

2022 IABH  
CONFERENCE  
AGENDA





# IABH CONFERENCE AGENDA

## MONDAY, MARCH 7

8:00 AM	Registration
8:30 - 11:30 AM	Board Meeting Board Lunch from 11:30AM-12:30PM Sponsored by innovaTel
9:00 AM - 12:00 PM  Audience Key: P – Prevention AC – Addiction Clinical MHC – Mental Health Clinical CM – Clinical Management EM – Executive Management HR – Human Resources O – Other	Pre-Conference(s) – 3 CEUs  <u>1. Workplace Safety Starts at home: What Employers Can Do to Mitigate the Impact &amp; Trauma of Domestic Violence</u> Presenter: Shannon Benaitis Audience: EM, HR  While most Americans believe that mass shootings are caused by mental health issues or terrorism, the reality is that more than half are related to domestic or family violence. More than a third of mass shooting incidents occur in public places; in places where people work, and where employers may have no idea that their employees are victims of domestic violence and thus at risk for being targeted by the perpetrator. Domestic violence puts the affected employee, other employees, and your clients or customers at risk. The workplace is the one location where the perpetrator can reliably predict the location of the victim at a specific time.  Over 80% of social services workers at the direct support and case management level are women. 85% of victims of domestic violence are women. In Illinois alone, calls to the statewide Domestic Violence Hotline increased 16% during the COVID shutdown; text messages increased 30-fold. As provider agencies in the behavioral health field, it is in our best interest, and in fact we have a responsibility, to provide a safe environment where employees can return to work and clients can once again receive in-person services. Just as important, we need to support our employees by acknowledging their trauma with compassion and grace.  Besides the devastating injuries and loss of life that can result from domestic violence and mass shootings, there is a productivity cost as well. Victims of domestic violence miss 8 million days of paid work a year due to physical injuries, mental health problems, or fear of putting their coworkers and customers at risk if they go to work.  In this session, we will review case studies, red flags, and warning signs of domestic violence victims and perpetrators including those that may pose a risk to the public, and current legislation that may impact employers. We will examine how employers and their human resources departments can offer support to victims of domestic violence and work with them to develop safety plans that address everyone at risk in the workplace. Resources for the employer and the employee, aimed at getting her and her family safe while keeping her job, will be provided. Time for Q & A will be allotted, and we will address the unique aspects of this issue for LGBTQ women and women of color.



# IABH CONFERENCE AGENDA

## MONDAY, MARCH 7

<p><b>9:00 AM - 12:00 PM</b></p> <p><b>Audience Key:</b> P – Prevention AC – Addiction Clinical MHC – Mental Health Clinical CM – Clinical Management EM – Executive Management HR – Human Resources O – Other</p>	<p><b>Pre-Conference(s) – 3 CEUs</b></p> <p><u>2. Ethical Use and Application of Countertransference in Social Work</u> <b>Presenter:</b> Chaz Franke <b>Audience:</b> AC, MHC, CM</p> <p>The social worker's reaction to the intricate emotions, behaviors, and process of their clients is both a useful clinical tool and a potentially unsettling aspect of therapy. In this training we will focus on the ways to appropriately and ethically apply and be aware of the countertransference reactions. We will explore appropriate and inappropriate self-disclosure, when to communicate a reaction and when not to express, and most importantly, the ethical imperative to be a self-aware social worker. We will explore the appropriate use of supervision, supervision after licensure, and improved strategies for self-care to prevent the pitfalls of compassion fatigue and secondary trauma.</p>
<p><b>12:00 - 12:45 PM</b></p>	<p><b>Lunch (On Your Own)</b></p>
<p><b>12:00 PM</b></p>	<p><b>Exhibits Open</b></p>
<p><b>1:00 - 2:15 PM</b></p>	<p><b>Welcome</b> <b>IABH CEO &amp; Board Chair</b></p> <p><b>Opening Keynote - 1 CEU</b></p> <p><u>Non-profit Organizational Leadership: Diversity and Inclusion and Addressing Gender and Racial Bias</u> <b>Presenter:</b> Feminista Jones</p> <p>Using her experience as a social worker, Ms. Jones will discuss how organizations can address systemic issues related to gender, race and sexual orientation in the workplace. In addition, she will provide recommendations on how organizations and corporations can assess and improve their culture and climate.</p>
<p><b>2:15 - 2:45 PM</b></p>	<p><b>Exhibit Session/Break</b></p>



# IABH CONFERENCE AGENDA

## MONDAY, MARCH 7

2:45 - 3:45 PM

**Audience Key:**

P – Prevention  
AC – Addiction Clinical  
MHC – Mental Health Clinical  
CM – Clinical Management  
EM – Executive Management  
HR – Human Resources  
O – Other

### Concurrent Sessions 1 - 1 CEU

1. Parity and Equity in Health Insurance Coverage of Mental Health and Addiction Treatment in Illinois

Presenter: David Applegate

Audience: AC, CM, EM, MHC

Mental health and addiction parity laws require that health plans cover mental health and substance use disorders no more restrictively than illnesses in other parts of the body. This session will provide an overview of parity law, public policy, and the rights of patients and providers with regards to health insurance coverage of mental health and substance use disorder treatment.

