



SPRING TRAINING INSTITUTE | LIVE REMOTE | THURSDAY & FRIDAY, MAY 19-20, 2022

Thursday, May 19th

08:00am - 09:15am

<p>Title: A Spectrum of Clinical Applications Derived From Behavior Analysis Speaker(s): Dr. Patrick Friman, PhD, ABPP Track: Keynote Address</p>
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Speaker Bio(s):

Dr. Patrick C. Friman received his Ph.D. from the University of Kansas. He is the current Vice President of Behavioral Health at Boys Town and a Clinical Professor in the Department of Pediatrics at the University of Nebraska School of Medicine. He was formerly on the faculties of Johns Hopkins University, University of Pennsylvania, and Creighton University Schools of Medicine. He was also formerly the Director of the Clinical Psychology Program at University of Nevada. He is a Fellow of the Association for Behavior Analysis International, in three divisions of the American Psychological Association, and of the American Board of Behavioral Psychology. He is the former Editor of the Journal of Applied Behavior Analysis and former President of the Association for Behavior Analysis International. He has published more than 200 scientific articles and chapters and three books. The majority of his scientific and clinical work is in Behavioral Pediatrics and Behavioral Medicine. Dr. Friman's work in behavioral pediatrics has concentrated on the gap between primary medical care for children on one side, and referral-based clinical child psychological and psychiatric care, on the other. A secondary focus is on adolescent behavior and development. He also specializes in consultation regarding workplace issues such as motivation, dealing with difficult people, change, happiness and pathways to success.

Presentation Description:

The core idea of behavior analysis is revolutionary in that it attributes the source or cause of behavior not to the behaving person him or herself but to what has happened to that person up to the exhibition of the behavior. This is one of the most powerful ideas ever invented by mankind for understanding, knowing, and dealing with human behavior, especially when it is a problem (because it seeks not to fix the blame but rather seeks to fix the problem instead). And virtually everything this idea touches improves. It has revolutionized approaches to habit disorders, incontinence, addictions, delinquency, and numerous other major concerns of our time. Still, the idea has only begun to be harnessed. Not only can it be used to improve the lives of clients in need, but it can also be used to improve the lives of their providers, and indeed the lives of all people. This talk will describe several options derived from behavior analysis the application of which could exert a powerful beneficial influence on everyday life. Examples range from reducing stage fright to improving relations with significant others and much in between.

Objectives:

1. Attendees will be able to describe the core idea of behavior analysis.
2. Attendees will be to describe a way to use emotion to enhance persuasion.
3. Attendees will be able to describe a way to use choice to reduce inappropriate responses to aversive circumstances

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Thursday, May 19th

10:00am - 11:30am

<p>Title: Parent Training: Treatment for Childhood Oppositional Behavior Speaker(s): Andy Anderson, MA, LPC, KPMT Track: Children, Youth & Family</p>
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Speaker Bio(s):

Andy is the founder and a co-owner of Parenting and Child Conduct Counseling in St. Charles, MO. PCCC opened in 2009 as a single practitioner counseling service, and the staff currently consists of four licensed therapists, two PLPCs, and graduate interns.

Andy has over 40-years of experience working with children and adolescents as a teacher, school counselor, and private practitioner. Since opening PCCC, Andy has specialized in counseling children and adolescents with Disruptive Behavior Disorders such as Oppositional Defiant Disorder (ODD) and Conduct Disorder (CD).

Presentation Description:

Many high-quality and effective training programs for parents of children with oppositional behavior are available in the marketplace. These parent training programs go by many names, such as Parent Management Training, Behavioral Parent Skills Training, or just Parent Training. Without exception, though, empirically informed parent training programs utilize parents as the primary implementer to change their child's behavior—the therapist-trainer trains parents to train the child to behave in an age-appropriate, socially acceptable manner.

Whether delivered in a family therapy without patient setting or class format, numerous studies have found that parent training is an effective treatment for children and adolescents with ODD, CD, and non-clinical behavior problems. This presentation will provide participants with an overview of a Behavioral Parent Skills Training treatment for childhood oppositional behavior.

Objectives:

1. Describe a rationale for treating childhood oppositional behavior with parent training.
2. Identify the treatment phases of Behavioral Parent Skills Training Therapy.
3. Name four contributing factors of childhood oppositional behavior.



