

**THURSDAY**

Thursday, September 30  
7:30 a.m. - 8:30 a.m.

**Networking Breakfast****PLENARY SESSIONS:**

Thursday, September 30  
8:30 a.m. - 9:45 p.m. (*Choose One*)

**Protecting Resilience: Supporting Developmental Competence & Confidence in Children****Anne Gearity**

Independent Practice / University of MN /  
Washburn Center for Children - Mpls, MN

Resilience is described as the ability to keep growing despite adversity. Many children experience significant risks to their well-being and sometimes these risks cannot be eliminated. Mental health, often symptom-driven, must keep focusing on protecting children's developmental mastery and sense of security within the social community. This imperative is necessary to assure our programs are truly helpful and do not add to harm. Learn about how children are protected in the face of risks, how interventions support overall development and how security can be restored so that resilience becomes a possibility for each child.

**Falling in Love with Your Own Life, Yet Again****Pete Feigal**

National Speaker & Consumer Advocate  
Tilting at Windmills / Art That Moves

Need a refresher course on finding that spark everyday, the way to keep going during tough times and how to develop relationships with everyone you meet? This session will delve into the issues of forgiveness, how humor can save your life, and taking the hard knocks and turn them to advantages in our lives. Pete will discuss how to: overcome impatience and crabbiness, open the way for more love and healing, learn that there is no such thing as "normal life."

**Child and Adolescent Psychiatric Services, All Levels**

Thursday, September 30  
10:00 a.m. - 11:00 a.m.

**Protecting Resilience as Children Grow: Practical Applications in Everyday Interventions****Anne Gearity, LICSW, PhD**

Private Practice;  
University of Minnesota;  
Washburn Center for Children  
Minneapolis, MN

Mental health interventions for children must always include support for ongoing developmental adaptation and mastery. This workshop will explain resilience research and apply this to everyday mental health practices that promote protection and support positive and pro-social growth for children of any age. It will also examine how to understand symptoms as efforts to adapt and how to build a case plan that supports developmental potential.

**Risk and Resilience for Kids and Families, Introductory**

Thursday, September 30  
10:00 a.m. - 11:00 a.m.

**The Native American Traditions Revisited Project - a Curriculum for Families Impacted by FASD****Rosemary White Shield, PhD**

MN Indian Women's Resource Ctr  
Minneapolis, MN

The Native American Parenting Traditions Revisited (NAPTR) project's mission is to support the success and resiliency of Native American families and communities affected by Fetal Alcohol Spectrum Disorder (FASD). The NAPTR parenting curriculum has been conceptualized and informed within Native world views, experiences and processes, and traditional Native spiritual contexts.

**Community Psychiatric Services, All Levels**

Thursday, September 30  
10:00 a.m. - 11:00 a.m.

**A Backstage Pass: Being a Doctor on an ACT Team****Walter Rush, MD**

Central MN Mental Health Ctr / U of MN  
Monticello, MN

The doctor's participation in team meetings and community visits improves diagnostic accuracy, allows practice of therapeutic skills and helps the team devise supportive interventions. The inherent teamwork and collaboration may inform transformation of our scattered mental health services into a system.

**Motivational Interviewing and Engagement, Intermediate**

Thursday, September 30  
10:00 a.m. - 11:00 a.m.

**Motivational Interviewing: Review the Fundamentals and Principles****Suzanne EckMaahs, MINT Trainer**

EckMaahs & Associates, LLC  
St. Paul, MN

This training is based on the work of William R. Miller and Stephen Rollnick. Motivational interviewing (MI) is an evidence-based practice designed to help facilitate and support change. It is used in a number of settings, and research demonstrates statistically significant outcomes when using MI with issues of substance abuse, mental health and primary health.

**Recovery and Health, All Levels**

Thursday, September 30  
10:00 a.m. - 11:00 a.m.

**Inside the Real Life of Madness****Andrew Gadtke**

Risen Man Publishing, LLC  
Edina, MN

Author, public speaker and mental health advocate, Andrew D. Gadtke will speak on his mental health book, *Regular & Decaf*. He will discuss the inner experience of his paranoid schizophrenia.

**Trauma and Co-Occurring Treatment, All Levels**

Thursday, September 30  
10:00 a.m. - 11:00 a.m.