2. Super Behavioral Health Practitioners Safety Training (Part 1)

Presenter: Michelle Manu

Audience: All

Using dance and movement, the Super Behavioral Health Practitioners' Safety Training will convert into real-life self-defense tools you can use and will build confidence through information, perception shifting, and movements to increase your instincts and develop your underdeveloped (or unknown) inner superpowers. Regardless of your origin story, you have the ability to write your story from this day forward through your free will and choice regardless and in spite of adversity and obstacles.

Superheroes work out! They are aware and prepared! They have the coolest tools and gadgets! They have strategized. Participants will learn and practice movements that assist in defending against a choke, hair grab, shirt grab, wrist grab, push, knife, handgun, hammer, zip tie, crowbar, rape prevention ... but most importantly, how to trust one's inner wo/man and use acquired skills during a time of physical survival. Come prepared to move and practice your newly acquired skills!

3. Integrated Models of Care: How the Integration of Primary Care and Behavioral Health Can Happen

Presenter: David Bucciferro

Audience: CM, EM

In January 2020, ECRI through its Partnership for Health IT Patient Safety, in collaboration with HIMSS Electronic Health Record Association (EHRA), convened the Optimizing Health IT for Safe Integration of Behavioral Health and Primary Care workgroup. David Bucciferro, Senior Advisor of Foothold Technology, serves as the co-chair of the workgroup, and this important group of stakeholders focused on identifying how to best use technology to safely facilitate the integration of behavioral health and primary care. In this presentation, David will share highlights and insights from a recent white paper that was released by the workgroup that summarizes findings, recommendations, and strategies for this preferred model of care. He will also discuss the role of providers as we move towards more integrated models of care.

4. Breaking the Stigma and Embrace Our Clients Instead

Presenter: Sonia Dubose

Audience: All

It is unfortunate that stigma plays a huge part with the special population of mental health and substance use disorders. It is important to educate frontline workers so that they can in turn educate our communities on the importance of embracing the individuals that suffer from these special populations.



# IABH CONFERENCE AGENDA

## MONDAY, MARCH 7

2:45 - 3:45 PM

5. Strategic Partnership to Increase Access to Medication Assisted Recovery: The University of Illinois and Family Guidance Center Collaboration

Presenters: Ron Vlasaty and Nicky Gastala

Audience: AC, CM, EM

In January 2021, the University of Illinois Health Mile Square Health Center (UIH-MSHC) and Family Guidance Centers, Inc. (FGC) established an integrated, co-location and co-management model to expand access to both primary care and behavioral healthcare services. Through an integrated primary care behavioral health approach, patients are co-managed between behavioral health and primary care so that stable patients are maintained by primary care. New patients as well as unstable patients have access to specialty behavioral health services, including all three forms of FDA-approved medication for the treatment of opioid use disorder. This presentation details the key strategies necessary to establish a fully integrated service delivery model with primary care and behavioral health providers and how integrated models are able to improve access to medication-assisted recovery (MAR) as well as primary health care services.

3:45 - 4:00 PM

### Transition Break

4:00 - 5:00 PM

### Concurrent Sessions 2 - 1 CEU

Audience Key:

P – Prevention

AC – Addiction Clinical

MHC – Mental Health Clinical

CM – Clinical Management

EM – Executive Management

HR – Human Resources

O – Other

1. S.C.R.E.A.M.: Crisis Management Strategies

Presenter: Marcus Gentry

Audience: All

In this presentation, we discuss the traditional understanding of the word and act of the scream. Then we creatively expand that to introduce easy to remember techniques that can be implemented to manage the emotional energy that results from periods of high stress.

2. Super Behavioral Health Practitioners Safety Training (Part 2)

Presenter: Michelle Manu

Audience: All

Using dance and movement, the Super Behavioral Health Practitioners' Safety Training will convert into real-life self-defense tools you can use and will build confidence through information, perception shifting, and movements to increase your instincts and develop your underdeveloped (or unknown) inner superpowers. Regardless of your origin story, you have the ability to write your story from this day forward through your free will and choice regardless and in spite of adversity and obstacles.