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<p>Title: Benefits and Work Made Simple Speaker(s): Michael Dalto, BA, CPWIC Track: Employment</p>

Speaker Bio(s):

Michael Dalto has delivered training and technical assistance on SSI, Social Security Disability, other public benefits and related work incentives for over 30 years. He created state benefits planning certification in Maryland, where he trained, certified and technically assisted over 50 benefits planners. He consulted with the Institute for Community Inclusion of the University of Massachusetts Boston on the SGA Project, a research effort that tested interventions to support vocational rehabilitation consumers in Kentucky and Minnesota to work their way off Social Security Disability Insurance (SSDI) benefits. He has written training materials about benefits, including a module on federal housing assistance programs for the WIPA & Community Partner Work Incentives Counseling Training Manual, produced by Virginia Commonwealth University's National Training and Data Center and used to train and provide certification for benefits planners nationwide. He has helped create tiered benefits planning models in Michigan, Missouri, New York and California. He has integrated direct service into his work, providing benefits planning to VR consumers and blind food vendors. He currently consults with Griffin-Hammis Associates and the National Association of Blind Merchants.

Presentation Description:

This webinar introduces disability professionals (case managers, therapists, etc.) to the basics of SSDI, SSI, Medicare and Medicaid (also called MO HealthNet) benefits and how work affects them. Trainees will learn how to offer basic, positive information about the impact of work on benefits to people with disabilities who are considering work. The goal of the training is for participants to "first, do no harm" – to be sure they provide accurate, encouraging information about work and benefits, instead of perpetuating myths and misinformation. The webinar includes videos, fact sheets and practical exercises

Objectives:

1. Describe basic SSDI, SSI, Medicare and Medicaid (MO HealthNet) eligibility and work rules
2. Respond to concerns and myths about benefits and work
3. Refer to a benefit specialist when needed



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<p>Title: Ethics, Telehealth, and the Digital Age Speaker(s): Terri Cooley-Bennett, LCSW, LSCSW, CCDP-D, TTS Track: Ethics</p>

Speaker Bio(s):

Ms. Terri Cooley- Bennett is a Licensed Clinical Social Worker (MO), a Licensed Specialist Clinical Social Worker (KS), a Co-occurring Disorders Professional-Diplomate (MO) and a Tobacco Treatment Specialist. Ms. Cooley-Bennett is the Outreach Services Manager at Swope Health Services. She has over 20 years of experience as a presenter, workshop leader, and educator. She regularly speaks for groups such as the Missouri Coalition for Behavioral Healthcare, the Missouri National Association of Social Workers, the University of Kansas School of Social Welfare Continuing Education Program, the Missouri Credentialing Board, and others. She served as an Adjunct Professor for the University of Kansas School of Social Welfare and currently provides field instruction for social work students and clinical supervision for professionals seeking licensure. Ms. Cooley-Bennet speaks serves on the board of the National Association of Social Workers (NASW) Missouri Chapter and is trained with the National NASW Office of Ethics and Professional Review.

Presentation Description:

The purpose of this training is to provide attendees with an overview of telehealth and the use of technology with special consideration being given to ethical principles. Because of the unique challenges experienced in using technology as a means for providing services to clients, opportunities for ethical dilemmas are not uncommon. As professionals, we are accountable for our use of technology and making sure that ethical guidelines are adhered to, such as confidentiality, informed consent, and what is in the client's best interest. Common ethical dilemmas regarding technology will be reviewed along with strategies for identifying, managing, and preventing ethical violations. The goal being that we provide excellent customer service to our clients, supervisees, colleagues, and agencies.

Objectives:

1. Participations with understand and describe the common uses of technology
2. Participants will identify unique challenges experienced in using technology as a means of providing services to clients
3. Participants will analyze and apply ethical guidelines in their use of technology



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<p>Title: Trauma-Informed Behavioral Interventions Speaker(s): Karen Harvey, PhD Track: Clinical Practices, Interventions & Treatment</p>
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Speaker Bio(s):

Karyn Harvey has worked as a clinician in the field of intellectual disabilities for over 30 years. She has her Ph.D. in Applied Developmental Psychology from the University of Maryland. She has published articles about therapeutic interventions with individuals with intellectual and developmental disabilities (IDD), workbooks for individuals with IDD, and two books. Her first book, Positive Identity Development was published in 2009 and Trauma-Informed Behavioral Interventions, published in 2011. Her third book, Trauma and Healing will be released in 2022 by AAIDD. She is the director of program development and training for the Park Ave Group practice where does both individual and group therapy. In addition, she regularly conducts trainings on trauma-informed care and coping with Covid for both state and individual organizations throughout the country and in Canada.

