



Real People, Real Lives

4th Annual Mental Health, Prevention and Substance Abuse Conference

Presented by the Oklahoma Department of Mental
Health
and Substance Abuse Services

Embassy Suites Norman Hotel and Convention Center
Norman, Oklahoma

Monday, Tuesday & Wednesday
December 6-8, 2010

Overview

The 4th Annual Mental Health, Prevention and Substance Abuse Conference, “Real People, Real Lives,” will bring together local, state and national leaders to discuss current best practices and promising practices in the areas of mental health and substance abuse treatment and recovery, and prevention. This three-day event will provide participants with practical tools they can utilize in their agencies and communities to assist with facilitating prevention, recovery and overall wellness. The conference is scheduled for Monday, Tuesday, and Wednesday, December 6-8, 2010, at the Embassy Suites, Norman Hotel and Conference Center, located at 2501 Conference Drive, Norman, Oklahoma 73069.

The conference will include learning opportunities in the following areas: ADSAC, Cultural Competency, Criminal Justice, Clinical Supervision, Ethics, Case Management, Wellness, Mental Health and Substance Abuse Recovery, Prevention, Education, and Gambling, in addition to other areas of interest.

Who should attend? The 4th Annual Mental Health, Prevention and Substance Abuse Conference will appeal to anyone working in the areas of prevention, recovery and overall wellness, including, but not limited to, behavioral health service providers such as: Case Managers, Behavioral Health Rehabilitation Specialists, Therapists, Recovery Support Specialists, Substance Abuse Treatment Professionals, Psychologists, Psychiatrists, Administrators, Preventionists, Educators, Law Enforcement and Criminal Justice representatives, Family Members, and Consumers.

Featured Speakers

General Mark Graham became the Deputy Chief of Staff, G-3/5/7, U.S. Army Forces Command, on Sept. 18, 2009. In this position, he oversees the plans, operations and training for Army forces stationed in the Continental United States and ensures conventional forces are prepared for worldwide deployment. He and his wife, Carol, champion military and civilian efforts to promote mental health and suicide-prevention awareness. To honor the memory of their two sons, the Grahams established the Jeffrey C. and Kevin A. Graham Memorial Fund to provide the “Question, Persuade, Refer” suicide prevention program at the University of Kentucky. The Grahams also helped launch the Jeffrey and Kevin Graham Memorial Endowed Lectureship in Psychology for the study of depression and suicide prevention at Cameron University in Lawton, Oklahoma. Additionally, they support the ongoing efforts of the Colorado Springs, Colorado, “Jeff and Kevin Graham Memorial Crisis Hotline.” Major General Graham holds a Bachelor’s degree in political science, and a Master’s of Business Administration from Oklahoma City University, and a Master’s in National Security and Strategic Studies from the National Defense University. He is also a graduate of the U.S. Army Command and General Staff College and the National War College. Major General Graham has received numerous military awards including the Distinguished Service Medal, the Bronze Star Medal, and the Humanitarian Service Medal.

Carol Graham is the wife of Major General Mark A. Graham, U.S. Army, Deputy Chief of Staff, G 3/5/7, U.S. Army Forces Command, Fort McPherson, Georgia. In the past seven years Carol has tragically lost both of her sons. Her youngest son, Kevin, a University of Kentucky Senior Army ROTC scholarship cadet, was studying to be an Army doctor when he died by suicide on June 21, 2003. Carol’s oldest son, Jeffrey, a lieutenant in the US Army, was killed while leading his platoon on a dismounted patrol in Khaldiayah, Iraq on February 19, 2004. Carol and her husband have championed many efforts to raise awareness to spot the signs of depression and prevent suicide. Carol is nationally recognized for her efforts in suicide prevention and behavioral health. Carol has received numerous awards and other recognitions including: Governor’s Commendation (State of Oklahoma) for Suicide Prevention and Depression Awareness in support of the Post Traumatic Stress Disorder Program in July 2005; President of the United States ‘Call to Service’ Award, August 2009; Texas Governor’s “Yellow Rose of Texas” award; and others.

Derek Steele offers a vibrant presentation filled with hope and encouragement as he shares his dramatic story of personal transformation. Derek’s ability to motivate, inspire, and lead his audience into a vision of overcoming adversity is unforgettable. His enthusiasm inspires participants to define a mission, overcome obstacles, and re-claim their destiny as they learn to successfully pursue their purpose. Derek Steele has spoken in a variety of venues from community associations, churches, and corporations, to internationally televised programs.

Hasan Davis is an actor, lawyer and youth advocate. After an early life full of challenges including ADHD, dyslexia, juvenile delinquency and expulsion from alternative school Hasan found the courage to change. With the help and unconditional support of a few champions, Hasan was able to exchange one J.D. for another, to go from Hasan Davis Juvenile Delinquent to Hasan Davis, Juris Doctor. Now Hasan works with youth and adults nationally exploring the possibilities that present themselves when we begin to live and work with more hope than fear for what our future success might look like.