Superheroes work out! They are aware and prepared! They have the coolest tools and gadgets! They have strategized. Participants will learn and practice movements that assist in defending against a choke, hair grab, shirt grab, wrist grab, push, knife, handgun, hammer, zip tie, crowbar, rape prevention ... but most importantly, how to trust one's inner wo/man and use acquired skills during a time of physical survival. Come prepared to move and practice your newly acquired skills!

3. Electronics Addiction Assessment

Presenter: Brian Syzdek

Audience: AC, CM, MHC, P

Electronics' addiction, including internet use, social media, and digital device use, shares many characteristics as addiction to substance use, interfering with life functioning and creating lasting mental health concerns. Because of the burgeoning presence of electronics in our society, their use has become normalized and electronics addiction is not extensively assessed. This presentation will review the importance of electronics assessment and tool that can be used - the Internet Addiction Test, one of the first assessments to identify electronics' addiction. The test has been extensively used in research and identifies individuals with potentially addictive issues, identifies the areas that are driving and impacted by the addiction. Strategies for incorporating into intake and psychoeducation, and treatment strategies are reviewed.



# IABH CONFERENCE AGENDA

## MONDAY, MARCH 7

4:00 - 5:00 PM

Audience Key:  
P – Prevention  
AC – Addiction Clinical  
MHC – Mental Health Clinical  
CM – Clinical Management  
EM – Executive Management  
HR – Human Resources  
O – Other

### Concurrent Sessions 2 - 1 CEU

#### 4. Illinois Regional Leadership Centers: Access to Care Across the Continuum

Presenters: Donna Nahlik, Kathleen Monahan, Kim Calloway-Thompson, Tanya Sorrell, Brent Van Ham, and David King

Audience: All

Regional Leadership Centers are working across all regions of Illinois to facilitate connections across the treatment continuum. Our overarching goals are to ensure access to care to all Illinois residents. The agencies currently serving as Regional Leadership Centers include: Rush Medical Center, Carle Healthcare System, Southern Illinois University School of Medicine, Chestnut Health Systems, and Prevention First. During our presentation, we will explain the role of the Regional Leadership Centers in Illinois. We hope to connect with conference attendees to determine ways we can collaborate.

One More Breakout Session Will Be Added

5:15 - 6:15 PM

Welcome Reception



# IABH CONFERENCE AGENDA

## TUESDAY, MARCH 8

7:00 AM - 5:15 PM	Exhibits Open
7:00 AM - 5:15 PM	Registration/Information Booth Open
7:30 - 9:00 AM	Continental Style Hot Breakfast
8:30 - 9:45 AM	<p><b>Welcome &amp; Keynote - 1 CEU</b></p> <p><u><a href="#">What the Pandemic Revealed About Healthcare Disparities: Understanding the Asian-American Pacific Islander (AAPI) Experience</a></u> <u>Presenter: Juju Chang</u></p> <p>One of the most prominent Asian Americans in broadcast news, Juju Chang is the Emmy Award-winning co-anchor of ABC News Nightline and a regular contributor to Good Morning America and 20/20. With the rise of hate crimes against the Asian American and Pacific Islander (AAPI) community, Chang leveraged her platform to become a much-admired champion of social change. She made U.S. broadcast history co-anchoring the 2021 ABC News Live special, Stop The Hate: The Rise In Violence Against Asian Americans alongside fellow Korean-American co-anchor Eva Pilgrim and a cast of AAPI journalists, thought leaders, lawmakers and celebrities. Chang also reported from the scene at the mass shootings at three Asian-themed spas in Atlanta, co-anchoring the ABC News 20/20 breaking news special, Murder In Atlanta.</p>
9:45 - 10:15 AM	Exhibit Session/Break
10:15 - 11:15 AM	<p><b>Concurrent Sessions 3 - 1 CEU</b></p> <p><u><a href="#">1. Current Issues in Mental Health and Substance Abuse Privacy Laws and Status of Proposed Changes</a></u> <u>Presenter: Kelly Epperson</u> <u>Audience: AC, EM, MHC</u></p> <p>This workshop will cover the different privacy laws that apply to behavioral health services delivered in Illinois, including HIPAA, the Illinois Mental Health and Developmental Disabilities Confidentiality Act (IMHDDCA), and 42 CFR Part 2 (Part 2). The presentation will focus primarily on IMHDDCA as it applies to mental health services and Part 2 as applied to substance use disorder treatment. The differences between HIPAA and stricter behavioral health privacy laws will be discussed. The presentation will also highlight specific circumstances that demonstrate the differences among the three privacy laws, such as subpoenas, investigations, care coordination, family members, and redisclosure. The presentation will discuss legal and ethical issues associated with confidentiality situations such as minors, duty to warn, child abuse and neglect reporting, warrants, care coordination, and disclosures for payment purposes. Consent forms, subpoenas, and other records requests will be addressed and the different requirements imposed on disclosures without a patient's consent. The presentation will also cover legislative changes to substance abuse confidentiality under the CARES Act and the status of pending regulations.</p>