**Missing Pieces: Evidence Based Treatment for MI/CD Relapse****Stephen Casey, MEd, LADC, LISW**

Human Services Inc.  
Stillwater, MN

The HSI Community Options program provides treatment for substance abuse clients with complex clinical presentations. An individualized approach to evidence-based programming challenges clients to identify what has been missing from their efforts.

**Practical Therapy Skills, All Levels**

Thursday, September 30  
10:00 a.m. - 11:00 a.m.

**Suicide, Self-Harm and Related Mental Health Issues of Older Adults****Atashi Acharya, LICSW, ACSW****Joan Stauffer, MSW, LGSW**

VOA of MN, Senior Mental Health Svcs  
Golden Valley, MN

Older adults are disproportionately more likely to die by suicide. Although mental illnesses underlying these suicides are highly treatable, only 16% receive effective treatment. This presentation will discuss suicide, self-harm, risk-assessment and prevention/early intervention among older adults.

**Networking Breakfast**

*Back by popular demand, this excellent networking opportunity is included in the price of your conference registration. Tables will be designated into key job roles and topics to facilitate meeting other participants with similar interests.*

**Thursday Morning, September 30  
7:00 to 8:15 a.m.**

Connecting Combinations of Care, All Levels

Thursday, September 30  
10:00 a.m. - 11:00 a.m.

**Hospital to Home: Rejuvenating Health and Reducing Costs**

**Keith Henry, MD**  
Regions Hospital - Emergency Medicine  
St. Paul, MN

**Kate Bitney**  
Hearth Connection  
St. Paul, MN

**Julie Grothe, CPRP, MDiv**  
Guild Incorporated - Delancey Street Prgms  
St. Paul, MN

**Shawntera Hardy**  
Regions Hospital - Government Relations  
St. Paul, MN

The Hospital to Home (H2H) initiative takes an innovative and collaborative approach to assist individuals experiencing chronic health conditions, mental illness and homelessness. Participants receive the care they need without relying on high cost and often avoidable, emergency room care.

Personal Development/Professional Skills, Introductory

Thursday, September 30  
10:00 a.m. - 11:00 a.m.

**Using Mindfulness Strategies to Treat Symptoms of Depression, Anxiety and Trauma**

**Tara Severts, MSW, LGSW**  
South Metro HS - Community Foundations  
St. Paul, MN

This session will overview mindfulness strategies such as breathing, meditation and yoga. Participants will learn strategies that help to treat clients with symptoms of depression, anxiety and trauma. We will discuss how these techniques help clients live in the moment, manage emotions and help find self acceptance.



Management and Leadership, All Levels

Thursday, September 30  
10:00 a.m. - 11:00 a.m.

**Privacy Update: What's New with HIPAA and Data Practices?**

**Mary Martin, JD**  
Law Offices of Mary K. Martin  
St. Paul, MN

Learn about the changes you need to make to your business associate agreements, who you have to notify now if you have a security breach such as a stolen laptop, and current enforcement actions.

Evidence-Based Practices, Intermediate

Thursday, September 30  
10:00 a.m. - 11:00 a.m.

**Lessons Learned from the Behavioral Health Depression Collaborative**

**Jerry Storck, PhD**  
MN DHS - Adult MH Division  
St. Paul, MN

**Pam Pietruszewski, MA**  
Institute for Clinical Systems Improvement  
Bloomington, MN

**Michael Trangle, MD**  
HealthPartners/Regions Hospital  
St. Paul, MN

**Mark Skrien, MA, LP, LMFT**  
South Central HR Ctr  
Owatonna, MN

**Steven Vincent, PhD, LP**  
CentraCare St. Cloud Hospital  
St. Cloud, MN

**Dan Johnson, PsyD, LP**  
Human Services Inc.  
Cottage Grove, MN

The presentation examines the work of the Behavioral Health Depression Collaborative coordinated by ICSI and sponsored by DHS, health plans and MACMHP. The purpose of this collaborative is to share the best practices, processes and tools including the PHQ-9 to improve outcomes for clients with depression.

Bonus Session, All Levels

Thursday, September 30  
11:00 a.m. - 11:30 a.m.

