

FRIDAY

Friday, October 1
7:30 a.m. - 8:30 a.m.

Wake-Up to Wellness

Wake-Up to Wellness, All Levels

Friday, October 1
7:30 a.m. - 8:30 a.m.

Compassion Fatigue

Karen Edens, MPH

Edens Group
St. Paul, MN

Human service professionals work in an extremely challenging environment. Simply due to your own efforts to be an empathetic and compassionate care-giver, compassion fatigue can emerge at any time. Compassion fatigue often results in poor self-care and extreme self-sacrifice in the helping process. This training provides an overview of compassion fatigue, its causes, manifestations and strategies for resolution. Participants will explore personal risks for compassion fatigue and will also develop a framework in which to assess others using a Compassion Stress Management Plan.

Children's Services Customized for Culture, All Levels

Friday, October 1
8:30 a.m. - 9:45 a.m.

Hlub Zoo: Rejuvenating Our Promise to Help Hmong Girls and Families "Grow Well & Love Well"

Mary Vang Her, MSW

Mao Thao

Amherst H. Wilder Foundation
St. Paul, MN

Available mental health services often fall short of being accessible and culturally appropriate for immigrant and refugee communities. Learn how Hlub Zoo, a school-based mental health program, eliminates access barriers, engages families and provides culturally specific services for Hmong girls.

Children's Mental Health Innovations, Intermediate

Friday, October 1
8:30 a.m. - 11:15 a.m.

Attachment and Play: Strategies and Interventions to De-escalate Children and Adolescents in a Mental Health Crisis

Sarah Cross, MSW, LICSW

Kathleen Kane, LICSW

People Incorporated
Coon Rapids, MN

This workshop will give concrete de-escalation techniques to use with children and adolescents in a mental health crisis. Learn how negative behaviors are often a result of dysregulation, and how trauma and attachment impact functioning and development. Attachment theory in relation to traumatized and emotionally dysregulated children will be described. Explore creative play strategies and other techniques and learn why they work for de-escalation.

Community Psychiatric Services, All Levels

Friday, October 1
8:30 a.m. - 9:45 a.m.

Mood Disorders Update: Referring Patients for Specialty Evaluation & Interpersonal Social Rhythm Therapy for Mood Disorders

Mark Williams, MD

Grant Bauer, LICSW, MSW

Mary Jo Moore, RN, MAN, C

Astrid Hoberg, DNP, RN, CNS

Mayo Clinic - Dept. of Psychiatry & Psychology
Rochester, MN

The Integrated Mood Group at Mayo Clinic includes early intervention outreach into primary care settings, tertiary evaluation in psychiatry for treatment resistant depressed and bipolar patients, an inpatient mood program, and evidence-based psychotherapy for mood disorders and research.

Adult Mental Health, Introductory / Intermediate

Friday, October 1
8:30 a.m. - 9:45 a.m.

Diabetes and Health Coaching Fundamentals

Desiree Moody, RN, MSN, CNS

Lilly USA, LLC

West Bloomfield, MI

This workshop will help case managers and others learn how to effectively coach patients in identifying and adhering to their diabetes self-management goals. The attendee will be able to demonstrate a basic understanding of the ADA Standards of Care guidelines, coach consumers in identifying personal disease management goals by using self-management techniques, and demonstrate basic motivational interviewing techniques. The workshop goal is to provide foundational information and scenario-based activities that will help participants apply that foundational information with consumers.

Understanding Self Harm, All Levels

Friday, October 1
8:30 a.m. - 11:15 a.m.

The Bright Red Scream - Self Harm

Gary Eustice, MS, LP

Range Mental Health Center

Virginia, MN

Self harm is a disorder that affects over two million Americans. This workshop will examine the psychological experience of the person who seeks relief from mental anguish through self-inflicted physical pain. The presenter will discuss the components that predispose a person to self harm including: genetics, family experience, childhood trauma and parental involvement.

Scholarship Fund Donations

The Minnesota Association of Community Mental Health Programs provides a limited number of conference scholarships for consumers, families, and advocates. If you or your organization would like to contribute to the Scholarship Fund, please call (651) 642-1903. *Thank you!*

Alternative Therapies, All Levels

Friday, October 1
8:30 a.m. - 9:45 a.m.

Rejuvenating and Revitalizing with Foundation Nutrition

Sandra Spore, RN, DC, DABCI, DACBN, CCN, NMD

Wellness & Longevity Center

Stillwater, MN

Environment and lifestyle can affect personal nutritional requirements; and the Standard American Diet is bad for brain health. There will be a discussion of the role fats play in our diet and how we may potentially increase health problems by excluding certain facts.

Ethics - Meets Social Worker Requirement, Intermediate

Friday, October 1
8:30 a.m. - 11:15 a.m.

Effective Ethics

Michelle Gricus, LICSW, MSW

Mental Health Resources, Inc.

St. Paul, MN

Anyone who says, "I'm the most ethical person in the world" can't be trusted. This presentation can be trusted, though, to bring some light to how our own beliefs and experiences shape our ethical decision making practices every day. This session meets the CEU requirement for social workers.

Supervision Skills, Intermediate

Friday, October 1
8:30 a.m. - 11:15 a.m.