Conference Sponsors

This conference is sponsored by the Oklahoma Department of Mental Health and Substance Abuse Services, and the Senior Health Insurance Counseling Program (SHIP). The Senior Health Insurance Counseling Program has funded and provided SHIP marketing materials for conference participants. No state dollars were used to purchase these materials.

Lodging

The conference will be Dec. 6-8, 2010, at the Embassy Suites, Norman Hotel and Conference Center located at 2501 Conference Drive, Norman, Oklahoma 73069. Participants are responsible for making their own reservations. Reservations may be made online at http://embassysuites.hilton.com/en/es/groups/personalized/OKCESES-FY1-20101205/index.jhtml?WT.mc_id=POG. Use the group code ODM where prompted. Guests may also make reservations by calling 405-364-8040.

Directions to the hotel are available at http://embassysuites1.hilton.com/en_US/es/hotel/OKCESES-Embassy-Suites-Norman-Hotel-Conference-Center-Oklahoma/directions.do;jsessionid=6C27F8CC19D1E191DD48FE38FAC1335A.etc57#localmap.

Registration and Fees

Please complete your registration before November 29, 2010. The early-bird rate for the full three-day conference is \$225 (or \$75 per day) if registration is received on or before November 29th. The regular rate of \$375 for the full conference (or \$125 per day) will apply for all registrations received after November 29th. Please indicate on the registration form the days you will attend.

By Mail: Complete the form provided and mail to: ODMHSAS, Human Resources Development, 2401 NW 23rd Street, Suite 1F, Oklahoma City, OK 73107.

By Fax: Faxed registrations are accepted at 405-522-8320.

Cancellation Policy: The registration fee will be returned *only* if notice of cancellation is provided in writing and postmarked no later than November 22, 2010. After that date, refunds cannot be granted.

For More Information: Call the ODMHSAS Human Resources Development office at 405-522-8300 if you have questions about the conference.

Call for Exhibitors

Is your organization one you want others to know about? An exhibit at the 4th Annual Mental Health, Prevention and Substance Abuse Conference will introduce your organization to prevention and behavioral health treatment professionals from Oklahoma and surrounding states. To discuss becoming an exhibitor, call Candice Sparks, ODMHSAS Human Resources Development Division, at 405-522-0095 or e-mail her at csparks@odmhsas.org

ODMHSAS "Green" Conference

Through ODMHSAS's continued efforts to be environmentally conscious, attendees will receive any available conference speaker presentations and handouts on a flash drive at the conference. This not only will help save paper and printing ink, but also will give you access to the information presented in other workshops.

Continuing Education

The Institute for Mental Health and Substance Abuse Education and Training is accredited by the Oklahoma State Medical Association to provide continuing medical education for physicians.

The Institute for Mental Health and Substance Abuse Education and Training designates this educational activity for a maximum of 16.50 *AMA PRA Category 1 Credits*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Sixteen and one-half (16.50) continuing education credit hours have been approved through the Oklahoma State Board of Licensed Social Workers, the Oklahoma Board of Examiners of Psychologists, the Oklahoma Board of Licensed Alcohol and Drug Counselors, the Licensed Professional Counselors Committee, the Licensed Marital and Family Therapist Committee, and the Council on Law Enforcement Education and Training. Continuing education is also approved for Case Managers, Peer Recovery Support Specialists and Certified Prevention Specialists.

Please check in at the registration desk upon your arrival to verify your attendance. Continuing education credit is not provided without verification. At the completion of the conference, all participants will receive a certificate of attendance from the ODMHSAS Institute for Mental Health and Substance Abuse Education and Training. For more information, call Human Resources Development at (405) 522-8300.

The following symbols are placed next to the number (ex. 1D. * ^) for workshops that meet CEU requirements in the designated areas:

- * **Ethics**
- > **LPC Supervisory**
- ^ **ODMHSAS Supervisory**
- ~ **Strengths Based for Case Management**

Special Accommodations

Sign language interpreters or assistive listening devices are available if needed. These or other requests for special accommodations should be indicated on the registration form. Conference organizers will contact you for specifics. Please register as early as possible if special accommodations are needed.



AGENDA

Monday, December 6, 2010

7:30 – 9:00 REGISTRATION AND CONTINENTAL BREAKFAST

9:00 – 10:30 WELCOME
Terri White, Commissioner, ODMHSAS

PLENARY: ~ Surviving a Suicide: A Legacy for Hope. General and Mrs. Mark Graham. The grief of losing two sons, both in military service, could have resulted in an early retirement for General Graham, but instead the Grahams found purpose for remaining in the Army family. From their personal tragedies they reach out and openly share their story in an effort to give hope to others. Although still healing, they have pledged to raise awareness in the military about untreated depression, and have become advocates for soldiers who suffer with post-traumatic stress disorder, traumatic brain injury, and other mental health illnesses. In this presentation, the Grahams will share their personal story of loss and how they are leading the charge to reduce military suicides.