**Effective Leadership for an Electronic Health Record (EHR) Implementation**

**Tim Carpenter, MSW**  
Senior Business Analyst  
Defran Systems  
New York, NY

Attendees will learn how to develop effective leadership structures for the implementation of a new Electronic Health Record (EHR) System, capably assess internal processes and EHR requirements, and set the stage for distributing an effective RFP for vendors. Template documents will be provided. Administrators, QI, project managers, and IT professionals are encouraged to attend. Tim Carpenter has 20 years of experience in human services, including: direct service, planning and senior management, and technology development.



Child & Adolescent Psychiatric Services, All Levels

Thursday, September 30  
11:30 a.m. - 12:45 p.m.

**"Incredible" Parents and Kids!!!!**

**Gael Thompson, LICSW, MSW**  
**Judy Ohm, BSW**  
**Pat Landy, BA**  
**Monica Idzelis, PhD**

Amherst H. Wilder Foundation  
St. Paul, MN

The Incredible Years is an evidence-based practice model being implemented by Wilder as an effective method to reach social/emotional challenging children and their parents. Our demonstration site model for early childhood professionals will be presented including six years of implementation data.

Risk and Resilience for Kids and Families, All Levels

Thursday, September 30  
11:30 a.m. - 12:45 p.m.

**Promoting Early Childhood Mental Health in the Adult Mental Health System**

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

**Catherine Wright, MS**  
MN DHS - Children's MH Division  
St. Paul, MN

**Linda Curran, LICSW, MEd**  
St. Louis County  
Duluth, MN

T-ACT (Transitional Assertive Community Treatment) serves 75 young adults with severe mental illness. The Human Development Center has identified that 30 infants to five-year-olds were born to these young adults. This workshop will explore the development, implementation and sustainability of the integration of early childhood mental health services with adult mental health services.

Community Psychiatric Services, All Levels

Thursday, September 30  
11:30 a.m. - 12:45 p.m.

**Identification & Early Treatment of First Episode Psychosis**

**Saprina Matheny, MSW, LICSW**  
**Peter Miller, MD, FRCPC**  
**Christine Hakala**  
Human Development Center  
Duluth, MN

First episode psychosis frequently occurs during late adolescence and early adulthood, with individuals experiencing symptoms for one to two years before beginning treatment. Learn how early detection, assessment and treatment may significantly decrease the long-term negative impacts of those diagnoses.

Motivational Interviewing and Engagement, Intermediate

Thursday, September 30  
11:30 a.m. - 12:45 p.m.

### What's HOT in Motivational Interviewing (MI): Becoming a Change Talk Expert

**Suzanne EckMaahs, MINT Trainer**  
EckMaahs & Associates, LLC  
St. Paul, MN

Recent outcome studies in MI find that those clinicians who are proficient at recognizing and selectively reinforcing certain language cues from their clients (called change talk, confidence talk and commitment language) obtain more results in terms of actual behavior change outcomes. This workshop will help participants become more proficient and natural at change talk reinforcement by practicing this very important skill using typical client scenarios. Pre-requisite: Two to three days of basic motivational interviewing clinical skills training. Attendance will be limited to accommodate small practical training groups. This workshop will be repeated at 2:00 pm today.

Recovery and Health, Intermediate

Thursday, September 30  
11:30 a.m. - 12:45 p.m.

### Incorporating Recovery into Case Management Services

**Sally Sales, MA, CPRP**  
Resource / Spectrum Community MH  
Crystal, MN  
**Michelle Zuzek, MSW, LICSW, CPRP**  
Vail Place  
Hopkins, MN  
**Sharon Witt, MMA, CPRP**  
Resource / Spectrum MH - Charaka CSP  
Bloomington, MN

Providing quality case management services presents many challenges in a medically-driven system. Participants will learn practical, hands on techniques for applying psychiatric rehabilitation principles to case management. These techniques promote individual recovery goals while still meeting case management standards.

Trauma and Co-Occurring Tx, Intermediate/Advanced

Thursday, September 30  
11:30 a.m. - 12:45 p.m.

### Treatment of Trauma in Native American Clients

**Bill Fullerton, MEd, MSW, LICSW**  
**Jessica Gourneau, PhD**  
American Indian Family Center  
St. Paul, MN

This presentation will make a case for the provision of cultural adaptations for Native American clients to two trauma treatment models, Trauma Focused-Cognitive Behavioral Therapy and Eye Movement Desensitization and Reprocessing.

Practical Therapy Skills, All Levels

Thursday, September 30  
11:30 a.m. - 12:45 p.m.

