2016 Conference Objectives For Wisconsin Mental Health and Substance Use Recovery Training Conference

- Increase knowledge and skills to promote wellness, prevention, treatment, recovery, best practice, holistic care, and continuous quality improvement with the use of evidence-based practices across the lifespan.
- Promote meaningful involvement in person and family-centered planning, services, supports and system change.
- Increase knowledge of peer supports, peer-run programs and topics related to Certified Peer Specialists in Wisconsin.
- Increase knowledge and skills regarding special topics in Mental Health, Substance Use Disorder and Integrated Treatment.

Who Should Attend?
Behavioral health professionals, people in recovery and family members; clinicians in the criminal and juvenile justice systems; domestic violence service providers; adolescent treatment professionals and educators; and interested others.

Scholarships
A limited number of scholarships for people in mental health and substance use recovery are available. Scholarship applications will be available after September 1 at www.uwsp.edu/conted/confwrkshp. Click on “Annual Mental Health and Substance Use Recovery Training Conference” or call 715-346-3838. Highest priority will be given to complete applications received by September 28, 2016.

Continuing Education Hours (CEHs)
Continuing Education Hours are a measure of participation in continuing education programs. Continuing Education Hours for this conference have been applied for through the UW-Stevens Point Sociology Department. Additional accreditation may be sought, but please consult with your professional association or licensing board regarding the applicability of the conference for your profession.

Lodging
A block of rooms is available at the Kalahari Resort & Convention Center until September 25, 2016. Lodging rates will be $82 for single occupancy and $129 for double through quadruple occupancy. Please make your own reservations directly with the Kalahari by calling 877-253-5466. Be sure to mention the MHSUR conference room block to get a room within the conference lodging block.

Registration information
For additional brochures, directions, lodging information, or to register online, please visit the conference website at www.uwsp.edu/conted/confwrkshp and click “Annual Mental Health and Substance Use Recovery Training Services Conference.”

Who Should Attend?
Behavioral health professionals, people in recovery and family members; clinicians in the criminal and juvenile justice systems; domestic violence service providers; adolescent treatment professionals and educators; and interested others.

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Conference Sponsors:

Tellurian
Recovery Begins Here

UW Health & Unity Health Insurance

Rogers Memorial Hospital

Rosecrance

University of Wisconsin Stevens Point

[Schedule and program details for Wednesday, October 26, 2016]
7:15 – 8:15 A.M.
BREAKFAST AND REGISTRATION

8:30 – 10 A.M.
OPENING KEYNOTE

From Now What to What’s Next?
A Personal View from Two Decades in the Trenches of Recovery Advocacy

William C. Moyers, Vice President, Public Affairs, Hazeldon Betty Ford Foundation, St. Paul, Minn.

Ever since he stood up and spoke out for the first time in public, William C. Moyers has carried the message about the power of addiction and the promise and possibility of recovery to audiences across the nation. As the vice president of public affairs at Hazeldon Betty Ford Foundation, Moyers has dedicated his life to moving people, perceptions and policies away from a focus on the problem to a solution grounded in health care. Moyers’ presentation is a call to action for everyone motivated to help people overcome substance use disorders.

Objectives:
1. Understand and appreciate the history of addiction recovery advocacy and how public perception and public policy changed to improve access to professional care since the 1990s.
2. Gain knowledge about the key issues in the field today, from legalization of marijuana to the opiate epidemic defying treatment outcomes and defining recovery.
3. Learn how to do your part to further reduce stigma about addiction and mental illness.

10:30 A.M. – NOON
WORKSHOPS

1. The Power of Simplicity: Building Hope and Decreasing Stress for Staff Working with Traumatized Refugees
Mary Flynn, Program Manager, Lutheran Social Services of Wisconsin and Upper Michigan, Milwaukee, Wis.

Content of this workshop will include the presentation of Refugee 101, a story of how one person stepped into the service world of refugee resettlement and the difference between cultural competence and cultural humility, and the lessons learned that helped shape practice and rebuild a team to meet the needs of refugee resettlement today. The Power of Simplicity, three powerful yet simple daily tools developed to help staff overcome overwhelming stress due to the unrelenting overwhelming needs to traumatized clients, will also be discussed.

Objectives:
1. Understand the Refugee Resettlement process.
2. Distinguish between cultural competence and cultural humility.
3. Identify three methods used to energize and retain staff.

2. Father Hunger and Father Wounds: Clinical Interventions with Clients who are Impacted by Fatherlessness Across the Lifespan
Mark Sanders, LCSW, CADC, Trainer/Consultant, On The Mark Consulting, Chicago, IL

Fatherlessness and being harmed by one’s father are leading public health crises of the 21st century. The absence of fathers in daughters’ lives increases premature entry into adulthood, the risk of toxic relationships, addictive relationship styles, addiction, sexual abuse and teen pregnancy. The absence of fathers in sons’ lives increases the risk of street gangs and other destructive peer group affiliations, toxic masculinity, the absence of rituals to define manhood, male depression, violence and incarceration.

Objectives:
1. Be aware of the impact of father hunger/father wounds from girlhood to womanhood.
2. Be aware of the impact of father hunger/father wounds from boyhood to manhood.
3. Be aware of clinical intervention strategies to address father hunger/father wounds across the life span with clients.
3. Canceled

4. Opiate Replacement Therapy: What to Know and Why it isn’t Enough-Part I
   Matthew Felgus, M.D., Addiction Psychiatrist, Clinical Faculty, University of Wisconsin-Madison School of Medicine and Public Health, Medical Director, ARC Outpatients Services, Madison, Wis.