10:30 – 10:45 BREAK

10:45 – 12:15 CONCURRENT WORKSHOPS: SESSION 1

1-A. ~ Motivational Interviewing from an ADSAC Perspective. Part 1. Linda Clark, MHR, LADC. Introduction to the ADSAC process and how to use Motivational Interviewing.

1-B. ~ How Effective Communication Skills and Non-Violent Interventions Promote a Recovery Oriented Environment. Part 1. Tania Rubio-Rosas, LCSW; Dawn Talton, CPRP. This session will allow attendees to have a glimpse into the lived experience of trying to function and perform tasks while having the subjective experience of hearing voices that are distressing. It will also help identify and understand how effective communication skills and non-violent interventions promote a recovery oriented environment and positively impact long term social, behavioral and health domains. Registration for this workshop will be at the registration desk at the conference, and will be limited to 30 participants.

1-C. ~ What Every Organization Should Know: Crisis Planning. Julie Geddes, BS. It is crucial for organizations to have a safety plan. When a suicide happens in a community, everyone is affected. Caregivers, clients, families and organizations are often caught off guard, especially when they do not have a plan in place. The participants will be given several models and best practices for crisis management.

1-D. * ^ The Ethics of Caretaking. Part 1. Tom Boyd, Ph.D. In this three-hour session, we will share our understanding of the basic moral obligations to which all of us are called. Based on this understanding, we will consider how basic moral obligation actually applies to the work we do in mental health. Case studies will be included.

1-E. ~ ^ Perception and Awareness of You and Others. Robert Blue, BS. Training will provide participants a thorough introduction to cultural competency. Participants will have opportunities to explore the levels of cultural awareness, and develop practical skills for themselves and the programs for which they work.

1-F. Mental Health Check-Ups: Screening Teens. Gary Parker, Ph.D.; Brenden McCollom, DO; Linda Fanning, MS, BSN; Zachory E. Randall, MS, LPC; Stuart Schrader, DO. This workshop will share how a unique partnership was formed between ODMHSAS, Teen Screen, community mental health professionals and medical staff from Mercy Health Center to facilitate a community adolescent mental health screening day. The process of the screenings will be discussed as well as the findings.

1-G. ~ Wraparound Works: Utilizing Wraparound with Diverse Populations. Lauren Merrell, M.Ed.; Gerri Mullendore; Mich Magness, MAG; Shannon Lee, BA, CM. Wraparound is a direct service model that utilizes a team-based process involving the identified person, his or her family, local service providers and others who are involved in his or her life. The diverse populations to be discussed include: Aging, DHS involvement, adoption placements and various minority groups.

1-H. De-escalate This! Jay Hodges, BS. Every person can at some point find themselves in a crisis. What happens when that crisis puts lives on the line? Do the de-escalation techniques change when the person is in DOC custody? This presentation takes a look at a law enforcement approach that may help not only the person in crisis but also the first responder.

- 1-I. Lessons Learned with the SPF-SIG in Rural Oklahoma Communities. Sam Bradshaw, CPS.** In 2005 the Cherokee Nation was awarded the SPF-SIG grant from SAMHSA. The Cherokee Nation funds 10 rural communities in the Cherokee Nation Tribal Jurisdictional Boundaries. Key observations will be presented as well as lessons learned, and successes and challenges of the implementation of each of the five steps of the SPF (Needs Assessment, Capacity Building, Strategic Planning, Implementation, and Evaluation) will be discussed.
- 1-J. ODMHSAS/OHCA Consolidated Claim Process (CCP) Update. Phyllis Abbott; David Melton; Tracy Leeper; Mark Reynolds, Ph.D.** As of July 1, 2010, all claims, authorizations and demographic form submissions for ODMHSAS and Medicaid customers now go through a single, consolidated system. The presenters will provide updates on the changes and encourage attendees to ask questions about the new system.
- 1-K. The Association Between Crime, Substance Use and Gambling. Jennifer Zorland, Ph.D., CPH.** This presentation will highlight both quantitative and qualitative findings from a study of over 600 drug court clients. The relation between criminal activity, substance use and gambling will be explored.