# IABH CONFERENCE AGENDA

## TUESDAY, MARCH 8

10:15 - 11:15 AM

Audience Key:

P – Prevention

AC – Addiction Clinical

MHC – Mental Health Clinical

CM – Clinical Management

EM – Executive Management

HR – Human Resources

O – Other

### Concurrent Sessions 3 - 1 CEU

#### 2. Connecting to Values as Self Care

Presenter: Chaz Franke

Audience: All

The world of self-care has been habitually reactive as a result of its relationship to burnout and compassion fatigue. It is important to start the work of building professional engagement as an upstream process that values self-care throughout the continuum – from prevention through recovery support services. In this presentation, we will look at the role of Core Values in developing self-compassion and self-care skills within the helping professions. As terms such as self-care continue to trend upward the need for actionable skills to improve our connection to ourselves continues to grow. One such avenue for this connection is to explore our core values. As certain schools of psychological growth have taught us much of our psychological flexibility comes from our ability to stay within the framework of our values. We will explore the role of deliberate, value-based practices in coping with the stress and rigor of the helping professions. We will learn how to find a singular and deliberate process that reflects who we truly are and learn how this practice can become central in determining our workplace engagement.

#### 3. The Family Recovery Journey: Recognizing the Grief Process

Presenter: Nancy Phillips

Audience: AC, CM, MHC

As the substance use disorder (SUD) field addresses family involvement in SUD's services, innovative and different approaches may be needed. Whether the outcome for a loved one is a recovery journey, incarceration, or sadly, death, the families often feel grief and frustrated. Managing the next move can be difficult. It is important that providers and families understand the grief and resilience process involved with moving past the CHAOS. The presentation will provide an awareness of the disorder generated by a family members SUD's. A variety of strategies that assist families in moving forward will be explored.

#### 4. Treating Mental Health Disorders with MDMA, Ketamine and the Hallucinogens

Presenter: Randall Weber

Audience: AC, CM, MHC

This presentation will describe the current use of MDMA, ketamine and the hallucinogens to treatment mental health disorders such as depression and PTSD.

#### 5. The Treatment of Alcohol Use Disorder Using Evidence Based Practices: Pandemic Implications and Beyond

Presenter: Jim Scarpace

Audience: AC, CM, MHC

This presentation will focus on understanding Alcohol Use Disorder (AUD) from a Bio Psycho Social perspective and the types of evidence-based practices used in treating AUD, including a specialized residential program to target the unique medical and treatment needs of this population. The presentation will also examine reducing barriers associated with stigma to improve access to treatment of AUD.



# IABH CONFERENCE AGENDA

## TUESDAY, MARCH 8

11:15 AM - 1:00 PM

### Luncheon/Keynote - 1 CEU

Fireside Chat with DMH & SUPR Directors Albert & Jones  
Presenters: David Albert and David Jones

Join us as IABH CEO Jud DeLoss engages in a lively and informative discussion with Division of Mental Health (DMH) Director David Albert and Division of Substance Use Prevention and Recovery (SUPR) Director David Jones to discuss the future of the mental health and substance use disorder (SUD) service systems. Coming out of a pandemic, with the prospect of unprecedented investment in the system, Illinois is poised to accelerate key changes to our system that will improve our delivery and quality of care, while addressing significant financial challenges. The Directors will share their vision for the system and engage in a dialogue with our CEO that will include YOUR questions. Don't miss this opportunity to hear directly from Illinois' top Mental Health and SUD leaders!

\*Presentation of the George Schwab Distinguished Service Award

1:00 - 1:15 PM

### Transition Break

1:15 - 2:15 PM

### Concurrent Sessions 4 - 1 CEU

Audience Key:  
P – Prevention  
AC – Addiction Clinical  
MHC – Mental Health Clinical  
CM – Clinical Management  
EM – Executive Management  
HR – Human Resources  
O – Other

1. Clinical Spirituality  
Presenter: Conrad Selnick  
Audience: AC, CM, MHC

"Addiction is a primary, chronic disease of brain reward, motivation, memory, and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social, and spiritual manifestations (The ASAM Criteria, page 10)." Substance use disorder clinicians address all four arenas of a client's life in a balanced fashion. Much attention is necessarily paid to the psychological and social arenas. We monitor the biological one while partnering with medical professionals and others. Spirituality, by its very nature is largely subjective. The broad topic may variously be referred to as spirituality, religion, beliefs, faith, philosophy. Professionals in institutional chaplaincy settings recognize that they may encounter members from more than 100 different faith groups, including Christian, Jewish, Muslim, Buddhist and many others.

