

| Missouri Department of Mental Health’s Spring Training Institute SCHEDULE   Thursday, May 31 <sup>st</sup> – Friday, June 1 <sup>st</sup> , 2018   Tan-Tar-A Resort            |                                                                                                                                             |                                                                                                                                                                                   |                                                                                                                                                                                                        |                                                                                                                                                                                                                |                                                                                                               |                                                                                                                                                           |                                                                                                                                                                                          |                                                                                                                                                                                                            |                                                                                                                                                                                             |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Thursday<br>May 31st                                                                                                                                                           | Peer Specialists / Support                                                                                                                  | Children, Youth and<br>Family                                                                                                                                                     | Intellectual /<br>Developmental<br>Disabilities                                                                                                                                                        | Opioid Crisis / Medication<br>Assisted Treatment<br>(MAT)                                                                                                                                                      | Ethics                                                                                                        | Trauma                                                                                                                                                    | Prevention, Interventions<br>and Treatment                                                                                                                                               | Wellness                                                                                                                                                                                                   | Professional<br>Development /<br>Miscellaneous                                                                                                                                              |
| 6:45 A – 7:45 A                                                                                                                                                                | Conference Registration, Breakfast, Visit Exhibits – Windgate Hall                                                                          |                                                                                                                                                                                   |                                                                                                                                                                                                        |                                                                                                                                                                                                                |                                                                                                               |                                                                                                                                                           |                                                                                                                                                                                          |                                                                                                                                                                                                            |                                                                                                                                                                                             |
| 7:45 A – 8:45 A<br>60 min                                                                                                                                                      | Keynote Address<br>“I’m a Real Girl/Boy, Not a Broken Toy”: Inviting the Disconnected Child Back into Humanity<br>Liz Hunter<br>Salon A/B/C |                                                                                                                                                                                   |                                                                                                                                                                                                        |                                                                                                                                                                                                                |                                                                                                               |                                                                                                                                                           |                                                                                                                                                                                          |                                                                                                                                                                                                            |                                                                                                                                                                                             |
| 8:45 A – 9:45 A<br>60 min                                                                                                                                                      | The Path of Recovery: One Story at a Time<br>Regi Carpenter   Salon A/B/C                                                                   |                                                                                                                                                                                   |                                                                                                                                                                                                        |                                                                                                                                                                                                                |                                                                                                               |                                                                                                                                                           |                                                                                                                                                                                          |                                                                                                                                                                                                            |                                                                                                                                                                                             |
