

WEDNESDAY

Wednesday, September 29
10:00 a.m. - 1:00 p.m.

Registration at the DECC

OPENING ADDRESS:

Wednesday, September 29
1:00 p.m. - 2:30 p.m.

Inspired to Change: From Personal Recovery to Organizational Transformation

Lori Ashcraft, PhD, CPRP

Recovery Opportunities Center /
Recovery Innovations
Phoenix, AZ

The inspiration behind Dr. Ashcraft's commitment to recovery stems from her own personal experience of recovering from mental illness. She will share her personal journey and will describe how it led to developing ways of helping organizations recover as well. Descriptions of various tools and approaches that can be applied to organizational transformation and create irresistible programs will be included. She believes that recovery "takes a village," so she will be including the inspirational roles each person can play to promote personal and organizational recovery. The tools, approaches and roles all fit within a context of a wellness model described in her book, *Offering Wellness*. Attendees will review ways of using recovery approaches to inspire and support personal and organizational recovery, and develop irresistible programs that will inspire both staff and participants to bring their strengths to the table.

Lori Ashcraft is the Executive Director of Recovery Opportunities Center with Peer Support training, consulting and system development operating in 30 states and three countries. Dr. Ashcraft recently served as a professor for the University of Arizona teaching psycho-social rehabilitation and managed one of eight SAMHSA funded employment demonstration programs.

Child Mental Health: Engaging Families, Introductory

Wednesday, September 29
2:45 p.m. - 4:00 p.m.

Engaging Parents Using Family- Driven Treatment

Lynne Peterson

NAMI Minnesota
St. Paul, MN

Kids with intensive mental health needs and their families struggle to find appropriate services within their communities. Join us for a discussion on engaging parents in their child's treatment, making residential or day treatment programming more family driven and much more.

Child MH: Developmental Intervention, All Levels

Wednesday, September 29
2:45 p.m. - 4:00 p.m.

Staying Out of Power Struggles: Effectively Treating Oppositionally Defiant Kids

Dean Grace, EdD

Northwood Children's Services
Duluth, MN

The workshop will describe the etiology and treatment of Oppositional Defiant Disorder. Participants will examine the emotional and temperamental drivers underlying oppositional behavior. Learn to respond effectively to the child's provocations and understand how to help these kids be kids.

Community Psychiatric Services, Intermediate

Wednesday, September 29
2:45 p.m. - 4:00 p.m.

Treating Schizophrenia in Seniors

John Simon, MD

Creative Psychopharmacology
Minneapolis, MN

Session will review the guidelines for treating seniors with schizophrenia. Topics will include differentiating schizophrenia symptoms from dementia, and the possible side effects of medications to which seniors may be sensitive.

Recovery and Health, All Levels

Wednesday, September 29
2:45 p.m. - 4:00 p.m.

Eight Steps of Recovery Planning

Lori Ashcraft, PhD, CPRP

Recovery Opportunities Center
Phoenix, AZ

Have you ever heard anyone say "Thank God for my treatment plan! Without it I would be a mess!" Probably not. In this workshop you'll learn a new way to do recovery planning that can inspire both the person and the staff. Hopefully, you will rush home and revise your treatment planning forms. Learning objectives include: review a new approach to treatment planning, integrate recovery principles into the planning process and use recovery coaching approaches to planning.

Adult Mental Health, Introductory

Wednesday, September 29
2:45 p.m. - 4:00 p.m.

Rejuvenation Takes Work: How Employment Can Impact Mental Health

Ann Macheledt, MS, CRC

MRC - MN
Minneapolis, MN

Becky Bazarre, BS

Lifetrack Resources, Inc.
St. Paul, MN

Laura Weber, MA, LMFT

Human Services Inc.
Oakdale, MN

Diane Erkens, LGSW

Functional Industries
Buffalo, MN

Stay Well, Stay Working and the Johnson & Johnson Pilot Project providers will demonstrate how employment can be part of the mental health recovery process. Emphasis will be on how mental health practitioners can integrate employment into practice.