### Effectiveness of Intensive Outpatient Treatment Modality in Serving Older Adults with Major Mental Illness

**Katie Perzel, MSW, LICSW**  
VOA of MN, Senior Mental Health Svcs  
Golden Valley, MN

Elders with mental illness have limited community-based age-specific treatment options. This session will discuss key therapeutic factors and clinical outcomes of a gero-specific Intensive Outpatient Program model geared towards treating severe mental illnesses. It is based on a five-year span of effectiveness data.

**A Special Thank You**  
to the  
**Minnesota**  
**Psychiatric Society**

Their collaborative efforts are  
greatly appreciated.

Connecting Combinations of Care, All Levels

Thursday, September 30  
11:30 a.m. - 12:45 p.m.

### Providing Integrated Care: Initial Lessons from the "Wellness PIN"

**Cary Zahrbock, LICSW, MSW**  
Medica Behavioral Health  
Minneapolis, MN  
**Emily Schug, MSW**  
**Mark Oster, MA, LP**  
Dakota County Social Services  
Apple Valley, MN  
**Sarah Keenan, RNC**  
Center for Healthy Aging  
Minnetonka, MN  
**Don Allen**  
MN DHS - Chemical & Mental Health Svcs  
St. Paul  
**Patty Lauer-Roberts**  
MN Mental Health Clinics - Horizons CSP  
Eagan, MN

Partners of the Dakota County/Medica Preferred Integrated Network (PIN) will present information about their model of integrated medical, mental health and community care. The "Wellness PIN" focuses on supporting medical, mental health, chemical health and social service needs of enrollees. Initial lessons learned from implementation and first year of service will also be shared, including initial challenges, successes, solutions and outcomes.

Personal Development/Professional Skills, All Levels

Thursday, September 30  
11:30 a.m. - 12:45 p.m.

### "Look It In the Eye"

**Jim Gruba, MS, LP**  
**Kim Matteen, BA**  
**Virginia Spiess, MHP**  
Human Development Center  
Duluth, MN  
**Dan Woods**  
Clarity Films  
Superior, WI

View this compelling documentary movie and learn how to use it to begin a community dialogue about the importance of identifying and treating mental illness. You will hear from the film maker and one of the movie's subjects.

Management and Leadership, All Levels

Thursday, September 30  
11:30 a.m. - 12:45 p.m.

### Rejuvenating Your Employee Handbook

**Mary Martin, JD**  
Law Offices of Mary K. Martin  
St. Paul, MN

What provisions should you have in your handbook? What provisions should you NOT have in your handbook? This presentation will focus on common problems in employees handbooks and guide attendees in deciding what to put in or leave out.

Evidence-Based Practices, All Levels

Thursday, September 30  
11:30 a.m. - 12:45 p.m.

### Clinical Implementation of IDDT

**David Fruehling, LICSW, MSSW, LCSW**  
**Megan Ries, MS, LPC, NCC**  
**Carrie Swenson, BSW, LSW**  
Hiawatha Valley MH Ctr  
Winona, MN

This presentation will include an overview of Integrated Dual Diagnosis Treatment (IDDT) from inception to implementation in a community mental health agency. Discussion on the future direction of IDDT in the agency as a factor in recovery will also be addressed.

## BANQUET & AWARDS LUNCHEON

Thursday, September 30  
12:45 p.m. - 2:00 p.m.

**MACMHP Awards**  
**Nominations**

Visit [www.macmhp.org](http://www.macmhp.org) for more information on award categories, deadlines, and submittal process.

Child & Adolescent Psychiatric Services, All Levels

Thursday, September 30  
2:00 p.m. - 3:30 p.m.

### Evidence-Based Treatment of Eating Disorders

**Julie Lesser, MD**  
**Heather Gallivan, PsyD, LP**  
Park Nicollet Melrose Institute  
St. Louis Park, MN

Eating disorders involve medical complications and high rates of co-morbid psychiatric disorders. Indications for hospitalization and behavioral intervention will be reviewed. Evidence-based treatment including family-based treatment, cognitive behavioral therapy and dialectical behavioral therapy will be discussed citing clinical examples.

Risk and Resilience for Kids and Families, All Levels

Thursday, September 30  
2:00 p.m. - 3:30 p.m.