Opiate replacements (Buprenorphine, Methadone) and Vivtrol can save lives but are not a cure-all for the opiate epidemic. How does a professional best approach a consumer clamoring for a replacement medication as the only thing that will take away the cravings? How does one sort through the differing approaches among doctors who treat individuals with addictions?

Objectives:
1. Understand the pros and cons of opiate replacement and Vivtrol.
2. Gain a deeper understanding of “craving” and how it can be treated.

Continues in session 13.

5. Navigating Challenging Waters Together: The Ethics of Peer Support
   Karen Lane, Advocacy Specialist, CPS, Disability Rights Wisconsin, Rice Lake, Wis.

This presentation will consist of a guided reflection of best practices for implementing sound ethics for certified peer specialists. This workshop is an intermediate to advanced workshop. Basic mastery of the Wisconsin Code of Ethics for certified peer specialists is required.

Objectives:
1. The ethics of disclosure – attendees will gain knowledge in using self-disclosure ethically and effectively.
2. What mutuality is and isn’t – attendees will gain skill in effective peer support and connection while holding boundaries and respecting power imbalance.
3. Understand the transformative power of mutual vulnerability while maintaining compassionate support.

6. Military Sexual Trauma: Integrating the Disintegrated Self
   Colleen Heinkel, Ph.D., Associate Professor/Clinical Health Psychologist, Medical College of Wisconsin/VA Medical Center, Milwaukee, Wis., and Venice Anderson, Ph.D., VA/MCW Advanced Fellow in Women’s Health, Medical College of Wisconsin/VA Medical Center, Milwaukee, Wis.

Persons who’ve experienced Military Sexual Trauma (MST) often report they are broken or lost a part of themselves. In this workshop you will learn how resilience and healing after MST is fostered with evidence-based treatments, integrated care and wellness strategies, and how to find those resources for patients and their families.

Objectives:
1. Define MST, understand its prevalence and how it challenges our physical, emotional, cognitive and spiritual self.
2. Learn MST evidence-based treatments and integrated care approaches that foster wellness and resilience after trauma. Understand VA resources available for patients with MST and their families.
3. Understand VA resources available for patients with MST and their families.

7. High Fidelity Assertive Community Treatment 40 Years Later-Part I
   Lorna Moser, Ph.D., Director of the Institute for Best Practices, UNC Center for Excellence in Community Mental Health, Raleigh, N.C.

Assertive community treatment (ACT) was developed in Madison, Wisconsin in the 1970s. In the past 40 years, ACT remains a relevant treatment model in the broader system of care across the U.S. and abroad. Although many key ACT components remain the same, there has been necessary evolution of the model to ensure that, within this one-stop treatment team, a range of recovery-oriented, evidence-based psychosocial service are offered. This two-part workshop will review what high fidelity ACT looks like four decades later.

Objectives:
1. List currently relevant elements of evidence-based ACT arising from the original 1970s model.
2. Summarize how ACT has evolved in the past 40 years—what has changed and why.
3. Describe the importance of attending to program fidelity of the model.

Continues in session 16.
The presentation will focus on ‘digging your practice deep for a strong root.’ Oftentimes, counselors exposed to mindfulness still are using it as a form of ‘getfulness,’ rather than ‘mindfulness.’ Learning how to watch for the seven pitfalls in your practice can help you deepen and enrich your mindfulness practice for your own self-care and for the people you serve. The presentation will be a mix of interactive mindful engagements, presentation, humor, and Q&A.

Objectives:
1. Learn the 7 Deadly Pitfalls of Mindful Practice.
2. How to overcome the 7 pitfalls of practice.
3. How to keep your Mindful Practice pure and fresh.


Mike Quirke, MSW, Wisconsin Division of Care and Treatment Services, Madison, Wis., and Deanne Boss, MS, University of Wisconsin Department of Family Medicine and Community Health, Madison, Wis.

For clinicians, managers, associates and advocates seeking ways to improve services for patients, clients, participants, customers or guests, this ‘Made in Wisconsin’ workshop will feature the NIATx service quality improvement (QI) model practiced by thousands of behavioral health service providers across the country including Wisconsin. Developed at the University of Wisconsin, the workshop will provide an overview of the easy-to-implement, team-based QI model and a hands-on experience to practice the approach.

Objectives:
1. Learn the 7 Deadly Pitfalls of Mindful Practice.
2. How to overcome the 7 pitfalls of practice.
3. How to keep your Mindful Practice pure and fresh.

According to the Center for Disease Control, if we could eliminate childhood trauma, 53 percent of what behavioral health specialists help clients with would be unnecessary. Childhood trauma is often a precursor for mental illness and substance use disorders. In this presentation, participants will learn the roles of the clinical supervisor in developing a trauma informed system of care, how to assure ethical standards through the use of evidence-based practices and how to address counselor unfinished business in supervision to decrease the risk of ethical violation. Participants will also learn how to help staff work effectively with clients who go from victim to perpetrator, how to help staff recognize their countertransference reactions so that they will not negatively affect the counseling relationship and how to help staff develop healthy boundaries when working with clients exposed to trauma to prevent ethical violations.

Objectives:
1. Be aware of the roles of the clinical supervisors in developing a trauma informed system of care.
2. Be aware of strategies to decrease the risk of compassion fatigue and occupational hazards that often accompany working with clients exposed to trauma.
3. Be aware of four evidence-based approaches to trauma recovery that will help staff in their work with clients exposed to trauma.

