



September 1-3, 2015
Ramkota Hotel - Bismarck

Schedule Subject to Change

September 1, 2015	
Preconference 8:00am – 5:00pm	Bern Heath, Jr., Ph.D.: Behavioral Health and Care Integration – Past Present and Future <u>Grand/Patterson Room</u> <i>An integrated health system is described as bringing together behavioral health (mental health and substance use), primary care, dental and healthy lifestyles like the ingredients of a cake into a transformed whole. Dr. Heath will also share his perspective working in the Axis Health System which is now, from the State perspective, both a community mental health center and a community health center (often called an FQHC). However from the health system perspective, it is neither. Rather it is an integrated primary care system.</i>
September 2, 2015	
Opening Plenary 8:00am – 9:00am	John Corrigan, PhD: Traumatic Brain Injury and Behavioral Issues <u>Grand/Patterson Room</u> <i>Many people who have experienced traumatic brain injury (TBI) have problems with mental and emotional stability, both preceding and following injury. Mood disorders and addictions are the most common; however there is evidence of other types of behavioral problems in some population groups. This presentation will review the epidemiology of mental and emotional problems, including the relationship with onset and severity of TBI. Specific characteristics of traumatic brain injury—injuries arising from external forces affecting brain tissue—will be described and their association with the manifestation of behavioral problems will be explored.</i>
Concurrent Session 1a: 9:15am – 10:45am	John Corrigan, PhD: Traumatic Brain Injury and Substance Abuse <u>Grand Room</u> <i>People who have histories of traumatic brain injury (TBI) are both more likely to have had a pre-existing problem with alcohol or other drug use; and are more likely to misuse substances following injury. This population of people with a co-occurring condition presents both unique challenges and opportunities. After a brief review of the scope of the problem, opportunities for intervention in different components of the healthcare system will be presented; issues that create poorer response to treatment will be delineated and principles of integrated treatment discussed.</i>
Concurrent Session 1b: 9:15am – 10:45am	Rick Christensen, PA, CAS & Tina Braham, LMSW Community Medical Services: Medication-Assisted Treatment and Behavioral Health Interventions <u>Patterson Room</u> <i>Community Medical Services is a large organization that focuses on the individualized care and treat of people struggling with opiate addiction. Rick Christensen and Tina Braham will share their expertise in the area of addiction as it relates to Medication-Assisted Treatment and therapeutic behavioral health interventions.</i>
Concurrent Session 1c: 9:15am – 10:45am	Lisa Peterson, PhD, Licensed Psychologist: Cognitive-Behavioral Interventions for Substance Abuse – Implementation of an Evidence-Based Substance Abuse Treatment Program in Institutional & Community Corrections <u>Lamborn Room</u> <i>An overview of the CBI-SA curriculum will be provided. Staff training, implementation, and continuous quality improvement to ensure program fidelity, as well as strategies for outcome measurement will also be discussed.</i>
Concurrent Session 2a 11:00am – Noon	North Dakota Legislators (Senator Judy Lee, Representative Kathy Hogan, Representative Peter Silbernagel & Senator Tim Mathern): Behavioral Health Legislative Update <u>Grand Room</u> <i>The panel will discuss the behavioral health legislation from the 64th Legislative Assembly.</i>
Concurrent Session 2b 11:00am – Noon	Thomasine Heitkamp, MSSW, LICSW & Joe Miller, PhD: Disseminating SBIRT Training Throughout ND <u>Patterson Room</u> <i>This session will provide the audience with a review of the work being conducted at the University of North Dakota to implement SBIRT (Screening Brief Intervention and Referral to Treatment) funded by SAMHSA throughout ND and specifically in classrooms at UND. Preliminary data regarding outcomes will be reviewed.</i>
Concurrent Session 2c 11:00am – Noon	Neil Sharpe, MS SpEd: Accessing the Affordable Care Act <u>Lamborn Room</u> <i>The ACA has provided many people access to health insurance at reasonable rates, but consumers still want to know how does one navigate the Marketplace, who is eligible, how expensive are premiums, how to access Medicaid Expansion and more. The ND Navigator project can assist with answering these and other questions as well as help consumers directly with an application. Local free help is available to work through an application, file appeals, or resolve issues.</i>
Concurrent Session 3a 1:00pm – 3:00pm	Darrin Albert, MS, CPS, CPRP: Certified Peer Support: Professional Development and Career Advancement <u>Grand Room</u> <i>As a paid profession, peer support is fairly new. The field is growing rapidly, especially since becoming a full-fledged evidence-based practice. This session will cover the history, theory, and practice of professional peer</i>

support using a trauma-informed, culture-informed, and social-justice-informed framework.