### Rejuvenating Our Promise to People with Fetal Alcohol Spectrum Disorders

**Lynne Frigaard, FAS**  
ARC Northland  
Duluth, MN

Individuals with Fetal Alcohol Spectrum Disorders present us with some unique challenges. This workshop will provide participants with practical strategies for working with individuals who may have fetal alcohol damage. This workshop is dynamic, necessary and relevant to every profession.

Community Psychiatric Services, All Levels

Thursday, September 30  
2:00 p.m. - 3:30 p.m.

### Morbidity & Mortality in People with SMI: Responding to the Epidemic

**Alan Radke, MD, MPH**  
MN DHS - State Operated Services Div  
St. Paul, MN

**Michael Trangle, MD**  
HealthPartners/Regions Hospital  
St. Paul, MN

**Sally Sales, MA, CPRP**  
Resource / Spectrum Community MH  
Crystal, MN

Public mental health consumers are facing a worsening epidemic resulting in the loss of at least 25 years of normal life span due to preventable medical conditions. The public health response requires tracking of morbidity and mortality, implementation of established standards of care and improved access to and integration of physical health and mental health care. Speakers will review specific measures and highlight examples of implementation from state and national initiatives.

Motivational Interviewing and Engagement, Intermediate

Thursday, September 30  
2:00 p.m. - 3:30 p.m.

### What's HOT in Motivational Interviewing (MI): Becoming a Change Talk Expert

**Suzanne EckMaahs, MINT Trainer**  
EckMaahs & Associates, LLC  
St. Paul, MN

Recent outcome studies in MI find that those clinicians who are proficient at recognizing and selectively reinforcing certain language cues from their clients (called change talk, confidence talk and commitment language) obtain more results in terms of actual behavior change outcomes. This workshop will help participants become more proficient and natural at change talk reinforcement by practicing this very important skill using typical client scenarios. Pre-requisite: two to three days of basic motivational interviewing clinical skills training. Attendance will be limited to accommodate small practical training groups.

Recovery and Health, All Levels

Thursday, September 30  
2:00 p.m. - 3:30 p.m.

### Photovoices of Recovery

**Sharon Witt, MMA, CPRP**  
**Ho Nguyen, BA**  
**Byron Adams, BS**  
**Jessi Bruehling, MA, LPCC**  
Resource / Spectrum MH - Charaka CSP  
Bloomington, MN

Learn about "Photovoice" and how to utilize this innovative art form to guide people in recovery and to express themselves and their experiences. Learn practical ways to provide an environment for sharing, inspiring, reducing stigma and getting involved in social action through photographs and words.

Trauma and Co-Occurring Tx, Intermediate/Advanced

Thursday, September 30  
2:00 p.m. - 3:30 p.m.

### ASAM: An Effective Model for Comprehensive Dual Diagnosis Treatment

**David Smith, LICSW, PhD**  
New Beginnings at Waverly  
Waverly, MN

The American Society of Addiction Medicine (ASAM) model offers clinicians a comprehensive framework that effectively encompasses the domains of dual diagnosis in a flexible and individual way. Participants will examine an existing model demonstrating the effectiveness of the ASAM framework.

Practical Therapy Skills, All Levels

Thursday, September 30  
2:00 p.m. - 3:30 p.m.

### A Practical Four-Step Process for Couples Therapy

**Paul Springstead, PsyD, ABPP, LP**  
Northern Pines Mental Hlth Ctr  
Brainerd, MN

Learn a practical four-step process to help troubled couples which was developed by Dr. Springstead over 13 years working at a rural community mental health center. A recent client satisfaction survey found that for those seeking relationship help, 88% reported this four-step process was helpful.

Connecting Combinations of Care, Intermediate

Thursday, September 30  
2:00 p.m. - 3:30 p.m.

### Systems Care Coordination: Shared Responsibility for Mental Health, Medical and Managed Care

**Mark Skrien, MA, LP, LMFT**  
**Elizabeth Keck, BSW, LSW**  
**Carolyn Wheeler, MSW, LICSW**

South Central HR Ctr  
Owatonna, MN

**Anne Draeger, BSN, RN**  
Owatonna Hospital  
Owatonna, MN

**Joan Monahan, BA**  
South Country Health Alliance  
Owatonna, MN

**Kelly Harder, MSW**  
Dakota County Community Services  
West Saint Paul, MN

Systems Care Coordination is an innovative and collaborative program established to provide case management to reduce frequent use of hospital emergency departments. The panel will discuss coordinating efforts of a hospital emergency department, mental health center, social service agency and a managed care organization.