Continues in session 20.
12. **Trauma Informed Care within Substance Counseling with the Criminal Justice Client**  
*Kenneth L. Osborne, M.D., Deputy Director, Cook County Sheriff's Office-Department of Corrections, Matteson, Ill.*

This session will increase knowledge and awareness of the relationship between trauma and substance use and mental health disorders among criminal justice involved persons in criminal justice settings and reentry.  

Objectives:  
1. Be able to identify three key principles of using Trauma Informed Care Approach (TIC) with the criminal justice client.  
2. Be able to identify three positive outcomes for using TIC with the criminal justice client with substance abuse and/or mental health treatment needs.  
3. Be able to identify how using the TIC approach positively affects the services and environment for the criminal justice client with substance abuse and/or mental health treatment needs.

13. **Opiate Replacement Therapy: What to Know and Why it isn’t Enough-Part II**  
*Matthew Felgus, M.D., Addiction Psychiatrist, Clinical Faculty, UW-Madison, School of Medicine and Public Health, Medical Director, ARC Outpatients Services, Madison, Wis.*

Continued from session 4.  
Please see session 4 for the program description.

14. **A Recovery Approach to Using Psychiatric Medication**  
*Ron Diamond, M.D., University of Wisconsin Consultant, Wisconsin Division of Care and Treatment Services, UW-Madison School of Medicine, Madison, Wis.*

Medication is often considered the critical element of treatment, especially for people with serious mental illness. This session will explore a recovery approach to thinking about medication, with specific ideas for the non-prescribing clinician.

15. **Roadmap to Client Rights and Complaints About Treatment**  
*Laura O’Flanagan, State Grievance Examiner, Client Rights Office, Wisconsin Division of Care and Treatment Services, Madison, Wis.*

This session, designed for both consumers and providers, is an overview of client rights. Individuals receiving mental health, substance use and developmental disability services in Wisconsin have rights as outlined under Chapter 51.30 and 51.61 of Wisconsin Statue and DHS 92 and DHS 94 of Administrative Code. This session will explain what client rights are, address what to do if an individual feels their treatment rights have been violated, and outline the process that a provider must follow to ensure that client’s rights are being respected and to address allegations of client rights violation.  

Objectives:  
1. To understand client rights and the grievance process.  
2. To learn the two-prong goal of client rights a.) for clients to be heard and to feel as if their concerns are heard, and b.) for providers to improve services.  
3. To know where to find more information about client rights and the grievance proves, including a list of client rights.

16. **High Fidelity Assertive Community Treatment 40 Years Later-Part II**  
*Lorna Moser, Ph.D., Director of the Institute for Best Practices, UNC Center for Excellence in Community Mental Health, Raleigh, N.C.*

Continued from session 7.  
Please see session 7 for program description.

17. ‘**Person Centered’– Great in Theory, Even Better in Practice**  
*Bob Fredericks, Wisconsin Certified Parent Peers Specialist Coordinator, Certified Peer Specialist, Certified PCP Trainer, Madison, Wis.*

‘Person Centered’ is becoming a more prevalent term with Mental Health and Substance Use service providers. Are we truly understanding and practicing in a way that benefits everyone? In this session presenters will provide a brief overview of the Person Centered Planning (PCP) training offered to providers and peers throughout Wisconsin. The Division of Mental Health and Substance Abuse Services in combination with Certified Peer trainers from around the state are ready to bring this program to your area with both introduction and advance techniques for implementation. Come learn about the concepts, benefits, and process to truly apply ‘Person Centered’ within all levels of your organization.

Objectives:  
1. Why is PCP important for continued systemic change?  
2. How PCP can benefit providers, peers and communities?  
3. Learn how to access the training and other logistics.

18. **On-Time Services: Reduce or Eliminate Your Wait Time**  
*John Kettler, MS, CSAC, LPC, ICS, Human Service Supervisor, Waukesha County Health and Human Service, Waukesha, Wis. and Joan Sternweis, MSW, LCSW, Human Services Supervisor, Waukesha County Health and Human Services, Waukesha, Wis.*

Want more satisfied clientele, fewer appointment cancellations and ‘no-shows,’ better utilization of staff and increased revenue? This workshop will highlight a successful team-oriented NIATx service improvement project aimed at reducing wait times, exploring open access scheduling and improving client satisfaction. Participants will also learn how an improvement project of this kind can be implemented in their own agency.
19. What Can I DO?
Gail Kinney, Denise Johnson and Cathy Scheier,
Diversity Committee, Wisconsin SCAODA, Madison, Wis.

As a committee of SCAODA, the Diversity Committee works year round to increase effectiveness in responding to our diverse communities in Wisconsin. The Committee wants to share experiences and ideas to increase your effectiveness. From policy makers to clinical staff, you will be challenged to recognize and eliminate your own blind spots.

Objectives:
1. Be able to access SCAODA committees as resources
2. Assess your capability to relate and work effectively in culturally diverse situations
3. Identify something specific you will improve in your cultural responsiveness after you leave

20. The Role of the Clinical Supervisor in a Trauma Informed System of Care-Part II
Mark Sanders, LCSW, CADC, Trainer/Consultant, On the Mark Consulting, Chicago, Ill.

Continued from session 11. Please see session 11 for the program description.

21. Introduction to Dialectical Behavior Therapy (DBT); Philosophy and Skills
Lisa Herpolsheimer, LCSW, DBT-C, Clinical Services Manager, Nashotah Program, Rogers Memorial Hospital, Oconomowoc, Wis.

This presentation will cover the core principles and concepts of DBT therapy originally developed by Marsha Linehan, Ph.D. Topics covered will include validation, dialectics charge strategies and introduction to skills training in DBT.