Chemical Health: Special Populations, Intermediate

Wednesday, September 29
2:45 p.m. - 4:00 p.m.

Substance Abuse: Working with Minnesota National Guard and their Families

Christine Dawson, LADC, BES

Minnesota National Guard
St. Paul, MN

The Minnesota National Guard recognizes that substance abuse is a devastating issue that we are currently facing. In an effort to combat this issue, the Minnesota National Guard recently began the substance abuse, Prevention, Treatment and Outreach program (PTO). We would like to educate and collaborate with community providers to assist us in working with our Guardsmen and their families. This session will address current efforts by the Guard and how providers can help.

Drug Abuse Trends, Introductory

Wednesday, September 29
2:45 p.m. - 4:00 p.m.

Opiates, the Next Tidal Wave

Rick Moldenhauer, MS, LADC, ICADC, LPCC

MN DHS - Alcohol & Drug Abuse Div
St. Paul, MN

Opiates are the fastest growing category of drug of abuse in Minnesota. This course will discuss demographic prevalence of opiates in Minnesota. The second portion will cover signs and symptoms of intoxication and withdrawal, and finally discuss treatment options specific for opiate addicts.

REGISTER BY

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

Easy online registration!

www.macmhp.org

Policy Collaboration and Advocacy, Intermediate

Wednesday, September 29
2:45 p.m. - 4:00 p.m.

Rejuvenating Our Promise Through Collaborative Policy Reform

Mark Haase, JD

Council on Crime and Justice
Minneapolis, MN

Anna McLafferty

Cassandra Dutrieuille, MA

NAMI Minnesota
St. Paul, MN

Sarah Walker, BA

180 Degrees, Inc.
Minneapolis, MN

The importance of policy reform as a way to serve clients, with focus on mental health and the criminal justice system will be discussed. Participants will learn how organizations can join policy reform efforts and how reform can be achieved through organizational collaboration.

Organizational Tune-Up, Introductory

Wednesday, September 29
2:45 p.m. - 4:00 p.m.

Mental Health & Leadership: The Use of Self for Improving Client and Organizational Well-Being

Steve Carlson, PsyD, MPNA

Resource / Spectrum Community MH
Minneapolis, MN

As it has always been for mental health professionals, our greatest asset for organizational harmony and client success is our own level of psychological development. This workshop will delve into three essential skills for promoting positive relations with colleagues and clients.

New Rules for New Times, All Levels

Wednesday, September 29
2:45 p.m. - 4:00 p.m.

Rules! Revision of DHS Rule that Regulates Medicaid Payment for Outpatient Mental Health Services

Linda Fuhrman, MA

Richard Seurer, MSW

Carol LaBine, MSW, LICSW

Julie Pearson, MSW, LISW

MN DHS - Adult MH Division

Karry Udvig

Mary Jo Avendano, PsyD, LMFT, LPC, LSW

Martha Aby, MBA, MSW, LICSW

MN DHS - Children's MH Division
St. Paul, MN

Minnesota administrative rules provide clarity and detail to state statute and how they are administered and implemented. In 2010, DHS revised the rule that regulates Medicaid payment for mental health services by removing outdated language and developing new language that updated, clarified or added new service coverage regulation. A DHS panel presents and answers questions regarding the new rule effective 01/01/2011.

New Approaches to Care Management, All Levels

Wednesday, September 29
2:45 p.m. - 4:00 p.m.

Healthcare Navigators in Your Organization: Avoiding Higher Levels of Care, Ensuring Client Satisfaction & Increasing Revenue

Shawna Vivant, MEd

Heather Hennen

Carver/Scott County MH Crisis Svcs
Waconia, MN

Lorraine Pierce, MS, LP

MN DHS - Adult MH Division
St. Paul, MN

Update from the West Metro Regional Crisis Service's development of the Healthcare Navigator (HCN). HCN is one component in the continuum of crisis services. It addresses barriers and coordinates mental health care for clients, and assists them to obtain the necessary medical/mental health services.