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

**REGISTER BY**  
**SEPTEMBER 10TH**  
**AND**  
**SAVE \$30!**

Personal Development/Professional Skills, Intermediate

Thursday, September 30  
2:00 p.m. - 3:30 p.m.

## De-escalation 101: Helping People in Crisis

**Russell Turner, MA, MS**

People Incorporated  
St. Paul, MN

Nine specific verbal de-escalation techniques are presented and demonstrated for resolving potentially violent situations. The workshop will explore the difference between de-escalation and problem-solving, as well as the role of the physiological response to stress in managing angry exchanges.

Management and Leadership, All Levels

Thursday, September 30  
2:00 p.m. - 3:30 p.m.

## Leadership Excellence: Take Control of Your Destiny

**Robert Dahl, MBA**

Dimension Consulting Group LLC  
Duluth, MN

While leadership may come natural for some, developing strong leadership skills takes practice and hard work. This presentation will provide the resources and skills to achieve these leadership abilities. Bringing out the Great Leader in you!

### THURSDAY EVENING DINNER AND SOCIAL ACTIVITY

## The Famous Great Lake Dinner Cruise

(optional group dinner & social activity)

- ◆ Networking & Team-Building Time
- ◆ Great Meal with Drinks & Dessert
- ◆ Spectacular Scenery and Guided Tour

Sign up form and more details are on page 32.

Evidence-Based Practices, All Levels

Thursday, September 30  
2:00 p.m. - 3:30 p.m.

## When Full-Scale ACT Isn't Possible: A Promising New Approach Called "ICRS"

**Tom Witheridge, PhD, LICSW**

**Dave Schultz, MA**

**Jerry Storck, PhD**

MN DHS - Adult MH Division  
St. Paul, MN

**Tina Nunemacher-Tews, LSW**

Zumbro Valley Mental Hlth Ctr  
Rochester, MN

A new team approach, Intensive Community Rehabilitation Services, fills the gap between ACT and less intensive services. Partners in this demonstration project include DHS and six regional initiatives. Panelists will discuss the rationale, growing pains, results and future of ICRS.

Child & Adolescent Psychiatric Services, All Levels

Thursday, September 30  
4:00 p.m. - 5:30 p.m.

## Practical Approaches to Autism

**William Sheehan, MD**

MN DHS SOS - CABHS  
Willmar, MN

**Steven Thurber, PhD, ABAP LP**

Woodland Centers  
Willmar, MN

Among the core deficits of autism are communication difficulties and social deficits. A psychiatrist heading a neurodevelopmental disorders program and a community mental health professional offer practical suggestions for approaching such individuals. They suggest looking at behaviors not as symptoms but as alternate forms of communication and offer a set of principles for systematically approaching the evaluation and management of these challenging patients.



Risk and Resilience for Kids and Families, All Levels

Thursday, September 30  
4:00 p.m. - 5:30 p.m.

## Healing the Wound: A Family's Journey Through Chemical Dependency

**Mathias Karayan, MA, LADC**

New Beginnings at Waverly  
Waverly, MN

This workshop will progressively address family dynamics, the motivation that enables chemical dependence and how the family can interrupt the cycle. We will take a fresh look at what is chemical dependence, how to help the family move from enabling to real support, and how get through guilt, anger and fear.

Community Psychiatric Services, Intermediate

Thursday, September 30  
4:00 p.m. - 5:30 p.m.

## Marijuana and Mental Illness

**Kevin Turnquist, MD**

AMRTC / Touchstone Mental Health  
Anoka, MN

Throughout our mental health system there is widespread confusion about the interactions between marijuana use and mental illnesses. The resulting effects on our clientele are considerable. This presentation will examine these issues in light of the best available clinical and scientific evidence.

Motivational Interviewing and Engagement, Introductory

Thursday, September 30  
4:00 p.m. - 5:30 p.m.

## Rejuvenating Our Efforts When Meeting Up With Resistance

**Julie Duncan, MA, LP**

**Paula Gaboury, MA, CPRP**  
South Metro Human Services  
St. Paul, MN

Do you work with involuntary clients who do not want services? Is their only goal to discontinue services? We all struggle with finding the right approach to take with these clients. Learn some innovative strategies to use with this population.