Clinicians share some over-arching perspectives with these institutional chaplains. "I will never disrespect another's faith group." "I stand ready to care for my client,...those of faith and those of no faith,...and support the spiritual resilience of my client." We clinicians work in a culturally, racially, and religiously diverse environment. We are not a chaplain, but the definition of addiction requires us to be aware of spiritual manifestations. We support the spiritual resilience of our clients.

And the clinician themselves brings a "spiritual dimension" of their own to the conversation. It may be faith or no faith, best described as religion, belief, faith, philosophy. So the clinician does well to develop the same self-awareness about their spirituality as they do about their own background, character and personality, experience.

This presentation will cover some basics of spirituality as a focus of study. The distinctions between spirituality, faith, and religion will be discussed. Recognizing that there are some common religions, faiths, and spiritualities in our culture, we will briefly describe these. In particular we will talk about broad beliefs, common practices, cultural facets, and significant experiences of adherents to these.

It is hoped that the presentation spurs further self-reflection on the part of the clinician. Equally, this workshop will give some tools for talking with the client about their spiritual life.



# IABH CONFERENCE AGENDA

## TUESDAY, MARCH 8

1:15 - 2:15 PM

Audience Key:

P – Prevention

AC – Addiction Clinical

MHC – Mental Health Clinical

CM – Clinical Management

EM – Executive Management

HR – Human Resources

O – Other

### Concurrent Sessions 4 - 1 CEU

#### 2. What Impact Does a New Congress to New Administration Have on Behavioral Health Policy?

Presenter: Chuck Ingoglia

Audience: All

The behavioral health industry continues to adapt its service offerings in response to the emergence of the novel coronavirus. How will a new Congress and Administration help or hinder continued access to behavioral health services? This presentation will answer this question as well as provide a national perspective on trends.

#### 3. A Call for Change: Mental Health Crisis Intervention and the Development of a Crisis Co-responder Model

Presenters: Erica Gilmore and Joseph Kruef

Audience: AC, CM, EM, MHC

Erica Gilmore, Director of the Rosecrance Mulberry Center will present on the evolving practice of crisis intervention and treatment. The need for a new approach to crisis intervention has become increasingly evident on a national level. Communities throughout the country are implementing innovative programs to meet the needs of individuals suffering from behavioral health crisis. Attendees will be educated on SAMHSA crisis residential best practices, implementation, and Crisis theory. Erica will share the process of developing a crisis co-responder model within a community. Winnebago county has been operating CCRT for over 6 months and Erica will highlight the accomplishments, goals and barriers the program has experienced. A discussion will be encouraged to share ideas on program development and the future of community crisis intervention.

#### 4. Scratch Offs, Fantasy Sports, Card Games, On My!

Presenters: Sarah Martin and Brandon Moran

Audience: P

Did you know that there is more to prevention than just alcohol, tobacco, and drugs? Gambling prevention has been overlooked in recent years due to the normalization of gambling in communities and how it is often not seen as harmful or dangerous. Although gambling impacts all of society, youth are particularly at risk for developing gambling problems now and later in life.

Youth gambling not only has many other consequences but youth who gamble are three times more likely to drink alcohol, four times more likely to smoke cigarettes, and two times more likely to use illegal drugs.

FOCUS! Gambling Prevention is a statewide youth prevention program designed to raise awareness and education on youth gambling, prevent underage gambling, and promote healthy lifestyles and decision making. In this session, you will learn about youth gambling education, engage in activities surrounding misconceptions of gambling, and understand how and why you should get involved today. You may have never thought of gambling prevention before, but that only shows the greater need for it in your communities. Are the odds ever in your favor?



# IABH CONFERENCE AGENDA

## TUESDAY, MARCH 8

1:15 - 2:15 PM

### Concurrent Sessions 4 - 1 CEU

One More Breakout Session Will Be Added

Audience Key:  
P – Prevention  
AC – Addiction Clinical  
MHC – Mental Health Clinical  
CM – Clinical Management  
EM – Executive Management  
HR – Human Resources  
O – Other

2:15 - 2:45 PM

### Exhibit Session/Break

2:45 - 3:45 PM

### Concurrent Sessions 5 - 1 CEU

1. Racial Equity at the Behavioral Health Organization  
Presenters: Bessie Alcantara and Jessica Newsome  
Audience: EM, HR

Alternatives strives to create an inclusive and equitable environment for all of its employees, clients, partners and allies. Over the past two years, our executive director has facilitated multiple listening sessions, surveys, and staff conversations regarding racial equity. From those conversations, she developed a comprehensive racial equity plan for the organization. This is elevated to the same level as our strategic plan, guiding our work for the next three-five years, and aligning us further in our concrete practices as an organization with the abstract value of racial equity.