| Break                                                                                                                                                                          | 30 min Break, Visit Exhibits or Self-Care Station                                                                                           |                                                                                                                                                                                   |                                                                                                                                                                                                        |                                                                                                                                                                                                                |                                                                                                               |                                                                                                                                                           |                                                                                                                                                                                          |                                                                                                                                                                                                            |                                                                                                                                                                                             |
| 10:15 A – 11:45 A<br>90 min                                                                                                                                                    | Title Pending - Changes to<br>Peer Support Certification<br>Scott Breedlove, MS, CPS,<br>MARS                                               | Easier Together: Providing<br>Family-Centered Care for<br>Pregnant and Postpartum<br>Women with Substance<br>Use Disorders<br>Pat Stilen, MSW and<br>Sarah Knopf-Amelung,<br>MA-R | Inclusive Education – A<br>Look at Beliefs, Values and<br>Attitudes<br>Rachel Morgan, Ed.D, CAS                                                                                                        | Missouri’s State Targeted<br>Response to the Opioid<br>Crisis and the<br>Implementation of the<br>‘Medication First’<br>Treatment Model<br>Rachel Winograd, PhD                                                | How will Ethical<br>Boundaries Aid Me as a<br>Professional?<br>Shane Young, MSW                               | Understanding Family<br>Trauma<br>Dena Sneed, OTR/L and<br>Rev. Roxanne Pendleton,<br>MDiv                                                                | Title Pending<br>Paul Grant, PhD                                                                                                                                                         | The Human Side of Severe<br>Psychopathology:<br>Improving Morale and<br>Meaning for Inpatient<br>Clients within Long Term<br>Care Psychiatric Settings<br>Lisa Parker Scott, PhD and<br>Katherine Arenella | The Missouri Eating<br>Disorders Council’s Toolkit<br>for Eating Disorders,<br>Screening, Prevention and<br>Treatment<br>Ellen Fitzsimmons-Craft,<br>PhD and Marie-Laure<br>Firebaugh, LMSW |
| 11:45 A – 12:45 P                                                                                                                                                              | Buffet Style Lunch – Windgate Hall                                                                                                          |                                                                                                                                                                                   |                                                                                                                                                                                                        |                                                                                                                                                                                                                |                                                                                                               |                                                                                                                                                           |                                                                                                                                                                                          |                                                                                                                                                                                                            |                                                                                                                                                                                             |
| 12:45 P – 1:45 P<br>60 min                                                                                                                                                     | Promoting Recovery, Resiliency, and Flourishing<br>with Recovery-Oriented Cognitive Therapy<br>Paul Grant, PhD                              |                                                                                                                                                                                   | Overview of Supported Employment and<br>Education Principles & ACT/TAY Services<br>Integration in Missouri<br>David Lynde, MSW, LICSW                                                                  |                                                                                                                                                                                                                | Storytelling as a Therapeutic Tool in Childhood,<br>Adult and Family Bereavement<br>Regi Carpenter            |                                                                                                                                                           | When the Titanic Meets the Iceberg: Addressing<br>the Trauma Underneath Mental Illness, Substance<br>Use Disorders, Criminality and Self-harming<br>Behavior<br>Mark Sanders, LCSW, CADC |                                                                                                                                                                                                            | Move, Play & Heal with Clients<br>Jennie Bedsworth, LCSW and Peter Brown, LMSW<br>Self-Care Room   *Session Seating Limited to 25                                                           |
| Break                                                                                                                                                                          | Snack Break 15 minutes, Visit Exhibits or Self-Care Station                                                                                 |                                                                                                                                                                                   |                                                                                                                                                                                                        |                                                                                                                                                                                                                |                                                                                                               |                                                                                                                                                           |                                                                                                                                                                                          |                                                                                                                                                                                                            |                                                                                                                                                                                             |
| 2:00 P – 3:30 P<br>90 min                                                                                                                                                      | Family Support<br>Provider/Peer Support<br>Specialist and How They<br>Can Help<br>Tanya Fongemie and<br>Bethann Berry, MA,<br>QMHP          | The Role of Trauma<br>Informed Care in Child<br>Abuse and Neglect<br>Prevention<br>Lindsay Kyonka, MSW                                                                            | Effective Strategies, Tips<br>and Considerations to Use<br>When Providing<br>Employment Services for<br>People with Co-existing<br>ID/DD and Mental Health<br>Challenges<br>David Lynde, MSW,<br>LICSW | Overdose Education and<br>Naloxone Distribution,<br>Train the Trainer Model<br>Nicole Browning, MA, LPC<br>and Brandon Costerison                                                                              | Wellness: Your Ethical<br>Responsibility<br>Lia Jennings, PhD, MSW,<br>LCSW and Michael<br>Perkins, MSW, LCSW | Traumatic Grief: How it<br>Manifests Itself, Coping<br>Strategies, and the Effect<br>on Individuals and<br>Communities<br>Peggy Tyson, MEd, LPC,<br>NBCCH | Effective Co-Occurring<br>Disorders Treatment<br>Mark Sanders, LCSW,<br>CADC                                                                                                             | Outside the Box:<br>Incorporating evidence-<br>based, non-<br>pharmacological<br>strategies in the clinical<br>setting<br>Leasa Weghorst, MEd,<br>PLPC, RN                                                 | Motivational Interviewing<br>in Groups<br>Scott Kerby, MA, LPC                                                                                                                              |