Presentation Description:

This training will explore key ingredients needed in a trauma-informed behavior plan. It will break down components essential to understanding the trauma that may have been experienced by someone receiving support services and what the essential factors in healing might be. Components such as triggers, ingredients of psychological safety, and the need for connection and agency will be explored. Tools such as the happiness assessment, positive identity workbooks, and the daily happiness worksheet will also be introduced.

Objectives:

1. Identify key sources of trauma for people with intellectual and developmental disabilities.
2. Identify key elements needed to be integrated into a trauma-informed support plan
3. Utilize the happiness assessment



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<p>Title: Compassion Fatigue: Risk Factors, Symptomology, and Treatment among First Responders Speaker(s): Lori Watson, PHR and Thomas Crees, BA, CIT, CBHL, CPO Track: Forensics, Criminal Justice & Legal</p>
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Speaker Bio(s):

Lori J. Watson is enrolled in Webster University's Master of Arts program in Professional Counseling (Clinical Mental Health emphasis). She has a bachelor's degree in secondary education from Concordia University, Ann Arbor, and a Professional in Human Resource (PHR) certification. Watson's research focus is in the area of vicarious trauma, specifically compassion fatigue (CF) and the impact of CF on first responders and law enforcement professionals. Watson submitted a manuscript on a similar topic to an international criminal justice bulletin. Watson's current professional role is Deputy Title IX & HR Coordinator at Webster University; prior to this role she served as a paralegal at the University of Health Sciences and Pharmacy where her interest in law solidified. At Webster, Watson provides educational programming on sexual assault, domestic violence, and stalking and conducts investigations on sexual harassment claims and provides wellness and mental health programming for the University at large. She has participated in a variety of legal and human resource training and education including Clery Act and Violence Against Women Act compliance, Court Appointed Special Advocate techniques, Interpersonal Communication, Workplace Harassment Prevention and Management, Restoring the Soul After Sexual Trauma, and Understanding Transgender Issues in the Workplace. Watson is a member of the National Association of Legal Assistants, the Missouri Peace Officers Association, the American Counseling Association, and the Association of Title IX Administrators.

Thomas Crees is currently enrolled in Webster University's Master of Arts program in Professional Counseling with an emphasis in Clinical Mental Health. He received his bachelor's degree in Criminology from Webster University. Tom's area of research is based around Post Traumatic Stress within first responders, Trauma-Informed Care, and utilization of alternative therapy methods for PTS. Tom has presented to multiple law enforcement agencies, hospitals, and military installations on post-traumatic stress, Trauma-Informed Care, and crisis intervention for first responders and their families. His knowledge and research in these areas come from several years of lived experienced in both law enforcement and military service.

Tom's current professional role is as the Community Treatment Liaison at ARCA, Assisted Recovery Centers of America. In this role, Tom assists law enforcement with crisis intervention response to calls for services involving individuals experiencing a mental health crisis. Before this role, Tom was a police officer with the St. Louis County Police Department. His last assignment within the police department was the Crisis Intervention Unit as the first Homeless Outreach Officer in the St. Louis County Region. Tom's primary role was to develop best practices for law enforcement's response and interactions with the unhoused population. Tom's law enforcement experience ranges from criminal investigations, drug interdiction, executive protection, crisis intervention, and response to civil unrest. During his tenure with the St. Louis County Police

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Department, Crees served as an executive board member to the department's Diversity and Inclusion Committee and the St. Louis Area CIT Council.

Crees is a Missouri POST certified instructor in crisis intervention, interview and interrogations, human behavioral analysis, and basic/advanced law enforcement training. Crees is currently a lead instructor for the St. Louis area Crisis Intervention Team program. In which Crees instructs officers on Hospital Procedures for Individuals in Mental Health Crisis, Building Legitimacy in Diverse Communities, as well as Law Enforcement and the Unhoused.