Recovery and Health, All Levels

Thursday, September 30  
4:00 p.m. - 5:30 p.m.

## Understanding Harm Reduction

**Paula DeSanto, MS, LSW, CPRP**

Minnesota Alternatives, LLC  
Columbia Heights, MN

While 12 Step abstinence-based programs have saved many lives, people need to have different models of treatment available to them. This workshop will discuss an alternative approach that focuses on engagement, harm reduction and personalized interventions.

Trauma and Co-Occurring Treatment, All Levels

Thursday, September 30  
4:00 p.m. - 5:30 p.m.

## Introduction to Trauma Informed Care

**Gary Eustice, MS, LP**

Range Mental Health Center  
Virginia, MN

This workshop is for providers who care for traumatized people. These clients do not experience the world in the same way as others; they require special care. Learn to understand trauma and its effects, how to create safe spaces for survivors and how to support consumer's choices.

Practical Therapy Skills, Intermediate

Thursday, September 30  
4:00 p.m. - 5:30 p.m.

## Cognitive Behavior Therapy and Eating Disorders (CBT-E): A Manual Based Treatment Protocol

**Anne Marie Vorbach, PhD, LP**

Western Mental Health Center  
Marshall, MN

This presentation will describe a manual based treatment for eating disorders. Two thirds of patients who complete this treatment have an excellent response. The presenter has experience delivering this treatment in an eating disorder treatment center and an outpatient clinic.

Connecting Combinations of Care, Intermediate

Thursday, September 30  
4:00 p.m. - 5:30 p.m.

**Transportation of Persons Needing Acute Psychiatric Care**

**John Anderson, MA**  
MN DHS - Adult MH Division  
St. Paul, MN

For years the mental health system in Minnesota has relied on law enforcement personnel to safely transport individuals needing acute psychiatric care to hospitals. The DHS-CMHS Administration is now studying and designing new approaches to provide supportive medical transportation services. The goal is to create a range of alternatives that will be less traumatic and more empowering to persons with mental illness, while also assuring safety.

Personal Development/Professional Skills, All Levels

Thursday, September 30  
4:00 p.m. - 5:30 p.m.

**Japanese Reiki: The Gentle Healing Art**

**Jody Guy-Krulc, Reiki Master/Teacher**  
Relax with Reiki  
Virginia, MN

Current research strongly suggests that energy does flow throughout the physical body. Disruptions or imbalances in its flow correlate to physical, mental and emotional illness. The Japanese healing art of Reiki addresses these imbalances to support good health and well-being.

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Thank You to:



**National Association  
of Case Management**

*For helping with the development of the  
Tuesday & Wednesday  
Supervision Pre-Conference Institutes*

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Management and Leadership, All Levels

Thursday, September 30  
4:00 p.m. - 5:30 p.m.

**Mental Health Parity: Practical Implications of New Federal Law**

**Ron Brand, MA**  
MN Association of Community MH Programs  
St. Paul, MN

**Louise Clyde, RN**  
Blue Cross Blue Shield MN  
Eagan, MN

**Bryan Hamel, LICSW**  
Medica Behavioral Health  
Bloomington, MN

**Karen Lloyd, PhD, LP**  
HealthPartners  
Bloomington, MN

The Federal Wellstone-Domineci Mental Health Parity and Addictions Equity Act of 2008 will impact consumer protections, coverage of services, payment methods and relationships between public and private funding. We will compare this law to Minnesota's parity law and summarize the regulations that address quantitative and non-quantitative limitations on access and cost-sharing. How health plans will be adapting coverage to comply with the requirements will also be discussed. The session will anticipate opportunities and challenges to provide increased value to consumers and purchasers.

Evidence-Based Practices, Introductory/Intermediate

Thursday, September 30  
4:00 p.m. - 5:30 p.m.

**Evidence-Based Addiction Treatment in a Mental Health Setting**

**Saul Selby, MA, LADC**  
Set-Free Recovery Services  
Wyoming, MN

An overwhelming number of clients seeking mental health counseling have concurrent, untreated addictions. While some clients benefit from residential addiction services, many can overcome addictions on an outpatient basis with the help of a competent mental health professional. Learn how you are in a key strategic position to concurrently treat both addiction and mental health disorders.