit to see what it looks like and how it is ran.

11:00 am – 12:00 pm Concurrent Sessions

Understanding How Integrated Health Homes Work

Presenter: Kenny Martin-Ocasio, Senior Vice President-Health Services, Community Integration, Aunt Martha's Health & Wellness

The state of Illinois is moving to implement the Integrated Health Home, a new, fully integrated form of care coordination for all Medicaid members. Each Medicaid member will be connected to an Integrated Health Home provider based on their level of need (risk) and the provider's ability to meet those needs. The Integrated Health Home will be responsible for the care coordination for members across their physical health, behavioral health, and social care needs, but not be responsible for provision for all services and treatment. Aunt Martha's is prepared to operate as an IHH as it has been operating under the Integrated Care Model for several years and has demonstrated how the care model yields better outcomes at a lower cost, often with improved patient experiences. We have also expounded on the topic of Value Based Care and the role it plays within IHH.

From Helicopter to Lawn Mower, Today's Parent & the Role they Play in Mental Health & Substance Use

Presenter: Kym Laube, Executive Director, Human Understanding Growth Services, Inc.

How many times have you organized a parent workshop only to have 10 people show up? Or watched parent after parent on social media highlight alcohol and other high-risk behaviors? Listened to story upon story of parents providing alcohol in the home to keep youth "safe"? Raising today's youth comes with some of the

greatest challenges one will face and often times parents are more willing to share recipes and tips for cooking than tips for positive parenting. When it comes to mental health and substance use, most parents do not know what they do not know. This session will take an in-depth look at the needs of today's youth and how to meaningfully engage parents in discussion groups and trainings that strengthen family practice and policy when it comes to positive youth development and prevention strategies. We must put forth efforts to move us from helicopter and lawn mower parenting practices to effective strategies to raise resilient, emotionally aware and successful youth. This workshop is perfect for professionals, parents, mentors and anyone who comes in contact with today's youth. After all, it takes a community.

Who Are the Families of Transitional-Aged Youth? (Part One)

Presenter: Nancy Phillips, Coordinator, Illinois Family Resource Center

As the behavioral health field explores how to provide more effective substance use disorder services to our transitional age youth (TAY), the impact on their family relationships must be recognized. For our TAY, family is more than parents, more than siblings, more than extended family and close friends. It is often their children. With the newer research concerning the brain development timeline, the substance use disorder field has recognized the need to expand the focus of family involvement and support to include working with the unique needs of our young adults 18 through 25 years of age. When addressing family relationships, the field is recognizing that often the primary damaged relationship is the children.

Treating Trauma in a Substance Use Setting

Presenter: Jill Reich, Clinical Supervisor, WestCare

We will provide an overview of trauma informed approaches to substance use disorder treatment. We will discuss the benefits of developing a trauma informed culture and the challenges that stand in the way of improving the effectiveness of trauma informed care. We will have an interactive discussion with participants on workplace culture of TIC and ways to begin implementing a more TIC environment.

Intro to Gambling Disorder

Presenter: Elizabeth Thielen, Senior Director, Nicasa Behavioral Health Services

At a time when opportunities to gamble in our community are ever-expanding, it is crucial for those in the helping professions to be aware of gambling disorder, how it affects the people we serve, how to screen and refer, and where to turn for more information. This session will emphasize that all aspects of our field can play a role in increasing public awareness of what has long been considered the "silent addiction."

PANEL: The Secret Weapon of Peer/Recovery Support Specialists

Presenters: Ty Bechel, CEO/Founder, Amare, AJ French, President & CEO, Gift of Voice, Timothy Conroy, CPS Trainer, Missouri Credentialing Board

In the fight against mental health and addiction challenges, how well does your agency capitalize on the power of a peer? In this session, we will take a closer look at how Missouri utilizes Peer Support Specialists compared to how Illinois utilizes Recovery Support Specialists. We'll explore some basic definitions and distinctions between lived experience specialists and other behavioral health professionals; as well as discuss recent trends and projected advancements in the peer/recovery support field.

SHOT: Results from the Supportive Housing Outreach Team Study and Implications for Behavioral Health

Presenters: Michael Banghart, Executive Director, Renaissance Social Services, Claire Pederson, Psychology Postdoctoral Fellow, John D. Dingell VA Medical Center

Learn about the models of care that were shown to be the most effective in serving tri-morbid individuals, those with Co-occurring disorders and physical disabilities. To understand the effect of providing Trauma Informed Care with Clinical Case Management has on veterans and women, populations that have historically fared worse

in the homeless services system. Understand the impact this research has on community based mental health services.

The Role of Treatment Providers in Implementing Alternatives to Incarceration

Presenter: Hope Fiori, Administrator for Consulting & Training, TASC's Center for Health and Justice

Justice-involved individuals have disproportionate rates of substance use disorder (SUD), leaving jails and prisons to serve as the de-facto behavioral health providers for a population who would more appropriately be served in community-based treatment settings. As the opioid epidemic continues to ravage communities across the Midwest, communities are developing alternatives to incarceration (ATI), diverting people to treatment in the community rather than arrest or jail. In developing ATI, many face challenges with limited or inaccessible treatment capacity, leading them to ask, "Divert to what?" This session will introduce the key elements of treatment capacity and discuss a model and strategies for expanding community-based capacity to respond to the demand for services arising from ATI. The group will discuss the roles of the behavioral health providers in working with social service and justice systems partners to facilitate these practices and brainstorm opportunities to collaborate and form partnerships with these other systems.