Prior to his law enforcement career, Tom served eight years in the United States Army as an infantry sergeant assigned to the 101st Airborne Division. Tom served multiple tours in hostile environments around the world. Tom is a member of the American Counseling Association, the St. Louis County Continuum of Care, the Missouri Crisis Intervention Team Council, the International Association of Undercover Officers, and the St. Louis Area CIT Council. Tom Crees also works for Loaves and Fishes and St. Louis County Government as the Homeless Outreach Coordinator for the St. Louis County Region.

Presentation Description:

High-stress helping professions such as law enforcement, first responders, and medical professionals are exposed to secondary trauma throughout their careers and sometimes experience primary trauma. This exposure to trauma mixed with the stress and pressures of the job can produce symptoms of compassion fatigue (CF). In our current climate, the prevalence of mental health intervention among law enforcement is a conversational topic as departments experience great societal pressure to reform policing according to expectations imposed by citizens and media coverage. This presentation explores the emotional and physical impact of CF on the wellbeing of sufferers and how CF can exacerbate volatile situations or incidents between first responders and citizens in question. The presentation will also identify specific risk factors and distinguish the difference between burnout and compassion fatigue.

Furthermore, the presentation reviews literature and research on the behavioral outcomes of compassion fatigue in law enforcement officers specifically, and the implications for the field of counseling among this demographic. Research infers great success and benefits of psychotherapy, psychoeducation, and workplace/peer support programming among law enforcement officers and agencies that implement counseling practices.

Objectives:

1. Identify the symptomology and behavioral outcomes of compassion fatigue.
2. Identify demographics and traits more at risk for compassion fatigue.
3. Define treatment areas and methods that encourage compassion satisfaction and combat compassion fatigue..



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<p>Title: Minority Student Growth and Development in a Rural 4-Year College Speaker(s): Aisha Hall, EdD, MSW Track: Cultural Competence</p>
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Speaker Bio(s):

Dr. Aisha Hall is currently an Assistant Professor in the Social Work Department at Park University. She has been a faculty member at Park University since August 2021. She specializes in clinical social work; healthcare; assessment; work with individuals and families; and leadership. She received her BSW from Temple University (Philadelphia, PA), her MSW from Syracuse University (Syracuse, NY), and her EdD from Walden University (Minneapolis, MN). Dissertation research focused on minority student learning in higher education. Current research focuses on diversity, equity, and inclusion. Prior to obtaining her doctorate, Dr. Hall was engaged in direct practice for several years with individuals and family in clinical and healthcare settings. Outside of employment, she is very active in the community, focusing on diversity initiatives and volunteering with marginalized populations.

Presentation Description:

The presentation will focus on minority student growth and development in a rural 4-year college. The purpose of the study was to examine the perceptions of minority faculty and students regarding student learning associated with minority students' relationships to minority faculty. Critical race theory was used as part of the conceptual framework which provides a narrative on the perspectives of race and dispels myths, racial beliefs, and misrepresentations of the truth. Social learning theory was also used as part of the conceptual framework because it explains how social influences impact the beliefs and actions of individuals in society. A basic qualitative study was the research design and semi-structured interviews were used to collect data from 5 minority faculty and 8 minority students. The data noted that 92% of the minority participants thought there were advantages to having minority faculty compared to 8% who did not. A recommendation paper was the result of the research study. Based on the findings, positive social changes may occur that affect minority students and faculty by improving minority student learning, increasing minority student enrollment, and possibly an increasing minority faculty at higher education institutions.

Objectives:

1. Define minority student learning in higher education
2. Describe the impact higher education has on minority students
3. Identify the importance of a diverse learning environment



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Title: Reducing Burnout and Increasing Empathy in Psychiatry Healthcare Workers Using Balint Groups

Speaker(s): Aderonke Oyetunji, MD

Track: Physician Lecture Series

Speaker Bio(s):

Aderonke “Kiki” Oyetunji is a Psychiatry resident with an interest in child and adolescent sub-specialty with a focus on neurodevelopmental disabilities in children. She has practical experience in research, advocacy and policy as a fellow in the Leadership Education in Neurodevelopmental and Other Related Disabilities (LEND) program at the University of Kansas Medical Center. As an aspiring child psychiatrist and an ally for the disability community, Kiki is interested in social determinants and related factors that impact access to comprehensive and continuous mental and behavioral healthcare for children with disabilities.