| Break                                                                                                                                                                          | 5 min Break                                                                                                                                 |                                                                                                                                                                                   |                                                                                                                                                                                                        |                                                                                                                                                                                                                |                                                                                                               |                                                                                                                                                           |                                                                                                                                                                                          |                                                                                                                                                                                                            |                                                                                                                                                                                             |
| 3:35 P – 5:05 P<br>90 min                                                                                                                                                      | Living with Mental Illness:<br>Inspired by Life<br>Caroline Cooper, MS,<br>CMPS                                                             | Special Considerations for<br>Working with Children of<br>Adoption<br>Sara Schmitz, MEd, LPC                                                                                      | Best Practices in Providing<br>Psychological Feedback to<br>Consumers<br>Cla Stearns, PhD and<br>Mardis Dunham, PhD                                                                                    | Title Pending - OUD<br>Treatment and<br>Medication Assisted<br>Treatment Agency<br>Implementation<br>Clif Johnson, CRAADC,<br>Dan Adams,<br>Suneal Menzies,<br>Janice Bunch, MA and<br>Samantha Tracy, MA, LPC | Ethics in Mental Health<br>Justin Bennett, MSW,<br>LCSW                                                       | The Neuroscience of<br>Trauma and the 6 R’s of<br>Effective Therapeutic<br>Interventions<br>Keith Bishop, MS and<br>Leslie Wiss, MA                       | Title Pending - Show Me<br>Zero Youth Suicide<br>Prevention Program<br>Elizabeth Sale, PhD,<br>Stacey Williams, LMSW,<br>Kirsti Millar and Kelsey<br>Prather                             | Understanding the Impact<br>of Chronic Health<br>Conditions on Cognitive<br>Function and Recovery<br>Jodi Heaps-Woodruff,<br>PhD                                                                           | TEAMwork Makes the<br>Dream Work: Building a<br>High Performing<br>Leadership Team<br>Angela Tate, MEd, LPC,<br>Bart Andrews, PhD<br>Pat Coleman, MBA                                       |
| NBCC: Not approved for NBCC if session includes X                      NASW: Not approved for NASW if session includes ‡                      450 mins   7.5 Clock   9 Contact |                                                                                                                                             |                                                                                                                                                                                   |                                                                                                                                                                                                        |                                                                                                                                                                                                                |                                                                                                               |                                                                                                                                                           |                                                                                                                                                                                          |                                                                                                                                                                                                            |                                                                                                                                                                                             |

NBCC: Not approved for NBCC if session includes X

NASW: Not approved for NASW if session includes ‡

450 mins | 7.5 Clock | 9 Contact

| Missouri Department of Mental Health’s Spring Training Institute SCHEDULE   Thursday, May 31 <sup>st</sup> – Friday, June 1 <sup>st</sup> , 2018   Tan-Tar-A Resort |                                                                                                                                                 |                                                                                                             |                                                                                                                                                                          |                                                                                                                                            |                                                                                                                                |                                                                                                                                                                                                       |                                                                                                                                                                                                                           |                                                                                                                                                                             |                                                                                                                                                |                                                                                                               |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| Friday<br>June 1st                                                                                                                                                  | Military / Veterans                                                                                                                             | Children, Youth and<br>Family                                                                               | Forensics / Criminal<br>Justice                                                                                                                                          | Substance Use<br>Disorders / Science of<br>Addiction                                                                                       | Gender Identity                                                                                                                | Trauma                                                                                                                                                                                                | Prevention,<br>Interventions and<br>Treatments                                                                                                                                                                            | Self-Care                                                                                                                                                                   | Miscellaneous                                                                                                                                  | Supported<br>Employment                                                                                       |