12:15 – 1:45 LUNCH ON YOUR OWN

1:45 – 3:15 CONCURRENT WORKSHOPS: SESSION 2

- 2-A. ~ Motivational Interviewing from an ADSAC Perspective. Part 2. Linda Clark, MHR, LADC.**
- 2-B. ~ How Effective Communication Skills and Non-Violent Interventions Promote a Recovery Oriented Environment. Part 2. Tania Rubio-Rosas, LCSW; Dawn Talton, CPRP.**
- 2-C. ~ Readjustment and PTSD in Veterans from Iraq and Afghanistan. Steven Scruggs, Psy.D.** A brief overview of the research available regarding problems faced by returning veterans will be presented, ranging from mild readjustment difficulties to post-traumatic stress disorder. Treatment approaches will be discussed, from symptom management to trauma processing. Evidenced based treatments for PTSD will be discussed.
- 2-D. * ^ The Ethics of Caretaking. Part 2. Tom Boyd, Ph.D.**
- 2-E. ~ Job Club: A Job Prep Model. Judi Goldston.** Job Club Training is a comprehensive training program that is designed to assist people with disabilities gain knowledge and preparation for the job search process. Participants will leave with a basic understanding of the methods, approach and benefits of Job Club as well as the guidelines and training topics to conduct a Job Club training program.
- 2-F. ~ Building Relationships. Cynethia Rayford, M.Ed.** Building relationships is the cornerstone of youth care work. Learn about an interaction model and the importance of developing and maintaining interactions on the therapeutic side of that model to maximize our relationship with young people. Explore the importance of modeling appropriate relationships and the importance of teaching ways to nurture healthy relationships with youth.
- 2-G. Addressing Stigma: A Military Perspective. General and Mrs. Mark Graham.** Military battles are not only in the field, but within each and every soldier. There are wounds that cannot be seen. Suicide prevention and reducing stigma have roles for various populations and especially from a military perspective.
- 2-H. ^ HIPAA and Consumer Rights. ODMHSAS Legal Division.** There are several laws and rules regarding confidentiality issues: the federal law that deals with drug and alcohol treatment and prevention programs; 42 CFR Part 2; and HIPAA, the Health Insurance Portability Accountability Act, that protects protected health information. PHI includes all information that identifies an individual and describes his or her medical condition. This law applies to health plans and health care providers. 43A 1-109 is the state statute that deals with confidentiality of behavioral health records which include mental health and substance abuse.
- 2-I. Lessons Learned with the SPF-SIG in Rural Oklahoma Communities. Repeat. Sam Bradshaw, CPS.**
- 2-J. Using Data to Improve Community Outcomes. Stephanie U'Ren, MA, LPC, CPS; Jamie Piatt, MPH.** The need for better decision making has grown in our communities as available resources become more limited. The use of data can be a powerful and positive tool for local prevention efforts, and communities that engage in data-driven decision making are able to assess current and future needs, determine if goals are being met, identify root causes of problems, and engage in continuous improvement. This interactive workshop will provide participants with the opportunity to apply "real" data to the planning process while also having fun.
- 2-K. The Association Between Gambling and Incarceration Among Substance Abusing Offenders. Jennifer Zorland, Ph.D., CPH.** This workshop will explore gambling within correctional settings. Motivation for participation in these activities will be

discussed, as will potential risks and benefits related to these behaviors. Policy suggestions for the prevention and early detection of problem gambling within correctional environments will be explored.

3:15 – 3:30 BREAK

3:30 – 5:00 CONCURRENT WORKSHOPS: SESSION 3

- 3-A. Administration and Proper Use of Addiction Severity Index (ASI).** *Jim Giffin, M.Ed., LADC.* Brief review of ASI scoring with emphasis on the use of instruments for treatment planning.
- 3-B. ~ ^ How to Fire-Up in a Burnt Out Society.** *Valerie McMurry-Nichols.* This presentation will give information and show techniques on how to deal with job burn-out and how to relieve stress.
- 3-C. ~ ^ Perception and Awareness of You and Others. Repeat.** *Robert Blue, BS.*
- 3-D. Real Solutions: Supplementing Your Organization’s Bottom Line with Grants.** *Sheila Tillery, MHR.* A basic primer on applying for grants.
- 3-E. ~ Employment from a Consumer's Perspective.** *Derek Lewis, MBA.* Challenges and opportunities regarding working and having a mental illness.
- 3-F. Using the Good Behavior Game To Achieve Cost Effective Multi-Problem Prevention.** *Dennis D. Embry, Ph.D.* The Good Behavior Game is the single most proven classroom prevention strategy for reducing mental, emotional and behavioral disorders. SAMSHA has recently awarded 22 school districts to implement these prevention practices, and this workshop talks about bringing these practices to your area.
- 3-G. Co-occurring Treatment: Tools for Improved Outcomes.** *Janie Hogue, MS, LADC, MAC; Cindy D. Schultz, MS, LPC.* This workshop will explore how to implement the Comprehensive, Continuous, Integrated System of Care (CCISC) core principles for co-occurring treatment into day-to-day practice. The focus will be on specific tools and examples of how to assist consumers presenting with co-occurring issues, including trauma, to improve functioning, quality of life, and improve treatment outcomes.
- 3-H. ~ Being Bi-Polar and Treating Bi-Polar.** *Linda Joslin, RN.* Seeing bi-polar disorder from the inside out.
- 3-I. Alcohol Laws and What Youth are Really Drinking.** *Eric Smoot, CLEET.* This class will give a brief description of current alcohol laws in the State of Oklahoma. We will also discuss the types of alcoholic beverages that youth are drinking. During the class, participants will get the opportunity to see if they really know what alcoholic beverages look like.
- 3-J. ~ Suicide: We Cannot Prevent It if We Cannot Talk About It.** *James Allen, MPH; Amy Cozad, PHN.* This session will discuss strategies for building community capacity for suicide prevention efforts. These strategies include helping communities talk about suicide comfortably and openly. Two perspectives, Native American Culture and the University Environment, will serve as examples.
- 3-K. Problem Gambling 101.** *Wiley D. Harwell, D.Min., LPC, CEAP, NCGC-II.* When the DSM-V is published in 2011 there will be significant changes in the pathological diagnosis of problem gamblers. Learn about the changes in the DSM-V, the co-occurring disorders, and how to identify and educate clients about this disorder, and make appropriate referrals.