The Evidence for ZeroSuicide and Healthcare: Implementing a Scientist-Practitioner Approach to Patient Safety and Better Suicide Care

Presenter: Bart Andrews, PhD, VP Telehealth and Home/Community Services, Behavior Health Response

Why are our suicide prevention outcomes lagging so far behind our efforts in other public health success stories? What if I told you this is not because we don't know how to prevent suicide, but is instead a lack of implementation of best practices? Suicide prevention does have best practices and standards that save lives. Isn't time we implemented them? Session answers these fundamental questions: 1. What are best practices for suicide prevention in healthcare? 2. How do they compare to other healthcare initiatives? 3. How can we apply implementation science in a healthcare setting?

12:30 pm - 1:30 pm KEYNOTE

In Conversation with Rick Springfield

Rick has worn many hats as an entertainer and performer over the past three decades, including those of writer and mental health advocate. By writing and talking openly about his depression and suicide attempt, he has helped raise awareness about mental illness and encouraged others who are struggling to have hope. This interactive conversation will provide the audience with an opportunity to hear how music and writing have positively influenced Rick's recovery journey.

1:45pm - 2:45 pm Concurrent Sessions

A Parents Perspective of Preventing Substance Use

Presenter: Jim Marshall, Substance Use Prevention and Mental Health Speaker, Cody's Gift

To be able to determine early symptoms of use; to understand incorrect stereotypes that leave parents; naive of situations; how to develop and raise children with strong coping skills; how to get help for your child; the do's and don'ts of dealing with a teen with substance use issues; and why parents do not see this event coming.

2 ½ Seconds to Save a Life: Are You Thinking of Killing Yourself?

Presenter: Timothy Conroy, CPS Trainer, Missouri Credentialing Board

Using an interactive format, the presenter will discuss his own suicidal ideation, how he dealt with it both poorly and effectively - which may have sometimes been the same thing - and where, what and who he is now. Then the group will look at ways suicide prevention has worked and some of the reasons it has failed over the past few years. Information will be shared both from the presenter's life and his interactions with the American Association of Suicidology. The last part of the session will be reserved for a discussion regarding asking "The Question", and the concept of '2 1/2 Seconds to Save a Life' will be introduced.

Objectives:

- Understand that suicidal thoughts are not uncommon, and that trauma and other life events can affect the way individuals are able to cope by hearing a real-life account.
- What has worked and not worked in suicide prevention efforts in the last 4-5 years - especially from a peer perspective.
- To realize that anyone, from a peer to a professional, can sometimes intervene when someone is feeling and/or having suicidal thoughts - before the situation becomes a crisis or emergency.

Who Are the Families of Transitional-Aged Youth? (part two)

Presenter: Nancy Phillips, Coordinator, Illinois Family Resource Center

As the behavioral health field explores how to provide more effective substance use disorder services to our transitional age youth (TAY), the impact on their family relationships must be recognized. For our TAY, family is more than parents, more than siblings, more than extended family and close friends. It is often their children. With the newer research concerning the brain development timeline, the substance use disorder field has recognized the need to expand the focus of family involvement and support to include working with the unique needs of our young adults 18 through 25 years of age. When addressing family relationships, the field is recognizing that often the primary damaged relationship is the children.

Compassion Curiosity: How We Can Serve Our Clients with Addiction

Presenter: Donna Nicholson, Director of Adoption Services, Bethany Christian Services

With a 400% rise of Opioid use in the last decade, especially with expectant mothers, what are the practices skills needed to build rapport with our clients? Learn the background that leads to addiction, the steps in the balancing act of serving, and techniques to increase the chance for change.

Emergency Events in MO & IL

Presenters: Eric Evans, Director, Emergency Management, Department of Mental Health, Beckie Gierer, Director, Continuity of Operations Planning, Missouri Department of Mental Health, Vicky Mieseler, Chief Administrative Officer, Ozark Center

(Description available soon)

Partners, Persuasion, and Policy: Engaging in Grassroots Advocacy

Presenters: Amanda Chesley Blecha, Regional Director, State Government Affairs – Midwest American Psychiatric Association, Sherifa Iqbal, Immediate Past President, Missouri Psychiatric Physicians Association, Gena Terlizzi, Executive Director, NAMI Missouri

This panel session will provide attendees with a better understanding of the importance of advocacy, ways to increase their involvement, and partner with provider and patient organizations with mutual policy priorities. Attendees will learn about successful advocacy efforts from a psychiatrist and state government relations professionals all of whom can share insights from their experiences advocating before state legislatures and administrations. The panel will discuss legislative advocacy efforts to increase access to care, such as mental health parity and medication coverage, with strong coalition partners.

CET: Physical Therapy for the Brain or Beyond Treatment as Usual

Presenter: T. Victor Lloyd, Educator and Trainer, Center for Cognition and Recovery

Why have more individuals with chronic mental health disabilities not recovered more completely? We need to rethink the problem and solution; move the treatment paradigm from treatment as usual, i.e. maintenance style of non-treatment to Cognitive Remediation, a rehabilitative, active treatment model focusing on remediating the person's disabilities while increasing their strengths. Since 2001, CET (Cognitive Enhancement Therapy), a SAMHSA recognized EBP form of Cognitive Remediation, has been disseminated to over 50 sites in 15 states. Attendees will learn about and walk through a typical CET session: computer exercises; the social cognition talks; homework questions and cognitive exercises. A PowerPoint will describe the neuroscience research supporting CET and the social, vocational and educational effectiveness of CET.

Keynote Follow-up Session and Book Signing

Presenter: Rick Springfield