| 6:45 A – 7:45 A                                                                                                                                                     | Conference Registration, Breakfast, Visit Exhibits – Windgate Hall                                                                              |                                                                                                             |                                                                                                                                                                          |                                                                                                                                            |                                                                                                                                |                                                                                                                                                                                                       |                                                                                                                                                                                                                           |                                                                                                                                                                             |                                                                                                                                                |                                                                                                               |
| 7:45 A – 8:45 A<br>60 min                                                                                                                                           | Keynote Address<br><b>Pending</b><br><b>Salon A/B/C</b>                                                                                         |                                                                                                             |                                                                                                                                                                          |                                                                                                                                            |                                                                                                                                |                                                                                                                                                                                                       |                                                                                                                                                                                                                           |                                                                                                                                                                             |                                                                                                                                                |                                                                                                               |
| 8:45 A – 10:00 A<br>60 min                                                                                                                                          | Awards DMH and<br>8 Principles Which Guide Ethical Decision Making in the Clinical Relationship   <b>Mark Sanders, LCSW, CADC   Salon A/B/C</b> |                                                                                                             |                                                                                                                                                                          |                                                                                                                                            |                                                                                                                                |                                                                                                                                                                                                       |                                                                                                                                                                                                                           |                                                                                                                                                                             |                                                                                                                                                |                                                                                                               |
| Break                                                                                                                                                               | 15 min Break, Visit Exhibits or Self-Care Station                                                                                               |                                                                                                             |                                                                                                                                                                          |                                                                                                                                            |                                                                                                                                |                                                                                                                                                                                                       |                                                                                                                                                                                                                           |                                                                                                                                                                             |                                                                                                                                                |                                                                                                               |
| 10:15 A – 11:45 A<br>90 min                                                                                                                                         | Serving Those Who<br>Serve<br><b>Rachael Fields, MSW</b>                                                                                        | Teaching Bullying<br>Prevention Strategies<br>to School-Aged Youth<br><b>Kristen Myers, MS</b>              | Thinking Outside the<br>[Felony] Box<br><b>Brittany Peterson, BA<br/>and Tracy Kirksey</b>                                                                               | Etiologies of Substance<br>Use Disorder<br><b>John Airsman, PsyD,<br/>LPC</b>                                                              | Gender 201: Rethinking<br>Gender and Identity<br><b>Tyler McClain, MSW<br/>and Maria Whitter,<br/>MSW, LCSW, CEAP,<br/>SAP</b> | Using Self-Care Skills to<br>Relieve Adverse Effects<br>of Toxic Stress and<br>Trauma – a Mind-Body<br>Skills Approach<br><b>Thomas Kuciejczyk-<br/>Kernan, MD and<br/>Rajeev John, MSW,<br/>LCSW</b> | Improving the<br>Effectiveness of<br>Psychotherapy: An<br>Evidence-Based<br>Approach<br><b>Bob Bertolino, PhD</b>                                                                                                         | Self-Care is NOT Selfish:<br>Creative Tools for<br>Transforming<br>Compassion Fatigue<br>and Vicarious Trauma<br><b>Kay Glidden, MS and<br/>Beth Reynolds Lewis,<br/>BS</b> | What I Have Done Does<br>Not Define Who I Am:<br>Helping Clients Process<br>What They Have Done,<br>Part 1<br><b>Nathan Honeycutt,<br/>MSC</b> | Implementing the<br>Principles of Supported<br>Employment<br><b>David Lynde, MSW,<br/>LICSW</b>               |
| 11:45 A – 12:45 P                                                                                                                                                   | Buffet Style Lunch – Windgate Hall                                                                                                              |                                                                                                             |                                                                                                                                                                          |                                                                                                                                            |                                                                                                                                |                                                                                                                                                                                                       |                                                                                                                                                                                                                           |                                                                                                                                                                             |                                                                                                                                                |                                                                                                               |