Presentation Description:

This is a PowerPoint presentation about a QI project on Balint groups as a clinical intervention for burnout among mental healthcare workers particularly psychiatrists and Mental Health Caseworkers. It analyzes the use of certain measures in detecting burnout and determining if the use of Balint intervention decreases burnout, increases empathy and job satisfaction using pre and post measure results following this intervention.

Objectives:

1. Understand the impact of burnout on mental healthcare workers
2. Identify the use of Balint as a clinical intervention for burnout
3. Measure the benefit of a burnout measure as a useful tool in a Balint intervention



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<p>Title: Not Just a Cough: Psychiatric Complications of COVID-19 Speaker(s): Val Bellman, MD, PsyD Track: Physician Lecture Series</p>
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Speaker Bio(s):

PGY 2 Psychiatry Resident
University of Missouri- Kansas City
Center for Behavioral Medicine
Kansas City, MO

Presentation Description:

There is an increasing number of patients with no previous psychiatric history who develop COVID-19-associated psychosis with severe behavioral changes weeks to months after contracting the virus. We present a case of a 60-year-old previously healthy Caucasian male with no psychiatric history who presented to the ED with recent onset of severe psychosis three months after recovering from COVID-19 infection. The objective of the current report is to discuss the clinical presentation and provide an updated data review of the psychopharmacological management of psychosis in COVID-19 survivors with no previous psychiatric history, while identifying the etiopathogenic aspects and clinical correlations between COVID-19 and psychotic symptoms. We also discuss the role of ICU-related psychological trauma in the development of psychosis later in life.

Objectives:

1. To better understand neuropsychiatric presentations, complications, long-term effects and mechanism of behavioral disturbances in the context of COVID-19
2. Define Post-intensive care syndrome (PICS) and COVID-19 associated delirium
3. Recognize COVID-induced and post-COVID 19 manic and psychotic syndromes



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<p>Title: Benefits & Employment – You Have the Knowledge with MO DB101 Speaker(s): Nicholas Love, SME Track: Super Session</p>

Speaker Bio(s):

Nicholas Love is the Community Inclusion Director at the World Institute on Disability (WID). WID strives to eliminate the barriers to full inclusion of people with disabilities by addressing and influencing policies, systems, and tools. Nicholas' work at WID focuses on the identification, creation, and utilization of technology, training, technical assistance and tools that drive and respond to policies that direct systems change. Nicholas' main focus at WID is the management of Disability Benefits 101 (DB101). DB101 is a comprehensive, state-specific digital tool that enables people with disabilities to make informed decisions about competitive integrated employment becoming a part of their lives. (www.mo.db101.org) Nicholas's passion is education on diversity and equality. He has been speaking on and fighting for disability issues as national speaker and advocate for diversity and social justice for over 25 years. He is a Certified Community Work Incentive Coordinator and a Certified Psychiatric Rehabilitation Practitioner with a degree in Holistic Healthcare with a concentration in Mind Body Transformational Psychology. Nicholas likes to combine knowledge and entertainment to change cultural perceptions.

Presentation Description:

Lack of information or worse misinformation on how benefits and employment interact does not lead to informed decisions. Accurate information on health coverage and disability benefits is a key factor for people who have disabilities when making career decisions. Missouri Disability Benefits 101 (DB101) is an online tool that can help navigate the complexity of benefits and employment interactions. DB101 provides information and tools on employment and career planning, health coverage, disability benefits, and more all in one location. Learning how to incorporate Missouri DB101 (www.mo.db101.org) is vital for all service providers. Come learn how to embed MO DB101 into the work you already do to motivate and support people in competitive integrated employment decisions without having to learn a whole new skill-set.

Objectives:

1. Learn how to access the rules governing SSDI/SSI, Social Security work incentives, Medicare and Medicaid, employment impact on state/federal benefits, and other work-related concerns through MO DB101.
2. Increase knowledge of all service providers on the complex interaction of public disability benefits and competitive integrated employment without having to learn a whole new skill-set.
3. Understand how the utilization of MO DB101 responds to federal and state directives - ex. WIOA.