5:30-7:30 OPEN 12-STEP MEETING



Tuesday, December 7, 2010

7:30 – 9:00 REGISTRATION AND CONTINENTAL BREAKFAST

9:00 – 10:30 WELCOME

Caletta McPherson, Deputy Commissioner of Substance Abuse Services, ODMHSAS
Carrie Slatton-Hodges, Deputy Commissioner of Mental Health Services, ODMHSAS

PLENARY: ~ Racy Recovery. Serenity House Players. A drama set to music to educate that recovery is a reality.

Addict at 10: Derek Steele's Recovery Story. Derek Steele. In this touching story, Derek Steele re-lives his journey from addiction, homelessness, and poverty, to the moment he committed to a dramatic transformation. He delivers an inspirational message describing how he found God's grace and started living a life with purpose.

10:30 – 10:45 BREAK

10:45 – 12:15 CONCURRENT WORKSHOPS: SESSION 4

4-A. Update on the ADSAC Process for Facilitators. Ray Caesar, LPC, LADC; Patty Patterson, BS. This is an annual presentation addressing changes, improvements, problems and issues in the past year.

4-B. Primary Care Integration. David Howlett, M.Ed.; Clark Grothe, LCSW. The integration of community mental health and community health systems through current programs offered to patients of Variety Care Family Health and NorthCare.

4-C. ~ The Culture of Young Adults in Transition. Marqus Butler, MHR. Young adulthood is an overlooked and challenging time in a young person's life. In recent years social scientists from numerous fields have argued that the transition to adulthood has become more complicated, multifaceted and extensive than ever before, so much so that they believe it is best understood as a distinct phase in life. But while scholars have learned a great deal about the various pathways and systemic forces that define this new "young" or "emerging" adulthood, we know much less about the culture of transitioning to adulthood. The Culture of Transitioning to Adulthood workshop will focus on the issues young consumers face when transitioning from child and youth systems to adulthood.

4-D. Effective Grants Management in an Era of Change. Sheila Tillery, MHR. What new federal regulations are mandating and how to comply.

4-E. Mental, Emotional and Behavioral Disorders Are Preventable: Healthcare, Coalitions, Money and Doing Good. Part 1. Dennis D. Embry, Ph.D. This 2-part workshop outlines how providers, coalitions and others can implement the Institute of Medicine Report on Prevention, achieve population-level results cost-effectively, and sustainable change. The IOM Report is completely altering prevention in the US.

4-F. ~ How Money Works: Building a Sound Financial Future. James Nichols, II, BA. If you're like most people, you probably know little about personal finance. Perhaps you think long-term security is impossible on your income. But, the truth is, no matter what your income level, you can achieve financial security. You just have to take the time to learn a few simple principles about how money works.

4-G. ~ The ABCs of PSR. Elizabeth Black, MRC; Art Richter; Toni Chester; Connie Orrostieta. This workshop will focus on the basic principles and practices of a psychiatric rehabilitation program. It will be led by staff and members from a model site of Oklahoma, Team Green, from Norman, Oklahoma.

4-H. Crisis Intervention Team Basics. Sergeant Corey Nooner; Tania Rubio-Rosas, LCSW. Coordinating care of persons diagnosed with mental illness sometimes requires contact with law.

4-I. Using the Strategic Prevention Framework to Plan. Part 1. LaShonda Williamson-Jennings, M.Ed., CPS; Marie Cox, MA, CPS. This two-part session will acquaint participants with the theory and application of the Strategic Prevention Framework (SPF). Participants will learn to utilize this planning model through dialoguing with peers, lecture and activities.