Exploring Complexities in the Supervisory Relationship

Mark Carlson, PhD, LP

Isabel Chell, PhD, LP

Argosy University - Twin Cities
Eagan, MN

Complexities in supervision are best approached relationally, with attention to individual diversity and its implications. Multicultural issues, values and enriching collaborative relationship are explored, as are other complicating factors, such as developmental stage, style, trust, and anxiety.

Public Policy, All Levels

Friday, October 1
8:30 a.m. - 9:45 a.m.

Legislative & Public Policy Forum**Ron Brand, MA**

MN Association of Community MH Programs
St. Paul, MN

A brief update of 2010 legislative session followed by a facilitated discussion regarding priorities for the upcoming legislative session. Among the topics: state budget, funding, reimbursement rates, health reform plans, mental health and co-existing conditions, school-based child mental health, state/county/provider roles and responsibilities, and others.

Children's Services Customized for Culture, All Levels

Friday, October 1
10:00 a.m. - 11:15 a.m.

Appropriate Services for Sexual Minority Youth**Timothy Denney, MS, CRC**

Northwestern Mental Hlth Ctr
Crookston, MN

Learn about the youth experience behind the "LGBTQI2-S" labels and how these youth identify themselves. Participants will gain a greater understanding of risk factors, strength factors and informal supports important to strengths-based service planning. The presenter will discuss appropriate ways of planning for services and placements.

Thank You**2010 Conference Presenters**

If you are interested in presenting at next year's conference, *please call!*

MACMHP at (651) 642-1903

or visit online:

www.macmhp.org

Community Psychiatric Services, All Levels

Friday, October 1
10:00 a.m. - 11:15 a.m.

Maintaining Medication and Other Biological Treatments**David Kerski, MD**

Woodland Centers
Willmar, MN

Biological treatments often have to be maintained over months to years. Options for treatment maintenance will be reviewed, along with suggestions about how to present and promote these options to patients.

Adult Mental Health, Intermediate

Friday, October 1
10:00 a.m. - 11:15 a.m.

Continuity of Therapy and Its Importance in the Long-Term Treatment of Schizophrenia**James Mc Creath, PhD, LCSW**

Hall-Brooke Behavioral Health System
Westport, CT

Continuity of care for patients with schizophrenia and other serious mental illnesses is often suboptimal, despite its recognized importance. A new retrospective outcomes study, "Continuity of Care in Patients with Schizophrenia and Schizoaffective Disorder," reveals significant associations between specific interventions and improved rates of 30-day outpatient follow-up care for patients following hospitalization for schizophrenia or schizoaffective disorder. The study found that such interventions include: direct coordination of care plans by staff at inpatient facilities with staff at outpatient facilities, inpatient facility involvement with regional joint planning efforts and social work support for patients during the transition from inpatient care to outpatient care.

A special "Thank You" to Janssen Pharmaceutica for their help with the development of this session.

Alternative Therapies, All Levels

Friday, October 1
10:00 a.m. - 11:15 a.m.

Rejuvenating Your Body with Hyperbaric Oxygen**Sandra Spore, RN, DC, DABCI, DACBN, CCN, NMD**

Wellness & Longevity Center
Stillwater, MN

Hyperbaric Oxygen Therapy (HBOT) benefits your body by helping to increase its ability to absorb oxygen, the single most important element your body needs. Oxygen is our primary source of energy. It fuels the body and supports the immune system by destroying toxic substances.

Pubic Policy, All Levels

Friday, October 1
10:00 a.m. - 11:15 a.m.

Health Care Reform: Key Provisions Affecting Behavioral Health Providers and Consumers**Ron Brand, MA**

MN Association of Community MH Programs
St. Paul, MN

Panel Members to be Announced

National health reform has been called the most significant social legislation since Medicare over 50 years ago. The legislation is complex, affecting nearly every aspect of financing, provider payment and service delivery. We will discuss several key provisions of the federal and state reform that will impact behavioral health services directly and indirectly. The session will summarize an implementation timeline and discuss how specific provisions are likely to affect how consumers access services, how care is delivered and how services are covered and paid. Opportunities for advocacy and service development will be discussed. Panel members, including representatives from health systems, health plans, key provider groups and policy-makers will be announced.



**Community Mental Health
Annual Conference**

CLOSING ADDRESS:

Friday, October 1 - 11:20 a.m.

Looking Ahead & Changing the Air that We Breathe**David Wellstone**

Wellstone Action! /
Wellstone Action Advisory Board
Minneapolis, MN

Join us for an empowering and inspiring message about getting involved in our democracy. Learn how, as mental health professionals, our personal and professional commitment to change can impact the direction of mental health policy. The session will emphasize the "how, when and why" to get involved in the democratic process.

Paul David Wellstone, Jr. is the son of the late Senator Paul Wellstone. Along with his brother, David is the Co-Founder of Wellstone Action, a national center for training and leadership development for the progressive movement. Founded in January 2003, Wellstone Action's mission is to ignite leadership in people and power in communities to win change in the progressive tradition of Paul and Sheila Wellstone.

**Join us for the Fun!
Participant Raffle
Friday at 12:30 pm**

Drawing for participants at the end of the conference. Raffle prizes include: gift certificates, complimentary conference registrations & many other items!

Right after the Closing Session!