Objectives:
1. Learn the core principle assumptions of DBT.
2. Improve ability to validate and connect with clients/patients.
3. Understand the four skills models in DBT and value of the “middle path” fifth model.

22. CLAS Standards in Substance Use Counseling
Harold Gates, MSSW, CISW, HS-BCP, President, Midwest Center for Cultural Competence, LLC, Sun Prairie, Wis.

This workshop will address how to understand culture and how it affects us in all spheres of life. It will discuss the dimensions of diversity. Participants will explore their cultural values and beliefs and challenge them. Substance abuse affects people of all backgrounds; thus, in order to provide client specific individualized treatment services it is imperative to be able to understand a person’s cultural as well as your own to provide quality services.

Objectives:
1. Be able to define cultural competence and understand why CLAS Standards are important.
2. Be able to identify how cultural competence, CLAS Standards, and substance abuse counselor competencies intertwine.
3. Participants will be able to start an action plan to integrate cultural competence into standard practice within substance abuse counseling and the criminal justice setting.

23. Peer-Run Respites, Non-Medical Crisis Alternatives
Kate Laird, Director, Grassroots Wellness Peer Run Respite, Menomonie, Wis. and Karen Iverson-Riggers, Director, Iris Place Peer Run Respite, Appleton, Wis.

Peer-run Respites are a non-medical crisis alternative where people experiencing mental or chemical health related challenges can receive 24-hour peer support in a residential setting for stays up to five to seven days. This workshop will introduce people to the concept of peer run respites and inform participants on how they or their clients can access and benefit from these services.

Objectives:
1. Learn what a peer run respite is and how it differs from other crisis services.
2. Learn the values and ethics of peer-provided crisis alternatives.
3. Learn how to access this service for themselves or their clients.

24. Building a Bridge Together: Working with Native and At-Risk Youth
Kimberly Whitewater, Life Skills Coordinator, Ho-Chunk Nation Social Services Department, Elond, Wis., and Rachael Dozer, Behavioral Health Clinician, Ho-Chunk Nation Behavioral Health, Weston, Wis.

This workshop will focus on the basic understanding of the underlying issues originating in the loss of identity specifically by Native and at risk youth. This will be an interactive session inspired by our experience in collaboratively building the bridge against stigma and suicide with the Native youth of our community. We will also discuss how we did this through advocacy and holistic coping skills. Participants will receive informational handouts including uplifting testimonials from the Native youth that inspired our work.

Objectives:
1. Better understand the needs of Native youth and culture.
2. Approach youth with more holistic, empathic form of advocating and educating.
3. Better utilize your own personal strengths in working with at-risk and Native youth.
25. Expert by Experience: Borderline Personality Disorder

Luann Simpson, MSW, CAPSW, CPS, NAMI Racine County, Racine, Wis.

This is a unique ask the expert session where the expert is both a professional and an individual with lived experience. The workshop will focus on the experience of living with Borderline Personality Disorder and the reality of recovery from this much misunderstood diagnosis.

Objectives:
1. Learn about Borderline Personality Disorder.
2. Understand the lived experience of Borderline Personality Disorder.
3. Understand the treatment of Borderline Personality Disorder and the value of peer support from the perspective of an individual in recovery.


Ron Diamond, M.D., University of Wisconsin Consultant, Wisconsin Bureau of Mental Health and Substance Abuse Services, Wisconsin Division of Care and Treatment Services, UW-Madison School of Medicine, Madison, Wis.

We are often asked to work with people who do not want our help. They may be legally coerced or disagree with us and others about the nature of their problem. This can make it difficult to develop a collaborative relationship. One must start with the assumption that everyone wants something. If our job becomes to help people meet their goals and their needs, a treatment relationship can develop even with very recalcitrant clients.

27. Customer Loyalty: Improve Appointment Attendance and Engagement in Treatment

Christine Ullstrup, LCSW, CSAC, ICS, Vice President of Clinical Service, Meta House, Milwaukee, Wis.

Do you want to improve attendance and better retain clients in group-oriented services? Ask your customers how. This workshop will present a successful NIATx service improvement project that significantly increased participation in group by trying some very creative and customer-centered service changes. Participants will experience how the NIATx QI model can improve their own group attendance and service completion.

Optional Forums for October 26

4:45 - 5:45 p.m.

SCAODA Public Forum

The Public Forum is an opportunity for the State Council in Alcohol and Other Drug Abuse (SCAODA) to gather input from the general public and conference participants for directions on utilization of the Substance Abuse Block Grant funds and programmatic changes. Testimony will be taken by State Council representatives.

4:45 – 5:45 p.m.

Listening Session with People in Mental Health and/or Substance Use Recovery

People in recovery will have an opportunity to meet with, Patrick Cork, Administrator, and other representatives from the Wisconsin Division of Care and Treatment Services to discuss mental health and substance use programming in Wisconsin. This will include opportunities for people to offer feedback on what’s working well and areas needing attention related to mental health and substance use treatment and services.