Child Mental Health: Engaging Families, Intermediate

Wednesday, September 29
4:15 p.m. - 5:30 p.m.

Preaching to the Choir: I Didn't Know It, But I Really am Making a Difference!

Mike Coyne, MA, LADC, CPP

Minnesota Institute of Public Health
Mounds View, MN

Mental health and substance abuse professionals often feel frustrated with a lack of parent participation in their prevention programs. This presentation will take a new look at our parent audience, how we measure success, and will talk about effective evidence-based parenting strategies. We'll discuss how certain parenting styles create a positive impact on kids and how you can help create and develop a parent network.

Child MH Developmental Intervention, All Levels

Wednesday, September 29
4:15 p.m. - 5:30 p.m.

Building Developmental Assets with At-Risk Youth: A Strength-Based Model of Treatment

Dean Grace, EdD

Northwood Children's Services
Duluth, MN

The session will present the first experimentally tested strength-building model of treatment for at-risk (SED) youth. The model equips children and adolescents with the experiences, relationships, opportunities and personal qualities necessary to develop as healthy and responsible young adults.

Community Psychiatric Services, Intermediate

Wednesday, September 29
4:15 p.m. - 5:30 p.m.

The Role of Sleep in Behavior, Diagnosis and Treatment

David Swenson, PhD, LP

College of St. Scholastica
Duluth, MN

Although sleep is a requisite condition for health, it is rarely examined in sufficient detail to determine its influence on problematic behavior, role in diagnosis or intervention. In this presentation, we will discuss the physiological basis of sleep, its effects on various conditions that are mistakenly diagnosed, how it can exacerbate other conditions and the initial assessment of sleep factors.

Recovery and Health, All Levels

Wednesday, September 29
4:15 p.m. - 5:30 p.m.

Peer Support Network: A Unique Model of Recovery, Support and Service Learning

Michael Fahey, MS, LSW

Judy Hovelson, CFNP, RN, MS

Hiawatha Valley MH Ctr
Winona, MN

Peer Support Network: a gathering place for people with chronic mental illnesses. Incorporates programs where clients can socialize, learn independent living skills, initiate goal planning, participate in groups and connect with a network of professional supports, student interns and volunteers.

VISIT EXHIBIT HALL

- ◆ Meet reps from companies that serve the mental health community
- ◆ Learn about products and services
- ◆ Preview product demonstrations & compare their features and benefits
- ◆ Receive product and samples

Exhibitors include: pharmaceuticals, business services, software companies, health plans, treatment providers, non-profit organizations and others.

Adult Mental Health, Introductory

Wednesday, September 29
4:15 p.m. - 5:30 p.m.

The Bipolar Coaster - Riding the Edge of Madness with Two Minds

Carlton Davis
NAMI
Pasadena, CA

The interactive workshop presents an alternate view of bipolar disorder as experienced by the presenter. The viewpoint examines the concept of two minds, which when in opposition define the disability and when aligned provide renewed self-awareness, strength and self-direction.

Chemical Health: Special Populations, All Levels

Wednesday, September 29
4:15 p.m. - 5:30 p.m.

Empowering Individuals with Brain Injury and Chemical Abuse

Annette Pearson, MS, LADC, CBIS
Vinland National Center
Loretto, MN

Attendees will explore brain injury, addiction and their interaction. We will examine the latest research, brain SPECTS, resources, tools and strategies for assisting consumers with relapse prevention. Expect to leave with fun, easy and cost effective tools and resources.

Drug Abuse Trends, Introductory

Wednesday, September 29
4:15 p.m. - 5:30 p.m.

Not What the Doctor Ordered - Prescription Drug Abuse in MN

Rick Moldenhauer, MS, LADC, ICADC, LPCC
MN DHS - Alcohol & Drug Abuse Div
St. Paul, MN

Abuse of prescription medication is rapidly replacing other substances of addiction in Minnesota. The difference between medication and poison is often the application of the substance. This course will discuss opiates, stimulants and sedative, hypnotic and anxiolytics and review intoxication and withdrawal symptoms.