4-J. Innovative Approaches to Preventing Alcohol Over-Service. Adrienne Rollins, MPA, CPS; Jessica Davis, BS. This workshop will show participants how to identify high-risk establishments and community events related to the over-service of alcohol. The presentation will begin by discussing data sources that lead to performance of risk assessments. Participants will

learn ways they can actively get involved in community level prevention. Solutions and follow-up will also be discussed through an evaluation project surrounding Responsible Beverage Service and Sales training.

- 4-K. Money: Financial Realities. Part I. Marc Lefkowitz, CCGC, NCGC.** This two-day (four-part) training will provide clinically proven, therapeutic tools that support positive changes in the financial behavior of gambling treatment clients. This seminar will examine the impact of money on clients' values, self-concept and sense of safety; explore common resistance experienced by counselors when addressing client financial issues; and provide an overview of the role and meaning of money in contemporary culture. The workshop includes facilitated learning exercises and open discussion of all topics. Participants will receive training materials and exercises for use in personal development, individual clinical sessions and group settings.

12:15 – 1:45 LUNCH ON YOUR OWN

1:45: - 3:15 CONCURRENT WORKSHOPS: SESSION 5

- 5-A. Five Stages of Group Process. Sharon P. Fernandez, MS, LADC.** Overview of the Stages of Group Process with suggestions for foundation setting activities, group building tools, and group exercises. This workshop is primarily intended for ADSAC Facilitators.
- 5-B. ~ Hearing Voices. Tania Rubio-Rosas, LCSW.** This session will allow attendees to have a glimpse into the lived experience of trying to function and perform tasks while being "symptomatic." The learning goals of the training include: Understanding the day to day challenges that face people with psychiatric disabilities and to marvel at their strength and resiliency; Learning about the subjective experience of hearing voices that are distressing; and becoming more empathic toward people who hear distressing voices. Registration for this workshop will be at the registration desk at the conference, and will be limited to 30 participants.
- 5-C. ~ Trauma Informed Care. Gwendolyn Downing, MS, LPC.** Trauma Informed Care impacts the way we perceive and respond to ourselves, those we serve, and our co-workers. This presentation will give a basic overview of the types of trauma, the impact of trauma, and how we can offer services in a safe, trauma-informed environment.
- 5-D. ^ > Supervision: Good Care and The Power of Growth at Every Level. Part 1. Noel J. Jacobs, Ph.D.** This workshop will cover the basics of good supervision for service providers, as well as teach positive self-assessment and growth perspectives that will benefit supervisors as well as those they supervise. Specific issues of ethics, stages of the supervision process, and trouble-shooting issues will be discussed. This workshop is designed to be pragmatic: participants will learn from each other in interactive group discussions.
- 5-E. Mental, Emotional and Behavioral Disorders Are Preventable: Healthcare, Coalitions, Money and Doing Good. Part 2. Dennis D. Embry, Ph.D.**
- 5-F. ~ Barriers and Solutions to Treating Nicotine Dependence in Mental Health and Substance Abuse Treatment Settings. Linda Eakers, MPH, CPM; Thomas Thomson, M.Ed., LPC.** Despite the high prevalence of tobacco use among people with substance use disorders, nicotine dependence is often overlooked in mental health and substance abuse treatment programs. Studies have concluded that patients who receive nicotine dependence treatment during treatment have better overall outcomes compared with those who do not. Specific clinical and system-level changes are recommended to fully address the problem of nicotine dependence among persons with mental illness and substance abuse disorders.
- 5-G. ~ Eight Keys to Success. Derek Steele.** This inspirational delivery is impactful for any group – personal or professional. Derek describes in detail the eight principles that he has successfully implemented to overcome adversity and become an accomplished entrepreneur. He shares with participants the eight steps necessary to achieve balance and become successful in all aspects of their life.
- 5-H. Outcomes Related to Oklahoma's Smart on Crime. David Wright, Ph.D.; Ray Bottger; Nancy Warren; Jin-Song Chen.** This workshop will cover Oklahoma's Smart on Crime initiatives (drug court, mental health court, mental health reentry program, etc) and related outcomes.
- 5-I. Using the Strategic Prevention Framework to Plan. Part 2. LaShonda Williamson-Jennings, M.Ed., CPS; Marie Cox, MA, CPS.**
- 5-J. Community-Level Environmental Evaluation. Terry Rousey.** This workshop presents information on linking environmental strategies to a statewide impact. Participants will explore how this can be accomplished using key environmental prevention strategies and local data.
- 5-K. Money: Financial Realities. Part 2. Marc Lefkowitz, CCGC, NCGC.**