Thursday

OCTOBER 27, 2016

7:30 - 8:30 a.m. Breakfast and Registration
7:30 - 8:20 a.m. Listening Session with County Staff
8:30 - 10 a.m. A.M. Workshops
10 -10:30 a.m. Break
10:30 - Noon A.M. Workshops
Noon - 12:45 p.m. Lunch
12:45 - 2:15 p.m. P.M. Workshops
2:15- 2:30 p.m. Break
2:30 - 3:30 p.m. Closing Keynote

Peers Here, Peers There, Peers Everywhere!
Innovative and Emergent Roles in the Peer Workforce
Keris Jän Myrick, Director of Consumer Affairs, Center for Mental Health Services (CMHS) of the Substance Abuse and Mental Health Services Administration (SAMHSA), Rockville, Md.
30. Engaging the Family—The Essential Link
Kari Decorah, MS, LPC, SAC, Co-Director, Options Counseling Services, Rhinelander, Wis., Jessica Krueger, LPC, SAC, Options Counseling Service, Rhinelander, Wis., and Katie Kennedy, CSW, LPC, SAC, Clinician, Options Counseling Services, Rhinelander, Wis.

The presentation will focus on the benefits of engaging the family in the therapy process when working individually with a client with mental health and/or AODA disorder. Participants will understand the foundation of how engaging families is a best practice, the benefits to the client and family when engaging the family in the client’s therapy, address barriers of engaging families, and providing useful tools and techniques to conduct family sessions with a client and their family.

Objectives:
1. Learn that engaging families in therapy is essential to promote positive outcomes for the client.
2. Learn how to engage families in the therapy process (including working with families that are resistant to engage, or clients that are hesitant to have their family involved).
3. Learn how to use family therapy tools and techniques to conduct family sessions on their own after this presentation.

28. Preventing HIV, Hepatitis C and Fatal Opioid Overdose Among People Who Inject Drugs
Scott Stokes, Director of Prevention, AIDS Resource Center of Wisconsin, Green Bay, Wis.

This workshop will provide an epidemiological profile (epi) of HIV and HCV among people who inject drugs in Wisconsin. In addition, the workshop will provide detailed information/education on how to respond to an opioid overdose.

Objectives:
1. Know the incidence of HIV and HCV among people who inject drugs in Wisconsin.
2. Know where free confidential testing is available for HIV and HCV.
3. Know how to respond to an opioid overdose and how to administer naloxone.

31. Treating Eating Disorders in an Outpatient Setting
Jennifer Pozorski, LCSW, CSAC, CIR, Clinical Therapist, Red Oak Counseling, Elm Grove, Wis., and Heidi Conto, LCSW, CIR, Clinical Therapist, Red Oak Counseling, Elm Grove, Wis.

This workshop will include criteria for various eating disorders, modalities that are effective in treating eating disorders, co-occurrence with AODA and other diagnosis, and strategies that are effective in the treatment of eating disorders.

Objectives:
1. Increased competency regarding diagnostic criteria of eating disorders.
2. Increased awareness of other diagnosis seen when treating eating disorders.
3. Knowledge of treatment modalities that are evidenced based and shown to be effective in an outpatient setting.
4. Increased strategies to help clients struggling with eating disorders.

Continued in sessions 38 and 47.
32. Retrieving the Lost Soul: Treating Trauma in the Hmong Community
Alyssa Kaying Vang, Psy.D., LP, Clinical Psychologist, AKV Psychological and Counseling Services, LLC, Woodbury, Minn.

This presentation will briefly discuss how mental health concepts are generally viewed by the Hmong. More focus will be on trauma and exploring treatment-seeking patterns of the Hmong for specific types of trauma. Culturally specific phrases and terminologies will be shared to help enhance the therapeutic alliance and overall treatment outcome. Strategies that have been effective for treating Hmong patients struggling with trauma will be provided.

Objectives:
1. Gain a better understanding of how trauma is conceptualized by the Hmong.
2. Learn how trauma is treated in the Hmong community.
3. Learn culturally responsive approaches to treating Hmong clients who are experiencing trauma.

33. A Framework for Implementing Evidence-Based Practices
Scott Caldwell, SBIRT Program Coordinator, Wisconsin Division of Care and Treatment Services, Madison, Wis.

This session is for administrators, program managers, and supervisors who seek staff to integrate evidence-based practice (EBP) into routine service delivery following initial training. Drawing upon insights from implementation science, participants will gain understanding of the stages, processes, and drivers of an EBP implementation framework. Using the framework as a guide, participants will engage initial agency planning with next steps.

Objectives:
1. Gain an understanding of the stages, processes, and drivers of successful EBP implementation.
2. Use an implementation framework to consider your agency’s efforts to implement EBP.
3. Develop an agency plan with next steps.

34. PROPs for Recovery
Renee Surkay, MS, LPC, CSW, Clinical Team Manager, PROPs, Journey Mental Health Center, Madison, Wis., and Erica O’Reilly, MSN, APNP, PROPs, Journey Mental Health Center, Madison, Wis.

In this session, we will give a brief overview of our program components; we will focus on recovery and how we work with consumers to achieve recovery. We believe our treatment model and recovery concepts are applicable not only to onset of psychosis, but to all mental health treatment modalities.

Objectives:
1. Understand Coordinated Specialty Care and why this works for consumers experiencing FEP.
2. Understand Share Decision Making in the context of FEP.
3. Increase knowledge of previous research, current research and future implications.

35. The Power of Connection: Peer-Support Through the Eyes of Recovery
Cody Fearing, Co-Chair, Live Free Student Wellness and Recovery, UW-Madison, Madison, Wis., Allen Nyberg, Co-Founder, Housing Lead, Young People in Recovery, Madison, Wis., Carter Kofman, Co-Chair, Treasurer, Live Free Student Wellness and Recovery, UW-Madison, Madison, Wis., Max Meller, Mentor, Aaron J Meyer Foundation, Madison, Wis., Dylan Weir, Live Free Student Wellness and Recovery, UW-Madison, Madison, Wis., and Matthew Putt, Representative, Aaron’s House, Madison, Wis.