Policy Collaboration and Advocacy, All Levels

Wednesday, September 29
4:15 p.m. - 5:30 p.m.

When Advocacy Isn't Enough - Successful Mental Health Class Action Lawsuits

Dan Stewart, JD
MN Disability Law Center
Minneapolis, MN
William Dikel, MD
Independent Consulting Psychiatrist
Minneapolis, MN

This presentation will review class action lawsuits against states that resulted in improved mental health services. In these situations, the lawsuits were the key factors in overcoming barriers to effective screening, diagnosis and treatment services for children, adolescents and adults.

Organizational Tune-Up, All Levels

Wednesday, September 29
4:15 p.m. - 5:30 p.m.

Knowing When You are There: Shifting Organizational Culture

Lori Ashcraft, PhD, CPRP
Recovery Opportunities Center
Phoenix, AZ

Sometimes we try to change our programs without knowing where we're going or what we want to look like once we get there. In this workshop we'll review the elements of a recovery based programs, so we can see what a program looks and feels like once it has become recovery based. This will give a vision that can guide our transformation process.

New Rules for New Times, All Levels

Wednesday, September 29
4:15 p.m. - 5:30 p.m.

MN Certification for Intensive Outpatient DBT Service Providers

Julie Pearson, MSW, LISW
MN DHS - Adult MH Division
St. Paul, MN
Suzanne Witterholt, MD
MN DHS - SOS - Anoka Metro RTC
Anoka, MN

This session will provide an update from DHS staff on the upcoming process for becoming a DBT program certified by the State of Minnesota. A description of program requirements for this Medical Assistance (MA) funded service available to eligible Minnesotans will be included.

New Approaches to Care Management, All Levels

Wednesday, September 29
4:15 p.m. - 5:30 p.m.

Delivering on the Promise of Care Coordination

Karen Lloyd, PhD, LP
Kari Duong-Topp, PsyD, LP
Angela Stratig, MSW, LICSW
HealthPartners
Bloomington, MN

Care coordination is touted as one of the best ways to insure better health outcomes. But, has it delivered on its promise? HealthPartners has many years of care coordination expertise. We'll highlight the things that have worked, the things that have not and why we continue to evolve.

WELCOME RECEPTION

Wednesday, September 29 at 5:30 p.m.

Child Mental Health: Evening Session, Introductory

Wednesday, September 29
6:30 p.m. - 7:30 p.m.

Rejuvenating Through Play & Art

Beth Prewett, MS, LPCC
Lynette Olds, MSW, LICSW
Connie Hayes, BA
Children's MH Svcs / REACH
Grand Rapids, MN

This workshop offers creative, therapeutic, playful and effective ways to help children and adolescents connect with their inner world. The presenters will provide a working knowledge base and hands on activities to demonstrate how play and art are used as interventions for skill development and healing.

Alternative Therapies: Evening Session, Introductory

Wednesday, September 29
6:30 p.m. - 7:30 p.m.

Complementary & Alternative Care Services 101: Focus on Homeopathy & Qigong

Kris Flaten, MDiv, Homeopath, CHC (cand)
Big Sky Homeopathy
Northfield, MN
Glenn Tobey, MDiv, MA, LICSW
Private Practice
Duluth, MN

Complementary and alternative care services are gaining in popularity. But what are they? Are they safe and effective? Can they be used adjunctively with more traditional treatments? This workshop will focus on naming and describing the different types of services with a special emphasis on homeopathy and Spring Forest Qigong. Participants will have the opportunity to experience qigong exercises and meditation.

Thank You
2010 Conference
Planning Committee
Your work is greatly appreciated!



All Conference Participants are Invited!

Welcome Reception

Hot Hors d'oeuvres, Cold Drinks, and Good Conversation

Wednesday, September 29 at 5:30 p.m.