3:15 – 3:30 BREAK

3:30 – 5:00 CONCURRENT WORKSHOPS: SESSION 6

- 6-A. **Anomalies and Outliers with the DRI II and DQ.** *Herman Lindeman, Ph.D.; Michael Sanchez, BS.* DRI-II description, interpretation and discussion.
- 6-B. ~ **Staying Connected In a World Trying to Tear Us Apart.** *Scott E. Roby.* Participants will learn how to recognize dangerous patterns of negative interaction and research-based communication techniques to counteract them!
- 6-C. ~ **Vicarious Trauma, Compassion Fatigue and Self Care.** *Gwendolyn Downing, MS, LPC.* The effects of vicarious trauma and compassion fatigue are real. Consequently, it is imperative that we as service providers learn how to care for ourselves first, so that we are able to effectively serve others. This workshop will include an interactive hands-on section.
- 6-D. ^ > **Supervision: Good Care and The Power of Growth at Every Level. Part 2.** *Noel J. Jacobs, Ph.D.*
- 6-E. **Being an Everyday Scientist.** *Dennis D. Embry, Ph.D.* People say, "Prevention takes a long time or you can't measure it without a lot of money." Well, grandmothers and wise adults would laugh about that. In this workshop, you will learn how to plan, measure and improve prevention results using simple, easy to understand science a 5th-grader can do.
- 6-F. ~ **Recovery Support and Strengths Based Services.** *Sherris Ososanya, MHR, LPC; Amber Guerrero, MA.* This workshop will provide attendees with a strengths based and recovery oriented perspective for case managers and recovery support specialists.
- 6-G. ~ **Hearing Voices. Repeat.** *Tania Rubio-Rosas, LCSW.* Registration for this workshop will be at the registration desk at the conference, and will be limited to 30 participants.
- 6-H. ~ **Real Information from Real People.** *Venita Johnson, BBA; Lorrie Byrum; Derek Lewis, MBA; Debra Tower.* "Real Information from Real People" will explore some of the key feedback provided by real people (via the ODMHSAS Consumer and Customer Surveys and IMR Recovery Study) that helps inform recovery program planning and improvement processes on a local, state and national level.
- 6-I. ~ **Prevention for Older Adults.** *Mich Magness, MAG.* The Center for Substance Abuse Prevention is recognizing that a Silver Tsunami of aging Baby Boomers will transform the substance use & abuse profile of older Americans in the coming years. The Administration on Aging is becoming increasingly aware that the future of aging services must include an increased awareness of substance use, misuse and abuse among older Americans. This workshop will describe these two separate networks of service providers and offer a road map to increased cooperation and opportunities for collaboration.
- 6-J. ~ **Advanced Forum on Prescription Drug Abuse Prevention Strategies.** *Scott Schaeffer, RPh, DABAT.* Prescription drug abuse is a rapidly growing problem in Oklahoma, with significant implications for the health and well-being of patients and families. Learn about the problem as well as prevention strategies that have been implemented, and discuss additional options for intervention.
- 6-K. **Money: Financial Realities. Part 3.** *Marc Lefkowitz, CCGC, NCGC.*

5:30-7:30 OPEN 12-STEP MEETING



Wednesday, December 8, 2010

8:00 – 9:00 REGISTRATION AND CONTINENTAL BREAKFAST

9:00 – 10:30 CONCURRENT WORKSHOPS: SESSION 7

- 7-A. **Facilitation Skills.** *Terry Rousey*. This workshop will offer simple easy to use tips for being a more effective facilitator. Emphasizing practical adult learning methods, delivery styles, classroom environment and group management skills.
- 7-B. **Proposed Changes for the DSM-V.** *John R. Craig, Ed.S., LMHC*. Changes in the Diagnostic Statistical Manual (DSM) proposed by the DSM 5 Task Group will be discussed during this presentation. Discussion will include removal of all five sub-types of schizophrenia, removal of the distinction between substance abuse and dependence, and the addition of new "behavioral addictions".
- 7-C. ~ **Roles of the Recovery Support Specialist (RSS).** *Craig Corbin, RSS; Jody Nelson, RSS; Kim Bartlett, RSS*. This workshop will review the roles of the RSS, including the focus on recovery and taking a look at the consumer-developed and consumer-centered Common Ground program of shared-decision making.
- 7-D. * ^ **Ethics. Part 1.** *Katie F. Cox, JD*. This presentation will provide an overview of boundary and other ethical issues encountered when delivering mental health and substance abuse services, as well as guidelines for solutions. This program focuses on ethical issues encountered in a variety of clinical situations, including psychotherapeutic relationships, confidentiality and financial conflicts of interest.
- 7-E. ^ > **Clinical Supervision from a Developmental Perspective.** *Cal D. Stoltenberg, Ph.D.* This workshop will briefly review the Integrative Developmental Model of Supervision. Characteristics of supervisees and appropriate supervision approaches will be discussed. Recent research will be highlighted.
- 7-F. ~ **Diabetes and Its Relationship to Mental Health.** *Hal Scofield, MD*. The rising population burden of type 1 and type 2 diabetes along with underlying pathophysiological mechanisms will be discussed. The association of diabetes with mental health disorders, especially depression, will be examined.
- 7-G. ~ **Bio Poems and Other Creative Strategies for Connecting to Change.** *Hasan Davis, JD*. In this workshop Hasan will lead participants in the development of Bio Poems. Hasan has used Bio Poems as a tool to gain an early "snapshot" of groups he plans to work with long term. The simple process reveals lots of useful information that can be applied to moving folks from their current situation toward their greater aspirations. Come, think, share.
- 7-H. ~ **When Enough is Enough. Part 1.** *Candy Finnigan, CMA III, BRI II*. Ms. Finnigan, a nationally recognized interventionist, and regular on A&E's television show "Intervention," will provide a comprehensive guide to successful intervention with people who have an addiction.
- 7-I. **SBIRT is in the House.** *Dane Libart, MSW*. Screening, Brief Intervention, Referral to Treatment (SBIRT) is a public health model that will change the substance abuse landscape of Oklahoma. Learn what it is and how it works.
- 7-J. **Underage Drinking: You've Got Too Much To Lose.** *Adrienne Rollins, MPA, CPS*. This workshop will look at the environmental prevention model with an emphasis on youth leadership and law enforcement. Evidence-based practices will also be discussed as they pertain to underage drinking prevention. The 2Much2Lose Youth Council will also share ways they are working to address these issues.
- 7-K. **Money: Financial Realities. Part 4.** *Marc Lefkowitz, CCGC, NCGC*.