The purpose of the Racial Equity plan is to:  
Eliminate racial inequities both internally and externally; Improve outcomes for BIPOC board, leadership, staff, and young people; Implement structural changes organizationally to ensure that racial equity is reflected in our internal processes as well as our external programs and services; Build guidelines and framework for how to design and implement social and systemic change beginning with our own organization and working outwards; Update external stakeholders (funders, partners, community members etc.) on what we're doing and why in a way that honors our values of transparency and collaboration.

Each section is about the different aspects of the organization. They are: administration, staff development, staff support, development, and programs. We will go over each section of the plan, along with rationale and examples.



# IABH CONFERENCE AGENDA

## TUESDAY, MARCH 8

2:45 - 3:45 PM

Audience Key:

P – Prevention

AC – Addiction Clinical

MHC – Mental Health Clinical

CM – Clinical Management

EM – Executive Management

HR – Human Resources

O – Other

### Concurrent Sessions 5 - 1 CEU

#### 2. How Community Mental Health Centers and Certified Community Behavioral Health Clinics Can Implement a Hybrid Model of Telehealth to Solve Workforce Development Challenges

Presenters: Liberty Eberly and Lauren Lashbrook

Audience: AC, CM, MHC

Even prior to the COVID-19 pandemic, recruiting and retaining behavioral health providers was challenging for many organizations. Now, due to the increased demand of services in response to the pandemic, the burden of insufficient staffing is being felt more than ever, especially for community mental health centers and CCBHCs. Organizations rapidly adopted and expanded telehealth programs over the last year and a half and now organizations are looking at ways to incorporate telehealth as part of their long-term patient engagement and provider recruitment strategies.

This presentation will highlight how organizations are using telepsychiatry as a workforce development solution; how to build a hybrid model of in-person and telehealth appointments; how to best engage with patients and providers via telehealth, best practices for implementing a long-term telehealth strategy, and also touch on the rapidly evolving telehealth regulatory environment at both the state and federal level.

#### 3. The Role of Behavioral Healthcare in Promoting Child and Family Wellbeing

Presenters: Andrea Durbin and Ashley Deckert

Audience: AC, CM, EM, MHC, P

Children and families involved in the child welfare system often require treatment to address emotional, social, and behavioral health needs. The cross-system partnership between behavioral health, mental health and child welfare professionals is vital in promoting wellness in children, youth and families involved in the system. Behavioral healthcare also plays a role in preventing children and families from having contact with child protection investigators. Child Protection Data suggests that most children come into foster care due to neglect; with parental substance abuse being the second most common reason, followed by parental inability to cope. This presentation will describe the role of behavioral health in preventing families from coming into child welfare system, and how to bridge the gap between BH/MH professionals and child welfare professionals. A strong collaboration between these professionals leads to better outcomes for children and families to include access to needed services, overcoming trauma from child abuse/neglect, ensuring safety and well-being, and that children achieve permanency.

#### 4. Unpacking the Trauma Recovery Center Model: Creative Approaches to Trauma Treatment and Recovery

Presenters: Meghan Golden, Bree Kopczynski, Sicly Kluge, Fran Owens, Eva Santucci, Taylor Sutton and Jeanne Hansen

Audience: CM, MHC

The nationally renowned Trauma Recovery Center (TRC) model has revolutionized mental health treatment for survivors of crime, spreading from California across the USA. Southern Illinois University (SIU) School of Medicine has recently adapted this progressive, transformative model to meet the needs of Sangamon County residents, increasing access to high quality mental health treatment. SIU's TRC emphasizes the use of compassionate, trauma informed treatment in a flexible and individualized manner. Therapy, case management, and psychiatric treatment are based on the most up to date evidence, with a strong focus on engaging historically marginalized populations. This unique presentation will offer insights from SIU Survivor Recovery Center clinical staff. This presentation will focus on providing information on implementation of the TRC model, basic trauma informed care concepts, the innovative education programming available through the SRC; case based activities will be included, and a panel discussion with Survivor Recovery Center frontline staff to answer questions and provide additional insight into the program.



# IABH CONFERENCE AGENDA

## TUESDAY, MARCH 8

2:45 - 3:45 PM

### Concurrent Sessions 5 - 1 CEU

**Audience Key:**

P – Prevention

AC – Addiction Clinical

MHC – Mental Health Clinical

CM – Clinical Management

EM – Executive Management

HR – Human Resources

O – Other

5. BRAINSPOTTING: A Revolutionary New Approach for Rapid Effective Change

Presenter: Joy Myong, LPC, NCC, CADC

Audience: AC, MHC, EM, CM, HS, P

This one-hour presentation will be an introduction to Brainspotting (BSP) as a relational, brain-body, mindfulness-based therapy. The speaker will give an overview of the fundamental concepts (e.g. Dual Attunement Frame, The Uncertainty Principle, And The Three Legs of BSP) Participants will also have the opportunity to personally experience and embody the neuro-experiential approach to managing emotional dysregulation with a self-spotting exercise.