This panel of persons in recovery speaks to the recovery–led practices that are supported in the recovery community and literature. This workshop focuses on the power of connection in communities of individuals recovering from substance-use disorders. Substance-use disorders often times disengage individuals from healthy community spaces. Interpersonal connection is frequently the cornerstone of a grounded and truly healing process. ‘The Power of Connection’ presents audience members with the necessary tools to begin building peer-support based communities that foster connectedness, while simultaneously nurturing independence through increased confidence, trust, and integrity. Throughout the presentation, presenters will break the audience up in to small groups to have open dialogues about the topics, field questions, and workshop ideas for improving the future of those on a recovery journey.

Objectives:
1. Develop an understanding of recovery-led practices including peer-support, collegiate recovery, and sober homes.
2. Develop the ability to organize, develop, and operate intentional live communities for individuals on a recovery journey based upon the values of connectedness, transparency, truth, and integrity.
3. Develop recovery-positive rhetoric that can be used in advocacy and in media.

36. In the Weeds: Cultivating a Culture of Outcomes-Informed Care in Behavioral Health
Amy Mosher-Garvey, LCSW, CSAC, ICS, Director of Account Management, Forward Health Group/OPEN DOOR Center for Change, Madison, Wis.

This presentation will focus on using data to drive improvement in behavioral health care. Whether using data collected in your HER for reporting and improvement or trying to understand how to use the data from standardized screening tools to formulate treatment plan goals, data holds an important foothold in the future of behavioral health practice.

Objectives:
1. Identify and understand data sources available to BH providers.
2. Understand how to use data to create treatment plan goals.
3. Understand the role of data collection and analysis in reporting, payment reform and quality improvement.
37. A Provider’s Introduction to Substance Use Treatment for Lesbian, Gay, Bisexual and Transgender Individuals  
Jesse Heffernan, Certified Recovery Coach, Helios Recovery, Neenah, Wis.

This workshop starts with a brief introduction of the full-day curriculum consisting of six training modules, beginning with an introduction to key terms and concluding with treatment considerations for clinical work. The other four modules address the specific needs of lesbian, gay, bisexual, and transgender individuals. This is a new curriculum being provided through the Great Lakes Addiction Technology Transfer Center.

Objectives:
1. Understand the new LGBT intro to providers training.
2. Intro to baseline level of knowledge providing culturally responsive treatment for LGBT clients.
3. Gain working knowledge about the laws, policies and attitudes toward LGBT people.

38. Ethics, Boundaries, and the Law—Part II  
David Mays, M.D., Ph.D., Forensic Psychiatrist, Mount Horeb, Wis.

Continued from session 29.  
Please see session 29 for program description.

39. Identifying and Understanding Dangerous Trends in Urban and Rural Communities  
Maurice Horton, CEO, Why Gangs, LLC, Racine, Wis.

This presentation is designed to explore potential dangers and dispel the myths surrounding gang related trends in urban and rural communities.

Objectives:
1. Be able to understand some of the dangers within urban and rural communities.
2. Be able to identify and understand current trends.
3. Become familiar with the current underground and hip-hop music and the effects on youth.

40. Wisconsin’s Substance Use Disorder Trends: Opioid and Heroin Epidemic and the Re-emerging of Methamphetamine in Wisconsin  
Anthony Ernst, Ph.D., LMSW-ACP, Substance Abuse Services Section Chief, Wisconsin Division of Care and Treatment Services, Madison, Wis. and Elizabeth Collier, MSW, CSAC, ICS, LCSW, State Opioid Treatment Authority, Wisconsin Division of Care and Treatment Services, Madison, Wis.

The division of Mental Health and Substance Abuse Services’ State Opioid Authority and the Substance Abuse Section Chief will provide an overview of Wisconsin’s drug trends, current data and evidence based strategies. Attendee will leave with a knowledge of the state’s current and emerging drug trends, how the Department of Health Services is addressing the problem and what state resources are available in Wisconsin.

Objectives:
1. Learn drug trends and current data in Wisconsin.
2. Understand the signs and symptoms of heroin, opioid prescription use, and Methamphetamine and the extent of the opioid problem in Wisconsin and nationally.
3. Learn what medication assisted treatment (MAT) is and be able to implement MAT into current practices as well as understand MAT in Wisconsin.

41. Creating Sanctuary: Practical Applications for All Environments  
Maria Hanson, JD, CPS, PRC, Peer Specialist Coordinator, Mendota Mental Health Institute, Madison, Wis.

Sanctuary is based on the individual finding sanctuary, then growing interpersonally and then into the community. The steps it takes to find serenity at each of these levels and the practical steps needed to create a safe environment will be highlighted.

Two ideas will be presented:
1) how finding serenity is dependent on early interventions using support with coping skills and maintaining therapeutic relationships through compassionate communication, and
2) the manner in which partnership is created between consumer and provider to create sanctuary by proactive positive rapport, giving up the need for control, working with recovery principles and always using therapeutic communication (compassionate communication).

Objectives:
1. Learn how to verbalize the understanding of sanctuary (Personal, Interpersonal, Community Wide).
2. Learn how to reduce violence/aggression by addressing environment, early intervention and communication.
3. Learn how to apply these tools in any environment.
42. When Something Doesn’t Seem Right with my Treatment: Naming and Addressing Sexual Exploitation in Mental Health and Substance Use Treatment

Karen Lane, Advocacy Specialist, Disability Rights Wisconsin, Rice Lake, Wis.