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Title: Understanding Adverse Childhood Experiences: Building Self-Healing Communities
Speaker(s): Pam Clary, PhD, LCSW, LSCSW and Jana Frye, MSW, LCSW
Track: Super Session

Speaker Bio(s):

Dr. Pam Clary is an Associate Professor and Director of the Bachelor of Social Work Program at Missouri Western State University. She came to MWSU in 2007. Dr. Clary received her BSW ('87) from Kansas State University, MSW ('91) from the University of Kansas and her PhD ('14) from Kansas State University. She has over 20 years of direct clinical experience and almost 20 years of teaching experience (BSW and MSW classes), along with several years of administrative experience. Dr. Clary's social work experience includes working with children, youth and families with mental health issues, Parent/Child Sex Educator, licensed clinical social worker working with victims of sexual abuse and domestic violence, trauma, and home health. In addition, Dr. Clary has been and continues to be actively involved in the community. She sits on community boards, task forces, sub-committees and is involved in ongoing professional activities that promote diversity and social justice. She is licensed in both Missouri and Kansas.

Jana Frye, MSW, LCSW, joined the faculty as the Field Director and as an assistant professor in August 2014. She holds a Bachelor's degree in Criminal Justice from Truman State University (~90) and a MSW from the University of Kansas (~99). She is a Licensed Clinical Social Worker for Missouri (LCSW). She has sixteen years of post-Masters field experience focusing primarily in the areas of child welfare and mental health services to youth, adults and families in the Northwest Missouri Region. In addition, she served as adjunct faculty at MWSU for Department of Health, Physical Education and Recreation. Jana Frye has provided state and local training on numerous issues associated with youth and adult services, as well as practitioner ~survival'. She serves as a NASW licensure instructor for the Missouri LBSW/LCSW exam. Her areas of expertise are in the following areas, macro practice, clinical practice with individuals and families, child welfare, child protection and adoption, work with trauma victims, veterans effected by PTSD and their partners and work with sexual offenders.

Presentation Description:

This presentation will focus on the ACE Framework which is designed to promote an understanding of the significance and potential of ACE (Adverse Childhood Experiences) education. Understanding N.E.A.R (neuroscience, epigenetics, adverse childhood experiences, and resilience) will be a focus of this presentation. The ACE Study is the largest study of its kind with over 17,000 participants. The data collected from this study has the potential to change the public health crisis our nation is facing. This presentation will be about discovery, about hope, about our future. The action to prevent ACEs will be the largest public health discovery of our time. This presentation will discuss how our action to prevent ACEs, will profoundly impact our future.

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Both presenters (Jana Frye and Dr. Pam Clary) are trained Master ACE Trainers by Dr. Rob Anda, one of the co-principal investigators of the ACE Study.

Objectives:

1. Participants will be able to describe the science associated with adverse childhood experiences.
2. Participants will recognize that accumulative experiences matters, especially during formative years.
3. Participants will be able describe the ACE Framework.



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Title: Effective Experiential Exercises for Assessment and Therapy

Speaker(s): John Carpenter, MSW, LCSW

Track: Super Session

Speaker Bio(s):

John Carpenter has a BA in Psychology from DePauw University and a MSW from Washington University in St. Louis. He has practiced psychiatric therapy for the past 43 years in outpatient, hospital, doctor's offices, nursing homes, and three Rural Health Clinics. He uses a wide variety of therapy skills -- including family systems, Gestalt, DBT, TA, CBT, psychodynamic, and reality therapy. He found experiential exercises and metaphoric imagery approaches to be quite revealing for assessments and powerful in therapy. He also gave 300 presentations in all 50 states for CEU credits for fellow professionals in an eight-year period. He wrote a book in 2002 entitled "Effective Strategies for Helping Couples and Families" through PESI Healthcare, INC. Last year he presented "Nine Types of Couples" in a virtual talk for this conference..

Presentation Description:

Clients do not always reveal their true feelings and dynamics just in words alone. What they can show you in visual ways or physical demonstrations or metaphoric imagery can be more memorable, valid, and useful than hundreds of words could. This presentation will describe the clever and creative ways to reveal emotional distance and work with it to heal that undesired distance. This talk will also demonstrate the use of props and visual aids to make visible those invisible forces that impact and influence our clients and their families. Once those invisible factors become tangible and visible to work with, effective therapy can happen. We will also have many examples of metaphoric imagery techniques to elicit hidden emotions and dynamics that seemingly innocent images can reveal. Like play therapy for adults, these indirect techniques can be a safer way to explore difficult topics. Even a consideration of emotional ages as perceived by a family can shed more light on difficult dynamics. These approaches have served me well during my 43 years of clinical practice.