3:45 - 4:00 PM

### Transition Break

4:00 - 5:00 PM

### Concurrent Sessions 6- 1 CEU

**Audience Key:**

P – Prevention

AC – Addiction Clinical

MHC – Mental Health Clinical

CM – Clinical Management

EM – Executive Management

HR – Human Resources

O – Other

1. Integrative Community Mental Health Services within an SMI Population

Presenters: Anna Yas and Hannah Schupbach

Audience: AM, CM, MHC

This presentation offers education regarding harm reduction services, the history and benefits of community psychology and a more in-depth explanation of the CRSS model. Additionally, it will provide clinicians with interventions and skills to utilize in their own practice regarding symptom management within the SMI population, crisis intervention and an integrative approach to clients experiencing psychosis. Finally, this workshop will allow for further discussion regarding the benefits of advocacy for consumers, clinicians and communities. This presentation will focus on a wellness based model and is facilitated through a anti-racist and systems-based lens.

2. Elements of Prevention

Presenter: Andy Duran

Audience: P

What does a drug prevention organization really do, and how do you know if it works? Join this presentation to learn about the elements of effective drug prevention. We will focus on the Strategic Prevention Framework and will give relevant examples of effective prevention strategies that communities have used to support youth in making the drug-free choice. We will learn how to destigmatize the work of prevention. We explore common messaging errors and how to correct them. We will work to solve the yellow-box problem. We will learn what does not work, so that we can stop doing it. We will understand how to use a scientific approach, but also how to incorporate as much "art" as "science." We will frame our work using the PRIME model. This presentation will be interactive, fun and engaging!



# IABH CONFERENCE AGENDA

## TUESDAY, MARCH 8

4:00 - 5:00 PM

Audience Key:

P – Prevention

AC – Addiction Clinical

MHC – Mental Health Clinical

CM – Clinical Management

EM – Executive Management

HR – Human Resources

O – Other

### Concurrent Sessions 6- 1 CEU

#### 3. Assessing Risk for Suicide and Treating Depression for People with Compulsive Gambling Problems

Presenter: Michael Goldman

Audience: AM, CM, EM, MHC, P

In this presentation, depression and risk/protective factors for suicide among compulsive gamblers will be examined and discussed. There will be an overview of the prevalence rates, assessment and treatment strategies for those people who are at high risk. There will also be a listing of available resources. Case examples will be presented.

#### 4. Building a Culture of Value in Behavioral Health: Readiness for Value-Based Payment

Presenter: Mindy Klowden

Audience: EM

Value-based payment (VBP) arrangements that reward quality and outcomes, rather than volume, are reshaping the delivery of health care. Behavioral health providers often find themselves struggling to navigate this new payment landscape, while simultaneously meeting the ever increasing demands in their communities. Readiness for VBP requires the adoption of core competencies, such as strong quality improvement and population health management strategies. In this workshop, participants will define the critical factors for success under VBP and gain resources and tools to prepare their agencies to adopt a culture of value.

#### 5. The Power of Being Enough: Connection, Identity and Attachment in Recovery

Presenter: Justin Wolfe

Audience: AC, CM, MHC

Individuals will gain awareness of how substance use contributes to feelings of isolation and disconnection from others and themselves. Individuals will identify risk factors that place individuals at risk and how to address each client's needs. Individuals will identify resources and interventions that can be utilized to assist the client in their recovery.



# IABH CONFERENCE AGENDA

## WEDNESDAY, MARCH 9

7:00 AM	Registration/Information Booth Open
7:00 AM - 12:00 PM	Exhibits Open
7:30 - 9:00 AM	Continental Style Hot Breakfast
8:30 - 9:45 AM	<p><b>Closing Keynote - 1 CEU</b></p> <p><u>Behavioral Health's Moment – Literally No Time Like the Present</u> Presenter: David Smith</p> <p>The single-most complex organ in our bodies is the brain. The brain influences every component of a person's health, yet we spend a mere fraction of our collective resources on maintaining and improving its function while spending inordinate amounts on less-complex organs through high-cost specialists. In this talk David will break down the mechanics of how our nation's health care finance system works, emphasizing the disproportionately limited resources allocated to behavioral health and the downstream implications for this asymmetric spending. The talk will conclude with practical steps for extending the role of behavioral health in the modern health care industrial complex.</p>
9:45 - 10:15 AM	Exhibit Session/Break
10:15 - 11:15 AM	<p><b>Concurrent Sessions 7 - 1 CEU</b></p> <p><u>1. When Will They Change? How to Know What it Will Take - and Whether They Even Can.</u> Presenter: Abigail Wincek Audience: AC, CM, MHC</p> <p>What if there was ONE question you could ask someone that would reveal the key to helping them change? And what if there was ONE simple formula for helping based on the answer to that one question? In this relatable presentation, you will learn the surprising truth about the human capacity for change, what you're doing that isn't helping, and what to do instead. This could make your life so much simpler.</p>