| 12:45 P – 2:15 P<br>90 min                                                                                                                                          | Ancient Stories for<br>Modern Healing of<br>Warriors<br><b>David Strabala, MSW</b>                                                              | It’s Complicated: Teens,<br>Technology and<br>Relationships<br><b>Kaleigh Cornelison, BA,<br/>MSW, LCSW</b> | Michael’s Game:<br>Intervention for<br>Delusional Thought in a<br>Long Term Forensic<br>Setting<br><b>Kathryn Thumann,<br/>MSW, Kaelee Newton,<br/>and Mark Felchlia</b> | Disconnection and<br>Substance Use<br><b>Justin Puch, MA</b>                                                                               | Cultural & Clinical<br>Competence in Work<br>with Transgender<br>Clients<br><b>Stephanie Mott, MSW</b>                         | Healing Trauma<br>Through the Body: An<br>Introduction to Somatic<br>Experiencing<br><b>Rebecca Ehrke, PsyD</b>                                                                                       | Helping Couples<br>Overcome Infidelity:<br>Treatment Strategies<br>and Interventions<br><b>Angela Skurtu, MEd</b>                                                                                                         | Stress, Burnout and<br>Self-Care for the<br>Helping Profession<br><b>Shari Scott, MA</b>                                                                                    | What I Have Done Does<br>Not Define Who I Am:<br>Helping Clients Process<br>What They Have Done,<br>Part 2<br><b>Nathan Honeycutt,<br/>MSC</b> | Supported Employment<br>Stages of Change and<br>Motivational Strategies<br><b>David Lynde, MSW,<br/>LICSW</b> |
| Break                                                                                                                                                               | Snack Break 15 minutes, Visit Exhibits or Self-Care Station                                                                                     |                                                                                                             |                                                                                                                                                                          |                                                                                                                                            |                                                                                                                                |                                                                                                                                                                                                       |                                                                                                                                                                                                                           |                                                                                                                                                                             |                                                                                                                                                |                                                                                                               |
| 2:30 P – 4:00 P<br>90 min                                                                                                                                           | Post Traumatic Growth<br>and Veterans<br><b>Craig McAndrew, MA,<br/>LPC, LCAC</b>                                                               | In the Aftermath of<br>Loss and Suicide<br><b>Shari Scott, MA</b>                                           | Coloring Outside the<br>Lines: Using Creative<br>Therapies with Difficult<br>Clients in a Forensic<br>Environment<br><b>Nena Kircher, PsyD</b>                           | Access to Recovery<br>(ATR) Legacy to the<br>Future<br><b>Mark Shields, MEd and<br/>Rev. Ladell Flowers,<br/>MEd</b>                       | Transgender Youth –<br>Understanding and<br>Treating<br><b>Dean Rosen, PsyD</b>                                                | Best Practices in<br>Providing Trauma-<br>Informed Care to<br>Women in Institutional<br>Treatment<br><b>Micah Brown, MA, LPC<br/>and Kyra Haney, MA</b>                                               | Mindfulness in the<br>Treatment of<br>Dissociative and<br>Personality Disorders<br><b>Robert Cox, MA, LPC,<br/>NCC</b>                                                                                                    | Energy Management<br>and Self-Care for<br>Therapists<br><b>Karolyn Senter, MEd,<br/>PhD</b>                                                                                 | Strategies for Helping<br>People to Connect to<br>Enduring, Positive<br>Relationships<br><b>David Pitonyak, PhD</b>                            | Developing an Agency<br>Culture for<br>Employment<br><b>David Lynde, MSW,<br/>LICSW</b>                       |
| Break                                                                                                                                                               | 5 min Break                                                                                                                                     |                                                                                                             |                                                                                                                                                                          |                                                                                                                                            |                                                                                                                                |                                                                                                                                                                                                       |                                                                                                                                                                                                                           |                                                                                                                                                                             |                                                                                                                                                |                                                                                                               |
| 4:05 P – 5:05 P<br>60 min                                                                                                                                           | Ours is a Social Brain<br><b>David Pitonyak, PhD<br/>Salon A</b>                                                                                |                                                                                                             |                                                                                                                                                                          | Proven Ways to Incorporate Client Health & Wellness into Your Work with Difficult<br>Cases<br><b>Jeremy Lotz, MA, LPC, NCC<br/>Salon B</b> |                                                                                                                                |                                                                                                                                                                                                       | Assessing, Intervening, and Managing Suicide Risk in Schools (AIMSS): preliminary<br>findings from a qualitative assessment of school preparedness to prevent and respond<br>to suicide<br><b>Ryan Lindsay, MSW, LCSW</b> |                                                                                                                                                                             |                                                                                                                                                |                                                                                                               |

NBCC: Not approved for NBCC if session includes X

NASW: Not approved for NASW if session includes ‡

450 mins | 7.5 Clock | 9 Contact    900 Total | 15 Clock | 18 Contact