Objectives:
1. Gain understanding of the dynamics of sexual exploitation in treatment settings.
2. Gain an understanding of the lasting impact of exploitation.
3. Gain insight on possible warning signs that may prevent exploitation and reporting options.

43. Cognitive Behavior Therapy

Tim Bautch, Clinical Director, Connections Counseling, Madison, Wis.

Objectives:
1. Gain a better understanding of the theory of CBT.
2. Learn new techniques to use with individuals.
3. Understand the trigger-cue-explosion model.

44. Wisconsin Peer Specialist Certification: New Developments

Faith Boersma, Peer Run Respite, Peer Service Coordinator, Wisconsin Division of Care and Treatment Services, Madison, Wis., Lalena Lampe, Community Program Quality Specialist, Wisconsin Division of Care and Treatment Services, Madison, Wis. and Ellie Jarvie, LCSW, Consumer Engagement Coordinator, Wisconsin Division of Care and Treatment Services, Madison, Wis.

Objectives:
1. Understand how the Wisconsin Certified Peer Specialist program will implement an integrated scope of practice, including mental health and substance use disorders.
2. Understand the Parent Peer Specialist training and certification process in Wisconsin.
3. Understand how new developments in the Peer Specialist program will impact them, their organizations, and their practices.

45. Excellent Customer Service: Customer Satisfaction Tools and Service Improvements that Work

Nicole Heinrich, LCSW, ICS, Behavioral Health Supervisor, Walworth County Department of Health and Human Service, Elkhorn, Wis.

Objectives:
1. Understand how the Wisconsin Certified Peer Specialist program will implement an integrated scope of practice, including mental health and substance use disorders.
2. Understand the Parent Peer Specialist training and certification process in Wisconsin.
3. Understand how new developments in the Peer Specialist program will impact them, their organizations, and their practices.

46. Fill the Gap-No Consumer Left Unheard

Denise Johnson, BSW, IndependenceFirst Wisconsin Statewide Substance Use/Mental Health Project Coordinator for Individuals who are Deaf, Hard of Hearing and Deaf-Blind, Milwaukee, Wis. and Dori Richards, Wisconsin and Minnesota Certified Peer Specialist, Madison, Wis.

Objectives:
1. Understand how the Wisconsin Certified Peer Specialist program will implement an integrated scope of practice, including mental health and substance use disorders.
2. Understand the Parent Peer Specialist training and certification process in Wisconsin.
3. Understand how new developments in the Peer Specialist program will impact them, their organizations, and their practices.

Participants will learn the theories behind Cognitive Behavior Therapy (CBT). Participants will learn CBT skills that can be used is assisting persons who struggle with anxiety, depression, anger and substance use.

Participants will learn the theories behind Cognitive Behavior Therapy (CBT). Participants will learn CBT skills that can be used in assisting persons who struggle with anxiety, depression, anger and substance use.

Learn about the latest research on language deprivation and lasting impact it can have on mental health and substance use in adults. Gain tools and information on how to identify consumers who may fall in the gap, lacking access to effective services. Find out how you can help stem the ever-widening disparity in services for people who are Deaf, Hard of Hearing and Deaf-Blind.
Objectives:
1. Learn the definition and implication of Language Deprivation.
2. Become exposed to diagnostic assessments for individuals who are Deaf, Hard of Hearing or Deaf-Blind and who are experiencing mental health and/or substance use disorders.
3. Develop a deeper understanding of the complex communication issues involved when working with this population.

47. **Ethics, Boundaries, and the Law—Part III**  
**David Mays, M.D., Ph.D., Forensic Psychiatrist, Mount Horeb, Wis.**

Continued from sessions 29 and 38.  
Please see session 29 for program description.

48. **Forgiveness Therapy as an Evidence-Based Treatment for Recovery**  
**Gayle L. Reed, Ph.D., UW-Madison, Madison, Wis.**

Content of this workshop will include a discussion of the concepts, progress and the beneficial outcomes of forgiveness therapy. The presentation is based upon Reed and Enright (2006) regarding domestic violence recovery and Lin et al (2004) regarding substance abuse recover. The discussion will include opportunities for application in the audience’s areas of interest.

Objectives:
1. Be conversant with the definition and process model of forgiveness therapy.
2. Develop understanding of how to encourage clients through the forgiveness therapy.
3. Understand the potential benefits of forgiveness therapy in his/her own practice.

49. **Motivational Interviewing Supervision: A Piece of the Implementation Puzzle**  
**Scott Caldwell, MI Consultant, Wisconsin Division of Care and Treatment Services, Madison, Wis.**

Following initial training in Motivational Interviewing (MI), supervision is critical to facilitate staff’s continued learning as well as integration of MI into routine practice. This session is for supervisors (also managers and peer mentors) with MI experience who seek a competency framework with resources to maximize effective supervision of MI.

Objectives:
1. Be able to identify competencies (attitudes, knowledge, skills) for effective supervision of MI.
2. Obtain, review, and gain experience with MI supervision tools.
3. Consider application of tools to practice.

50. **Whole Health Approaches to Recovery: Strengthening Spiritual, Emotional, and Physical Health via Movement to Music**  
**Taku Clemente Ronsman, M.Ed., Owner, Rhythms & Tunes with Ms Taku, LLC, Green Bay, Wis.**

This workshop explores ways to enhance personal spiritual, emotional, and physical health through movement to traditional and contemporary music. Forms of movement that will be explored include Tai Chi, authentic dance, liturgical dance, expressive dance, meditative dance, and group dance.