Concurrent Session 3b Diane Smith-Howard: **Preventing Children With Disabilities from Being Swept Into The School to Prison Pipeline**

1:00pm – 3:00pm **Patterson Room**

Children and youth with disabilities are disproportionately represented in juvenile justice and adult criminal facilities, often due to manifestations of their disabilities and/or external factors. Come learn concrete steps to prevent this from occurring.

Concurrent Session 3c Kathryn Benson, LADC, NCAC II, SAP, QCS: **Ethics for Prevention & Treatment Specialists**

1:00pm – 3:00pm **Lamborn Room**

This ethics workshop, designed for both the prevention and treatment specialist, will facilitate the professionals' conscious awareness of a broader scope of ethical conduct and attitude. Through the use of a comprehensive view of ethical dilemmas, examination of personal values and beliefs that are the foundation of their personal code of ethics the professional will utilize a systematic decision-making process that will guide them and their service recipients toward a healthy, productive educational and therapeutic relationship.

Concurrent Session 4a Robyn Priest: **Reframing Recovery and Understanding True Peer Support**

3:15pm – 5:00pm **Grand Room**

Participants will challenge their biases, definitions, and restrictions around recovery for people who experience mental health co-occurring issues. Participants will gain insight into the similarities of the peer movement and other civil rights movements. Participants will leave with an increased belief in the likelihood of recovery for everyone, regardless of diagnosis, prognosis, or longevity of acute involvement in treatment. Participants will gain a clear view of what peer support values are. Participants will gain insight into how peer support can be utilized in their services effectively. Participants will leave with ways to better work as a team with peer support workers

Concurrent Session 4b Darla Gurry, MSW, LCSW: **Aging & Behavioral Health/Senior Reach**

3:15pm – 5:00pm **Patterson Room**

Growth trends and older adults, the prevalence of behavioral health conditions in older adults, and an overview of Senior Reach (an evidence-based practice).

Concurrent Session 4c Kathryn Benson, LADC, NCAC II, SAP, QCS: **Challenges & Opportunities - Adopting a Staff/Agency Code of Ethics**

3:15pm – 5:00pm **Lamborn Room**

This workshop explores the ethical challenges and opportunities of adopting a staff/agency code of ethics including receiving and investigating charges of violation of ethical code.

September 3, 2015

Plenary Session Rear Admiral Joan Hunter: **Behavioral Health Issues of Returning Military Members and Veterans**

8:00am – 9:30am **Grand/Patterson Room**

This session will focus on behavioral health issues and treatment of returning military and veterans.

Plenary Session Kevin Hines: **Cracked Not Broken**

9:45am – 10:45am **Grand/Patterson Room**

The Golden Gate Bridge is one of the most recognizable structures to define a modern city. Yet, for Kevin Hines the bridge is not merely a marker of a place or a time. Instead, the bridge marks the beginning of his remarkable story. At 19 years old, Kevin attempted to take his own life by jumping off the Golden Gate Bridge – a distance which took four seconds to fall. Recently diagnosed with bi-polar disorder, Kevin had begun to hear voices telling him he had to die, and days before his attempt, he began to believe them. The fall would break his body, but not his spirit. His story chronicles the extraordinary will to live mentally well in the face of his mental illness: bipolar disorder with psychotic features. With each mental breakdown, however, Kevin's desire to live mentally well– and to be a mental health advocate– pulls him from the depths of his condition. Kevin's story is a remarkable testament to the strength of the human spirit and a reminder to us to love the life we have. His story also reminds us that living mentally well takes time, endurance, hard work, and support. With these disciplines in place, those living with even very difficult diagnoses can achieve better lives for themselves and those who help to support and care for them.