# IABH CONFERENCE AGENDA

## WEDNESDAY, MARCH 9

10:15 - 11:15 AM

Audience Key:

P – Prevention

AC – Addiction Clinical

MHC – Mental Health Clinical

CM – Clinical Management

EM – Executive Management

HR – Human Resources

O – Other

### Concurrent Sessions 7 - 1 CEU

#### 2. Police and Treatment Working Together: The Growth of Deflection in Illinois

Presenters: Jessica Reichert, Clint Hamel and Jac Charlier

Audience: AC, CM, EM, MHC, P

Police have been challenged by those they encounter who misuse substances or have mental health needs. Police recognize the need to partner with treatment providers in order to best help individuals in their community and offer alternatives to arrest. In Illinois, these police “deflection” programs partner with treatment providers to offer a warm handoff to treatment and other services. In 2018, Illinois was the first state to pass legislation to authorize, expand, and fund deflection programs. To date, there are dozens of deflection programs in Illinois and more in the planning stages of implementation in all regions of the state. This presentation will feature behavioral health and criminal justice experts who have worked on, or in partnership with, deflection programs. The presentation will describe how this collaborative police-treatment partnership can develop, be sustained, and help improve and save lives.

#### 3. Mindfulness Practices - Self Care Solutions

Presenters: Courtney Kibble and Mary McClure

Audience: All

Mindfulness practices have long been effective, evidence-based interventions for anxiety, mood disorders, and many other mental health issues. In everyday use they are increasingly popular as a means of enhancing overall wellbeing, and we can do them at no cost! Many of us, however, haven't yet had a chance to experience Mindfulness benefits. This presentation will build participant understanding of how Mindfulness practices work, and will enhance comfort zone in using them. The workshop will involve small peer discussion groups well as practice of some basic mindfulness exercises. (Note: No physical exertion is involved with this.)

This presentation will build awareness of ‘habits of mind’ which encourage negative focus such as worry, fear, and self-judgement, that increase stress and reduce overall wellness. We will explore the goals of Mindfulness and how its basic practices serve to enhance resilience, coping skills, and sense of joy. Partaking in basic Mindfulness exercises will allow participants an opportunity to experience some of the benefits these can offer.



# IABH CONFERENCE AGENDA

## WEDNESDAY, MARCH 9

10:15 - 11:15 AM

Audience Key:  
P – Prevention  
AC – Addiction Clinical  
MHC – Mental Health Clinical  
CM – Clinical Management  
EM – Executive Management  
HR – Human Resources  
O – Other

Concurrent Sessions 7 - 1 CEU

Two Addition Breakout Sessions Will Be Added

11:30 AM

Conference Closes



# IABH CONFERENCE AGENDA

## VIRTUAL DAY - MARCH 30

8:30 AM	Welcome
8:30 - 9:30 AM	<p><b>Concurrent Sessions 1</b></p> <p><u>1. Technology and Engagement - The New Frontier</u> Presenter: Thomas Britton Audience: AC, CM, EM</p> <p>The field of behavioral health experienced a rapid and unexpected, but welcome acceleration in technology adoption as a result of COVID-19. Seemingly overnight, substance use treatment in the US migrated from what was historically a brick and mortar delivery system to a hybrid model of care largely dependent on virtual care to provide post residential aftercare and outpatient treatment. Concurrently, substance use and overdose reached unprecedented highs with over 100,000 people dying from an overdose in 2020. At the same time, there is an increasing push for payment reform, pushing providers to leave fee for service reimbursement and enter into value based payment contracts. This workshop will provide participants with an opportunity to hear one provider's response to this perfect storm. The workshop will provide a clear model of care that integrates virtual treatment into evidence driven intervention. The workshop will also provide participants with key insights into the future of payment reform.</p> <p>One Breakout Session Will Be Added</p>
9:30 - 9:45 AM	Break
9:45 - 10:45 AM	<p><b>Concurrent Sessions 2</b></p> <p>Two Breakout Sessions Will Be Added</p>
10:45 - 11:00 AM	Break
11:00 AM - 12:00 PM	<p><b>Concurrent Sessions 3</b></p> <p>Two Breakout Sessions Will Be Added</p>
12:00 - 1:00 PM	<p><b>Concurrent Sessions 4</b></p> <p>Two Breakout Sessions Will Be Added</p>