Objectives:
1. Identify personal spiritual goals, strengths and obstacles.
2. Incorporate breathing techniques into their movements.
3. Express individuality and verbalize insights gained during this class.

51. **Recovery Oriented Systems of Care (ROSC) and Comprehensive Community Services**  
**Largeston Hughes, Comprehensive Community Services Coordinator, Wisconsin Division of Care and Treatment Services, Madison, Wis. and Danielle Graham-Heine, Comprehensive Community Services Coordinator, Wisconsin Division of Care and Treatment Services, Madison, Wis.**

This workshop will provide an overview of Recovery Oriented Systems of Care (ROSC) and how the principles and values that are embedded in the Comprehensive Community Services program can be used as a platform for expanding ROSC in your community.

Objectives:
1. Learn the basic concepts of what a Recovery Oriented System of Care is.
2. Learn the core values of Comprehensive Community Services.
3. Learn how Comprehensive Community Services and ROSC can work together in your community.

52. **Teaching Resilience to a Traumatized World**  
**Michael McBride, M.S., M.D., Local Recovery Coordinator, Psychiatrist, Clement J. Zablocki VA Medical Center, Milwaukee, Wis.**

Using examples as a psychiatrist working with families in private practice, deployed service members in combat zones, and with returning Veterans, Dr. McBride will lead this workshop on the science and application of resilience.

Objectives:
1. Identify and explain the traits of resilience.
2. Describe strategies for teaching and promoting resilience.
3. Understand the importance of resilience to prevent burnout and compassion fatigue in mental health providers.
Emotional CPR (eCPR) is a program of the National Empowerment Center. It was developed by a diverse group of people who have, themselves, experienced emotional distress or crisis. eCPR is a community health program designed to teach anyone how to support another person who is in crisis through three steps: Connecting, emPowering, and Revitalizing. While developed to be used by anyone, this workshop can help social workers, therapists, and other service providers get back to their roots of supporting others on an interpersonal level. People have been trained in eCPR all over the world and extensively in the US, Australia, and Singapore.

Objectives:
1. Learn the value of connecting with people in distress on a heart-to-heart level (Connecting).
2. Learn the value of not trying to fix things for the person in distress (emPowering).
3. Learn the value of facilitating a person’s ability to tap into their own capacity to full participate in life (Revitalizing).

An organization’s culture is a composite of its leadership and employees. This workshop will help you gain perspective on how to ‘pay staff… more attention’, address staff turnover and foster a capacity for improvement in your unit or organization. On display will be a staff survey, its findings and subsequent changes demonstrating how to retain healthy, happy and effective employees.
12th Annual Mental Health and Substance Use Recovery Training Conference

(Only one person may register per form. Please photocopy for additional registrations. PLEASE PRINT CLEARLY)

Name ________________________________________________________________

First MI Last
Phone ___________________________ Cell ___________________________

Professional Title ______________________________________________________

Company __________________________________________________________________

Mailing Address ___________________________________________________________________

City/State/Zip ___________________________________________________________________

Email Address ______________________________________________________________________

Registration Fees:
Postmarked by October 7, 2016:
Full Conference: $190, Wednesday only: $125, Thursday only: $125
After October 7, 2016:
Full Conference: $300, Wednesday only: $175, Thursday only: $175

Registration fees cover all materials, refreshment breaks, lunch
and continental breakfasts.

Refund Policy: Full refunds granted upon receipt of written
request received by October 7, 2016. Refunds after October 7,
2016, will be assessed a $25 processing fee. No refunds will
be given after October 16, 2016. Last minute registrations cannot be guaranteed meals or
materials.

❑ First-time participant
❑ Special needs accommodations _____________________________
❑ Vegetarian Meal ___________________________________________

If you have special needs that require assistance, including
special dietary needs, please notify us by phone or in writing
at least two weeks prior to the conference.

UW-Stevens Point provides equal opportunities in employment
and programming.

Workshop Choices:
Please indicate your 1st and 2nd choice for each session.

Wednesday, October 26, 2016

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Optional Forums:

Wednesday P.M

_____ SCAODA _____ Listening Session

Thursday, October 27, 2016

Optional County Staff Forum: Thursday A.M.  _____

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Complete and send registration form and fee,
payable to University of Wisconsin-Stevens Point to:

UW-Stevens Point Continuing Education
2100 Main St., 032 Main Bldg.
Stevens Point, WI 54481-3897

Phone: 715-346-3838  Fax: 715-346-4045

Register online at www.uwsp.edu/conted/confwrkshp

Click on
“Annual Mental Health and Substance Use Recovery Conference”

UW-Extension asks that you voluntarily respond to the questions below.
The cumulative demographic information will be used to enhance our programming efforts.

Gender:  Male  Female  Age:  A. Under 18  B. 18-34  C. 35-49  D. 50-64  E. 65+
Race/Ethnicity:  A. Black [Non-Hispanic]  B. Asian or Pacific Islander
C. Amer. Indian/Alaskan Native  D. Hispanic  E. White [Non Hispanic]

Are you enrolled in this program for career purposes?  ❑ Yes  ❑ No

Please indicate your occupation/organization:

02. Educational Services  05. Health Services (Mental and Physical)  07. Protective Services

Payment Method:

Total Amount Enclosed: __________

❑ Check
❑ PO Number ______________________
❑ MasterCard
❑ Visa  ❑ Discover

Cardholder name ___________________________________________________________

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12th Annual Mental Health and Substance Use Recovery Training Conference

LIGHTING THE PATH: DEVELOPING AND INTEGRATING SUPPORTS FOR RECOVERY

Conference Sponsors:

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