10:30 – 11:00 BREAK

11:00 – 12:30 CONCURRENT WORKSHOPS: SESSION 8

- 8-A. **Update on the ADSAC Process for Assessors.** *Ray Caesar, LPC, LADC; Patty Patterson, BS*. This workshop is an annual offering addressing the changes, improvements, problems, issues and solutions from the last year.
- 8-B. **Correct Usage of the American Society of Addiction Medicine, Patient Placement Criteria (ASAM PPC-2r).** *Jim Giffin, M.Ed., LADC*. Use of ASAM PPC-2r in association with assessment instruments to facilitate efficacious patient placement and treatment planning.
- 8-C. ~ **Recovery in Residential Care Homes.** *Denise Wilson, LPN; Ellengton Boyce*. Helping real people recover and return to a life in the community, including independent living.

8-D. * ^ Ethics. Part 2. *Katie F. Cox, JD.*

8-E. ^ > Clinical Supervision from a Developmental Perspective. Repeat. *Cal D. Stoltenberg, Ph.D.*

8-F. The Four (4) Parts of Medicare. *Lisa B. Gober, BSHA.* This presentation will cover the basics of Medicare benefits. Participants should leave with knowledge of the four (4) aspects of Medicare, and the specific services covered under each part.

8-G. ~ Behavioral Health Rehabilitation Services: An Overview. *Kelly Earles, M.Ed.* This workshop will go over the basic components of Behavioral Health Rehabilitation Services, including Group Rehabilitation Services, Individual Rehabilitation Services, and Psychiatric Rehabilitation Programs (PSR).

8-H. When Enough is Enough. Part 2. *Candy Finnigan, CMA III, BRI II.*

8-I. ~ Mental Health First Aid. *Dane Libart, MSW.* This new training program reduces stigma, provides mental health literacy and educates the public on how to assist someone prior to or during a psychiatric emergency. This movement is growing. Find out how this course can benefit your organization.

8-J. Oklahoma Partnership Initiative: Enhancing the Collaborative Efforts Between Treatment and Child Welfare. *Jimmy Widdifield, Jr., LPC.* This workshop will focus on the collaborative efforts of state and local agencies to address drug endangered children in Oklahoma. Current knowledge and research on children with pre- and postnatal exposure to parental substance abuse will be presented. Participants will learn what evidence-based treatments are effective in addressing the adverse impact of parental substance abuse on children.

8-K. ~ Pathological Gambling: A Treatment Model. *Wiley D. Harwell, D.Min., LPC, CEAP, NCGC-II.* The treatment of pathological gambling is a varied subject with many different treatment philosophies and strategies. This presentation will introduce a cognitive-behavioral treatment model that can be adapted to help the client that may be at various places in the stages of readiness for change.

12:30 – 2:30 LUNCHEON

WELCOME

Steven Buck, Deputy Commissioner of Communication and Prevention, ODMHSAS
Durand Crosby, Chief Operating Officer, ODMHSAS

PLENARY: ~ **Away from “No Way.”** *Hasan Davis, JD.* In this presentation, Mr. Davis will draw upon the personal challenges of his childhood and his experiences helping youth in transition. Before the J.D. behind his name stood for Juris Doctor, it was clear to many he was just a Juvenile Delinquent. Mr. Davis will share some of the wisdom and gifts that the caring adults in his life provided on his journey to exchange one J.D. for another. If you don't think your presence in this work is making a difference in the life trajectory of another human being, then it is time to check in. Let's see what can happen when we create life opportunities, access to education, and safe, positive outlets for the people we serve.