Plenary Session: Steven M. Agnes, OD: **Attention Deficits and Neuro-Developmental Optometry**

11:00am – Noon **Grand/Patterson Room**

Description to be added

<p>Concurrent Session 6a Rear Admiral Joan Hunter: <i>Behavioral Health Issues of Returning Military Members and Veterans</i> 1:00pm – 2:00pm <u>Grand Room</u></p> <p><i>This session will focus on behavioral health issues and treatment of returning military and veterans.</i></p>
<p>Concurrent Session 6b Kevin McDonough, MA: <i>North Dakota State Systemic Improvement Plan (SSIP)</i> 1:00pm – 2:00pm <u>Patterson Room</u></p> <p><i>Provide information about the NDDPI State Systemic Improvement Plan. The strategies used focus education on the implementation of evidence based and promising practices that improve educational services to students with behavioral, social/emotional, social communication and mental health needs.</i></p>
<p>Concurrent Session 6c Denise Harvey: <i>Mental Health Advanced Directives</i> 1:00pm – 2:00pm <u>Lamborn Room</u></p> <p><i>Description to be added</i></p>
<p>Concurrent Session 7a Stacey Benson, PhD: <i>Clinical Supervision – Part I?</i> 2:15pm – 3:15pm <u>Grand Room</u></p> <p><i>Description to be added</i></p>
<p>Concurrent Session 7b Stephen Wiland, LMSW, ICADC: <i>Trauma-informed Behavioral Healthcare for Older Adults – Part I</i> 2:15pm – 3:15pm <u>Patterson Room</u></p> <p><i>The effects of unresolved or under-resolved posttraumatic stress are increasingly recognized as contributing to the co-incidence of mental/emotional and substance use disorders which accumulate over the course of a lifetime. For older adults, additional risk factors can further complicate effective treatment. This session will address the likelihood of the occurrence of posttraumatic stress in older adults, and how trauma-informed principles are important to apply in the provision of behavioral health care services.</i></p>
<p>Concurrent Session 7c Christeen McLain: <i>The Body-Mind Connection and Movement to Integrate the Spirit</i> 2:15pm – 3:15pm <u>Lamborn Room</u></p> <p>An overview of the mind-body connection supported by evidence based research will be presented. A skill set of competencies will be introduced to participants integrating T'ai Chi Chih ~ Joy Thru Movement; Meditation incorporating breath work, music, self-awareness: Affirming Statements and historical modalities to invoke Spirit will be shared. Come prepared to relax, learn, laugh, and experience complimentary possibilities to assist yourself and your clientele through cognitively stuck moments. Keys for promoting higher personal functioning will be explored. Opportunities to release physical discomfort and calming of the nervous system will be practiced.</p>
<p>Concurrent Session 8a Stacey Benson, PhD: <i>Clinical Supervision - Part II?</i> 3:30pm – 5:00pm <u>Grand Room</u></p> <p><i>Description to be added</i></p>
<p>Concurrent Session 8b Stephen Wiland, LMSW, ICADC: <i>Trauma-informed Behavioral Healthcare for Older Adults – Part II</i> 3:30pm – 5:00pm <u>Patterson Room</u></p> <p><i>Continued - The effects of unresolved or under-resolved posttraumatic stress are increasingly recognized as contributing to the co-incidence of mental/emotional and substance use disorders which accumulate over the course of a lifetime. For older adults, additional risk factors can further complicate effective treatment. This session will address the likelihood of the occurrence of posttraumatic stress in older adults, and how trauma-informed principles are important to apply in the provision of behavioral health care services.</i></p>
<p>Concurrent Session 8c Larry Burd, Ph.D.: <i>Fetal Alcohol Spectrum Disorders: Everything's Changed</i> 3:30pm – 5:00pm <u>Lamborn Room</u></p> <p><i>Over the past 30 years, ongoing surveillance of fetal alcohol spectrum disorders (FASD) across North Dakota suggests a prevalence rate of 1 per 100 live births. Prenatal alcohol exposure increases risk for stillbirth 4 to 6 fold, prematurity 4 fold, sudden infant death syndrome 10 fold, and death from infectious illness 10 fold. Most children with FASD will enter the foster care system. FASD is a very large risk factor for infant, child, adolescent, and adult mental illness and developmental disabilities. These problems continue across the lifespan. In most cases the expressed phenotype increases in severity until at least the mid-30s. We discuss identification, management, and prevention using data from North Dakota.</i></p>