Objectives:

1. You will learn experiential exercises that are easily used in therapy sessions.
2. You will learn how to make good use of emotional distance and empty chairs.
3. You will learn metaphoric imagery techniques as assessment and treatment tools.



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02:00pm - 03:30pm

Title: Risk and Resiliency in Adverse Childhood Experiences: Implications for Prevention and Intervention

Speaker(s): Tim Welch, PhD, LMFT, Julianna Holguin, BS, and Jaimee Hartenstein, PhD

Track: Children, Youth & Family

Speaker Bio(s):

Tim Welch is an assistant professor at the University of Central Missouri in the Child and Family Development program. He is a Licensed Marriage and Family Therapist (LMFT) who is completing his doctorate in couple and family therapy at Michigan State University. His dissertation focuses on alcohol use and resiliency from adverse childhood experiences. He has published articles in scientific journals on the process of change in empirically supported couple and family therapy treatments and has presented at regional and national conferences on divorce, the transition to parenting, and family therapy interventions. He has competed and placed twice in the AAMFT ethics competition (1st place 2019; third place 2021). He has experience working in an inpatient psychiatric hospital with children, a large outpatient non-profit for at-risk youths, delivering home-based family therapy services for families working towards family reunification and in private practice.

Julianna Holguin is a second year Master's student at the University of Central Missouri in the Human Development and Family Science's Marriage and Family Therapy program, graduating May of 2022. She is an intern with the Child Abuse Prevention Association and the President of the Council of Human Development and Family Science student organization on campus. Julianna received her Bachelor of Science degree in Child and Family Development with a minor in Psychology, also from the University of Central Missouri. She completed a Child Life Practicum at Children's Mercy Kansas during her undergraduate education. Her primary areas of interest include the therapeutic treatment of children and families, childhood trauma and adverse childhood experiences, intimate partner violence, and children with illness and disabilities.

Dr. Jaimee L. Hartenstein is an associate professor in Child and Family Development at the University of Central Missouri. She currently serves as both the undergraduate and graduate coordinator. She is a Certified Family Life Educator. Dr. Hartenstein received her Bachelor of Science degree in Human Ecology and Mass Communications and her master's and Ph.D. in Human Ecology with a specialization in Family Studies from Kansas State University. Prior to coming to UCM, Dr. Hartenstein taught at Eastern Illinois University in Charleston, Illinois. Dr. Hartenstein serves as the faculty advisor for the graduate student organization, Central's Council of Human Development and Family Science. Her primary research interest is divorce and child custody as well as communication following the divorce or separation of parents

Presentation Description:

This presentation will first provide a definition of adverse childhood experiences (ACEs) and discuss relevant research on the association between exposure to multiple ACEs and numerous negative physical, emotional

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and mental health outcomes in adulthood. The presentation will examine exposure to ACEs through the lens of the Family Stress and Resilience theoretical framework. This approach highlights the role and value of enhancing protective factors to promote resiliency in the context of exposure to ACEs. This presentation will describe modern approaches to addressing the impact of adverse childhood experiences and discuss prevention and intervention implications for clinical and mental health practitioners.

Objectives:

1. Define adverse childhood experiences (ACEs)
2. Describe the negative effects of exposure to ACEs in adolescence and adulthood
3. Identify relevant protective factors to the harmful effects of exposure to ACEs



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<p>Title: Helping People Achieve Employment-related Recovery Goals with IPS Services Speaker(s): David Lynde, MSW, EBP Consultant and Trainer Track: Employment</p>
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Speaker Bio(s):

David Lynde consults to an array of stakeholders regarding the implementation and evaluation of Evidence-Based Practices (EBPs) in a number of states and mental health systems across the country. He also works on federal, state and county lawsuits regarding implementing, evaluating, and sustaining mental health services at a variety of system levels. David has worked in critical positions on numerous federal and state employment projects including the National Implementing Evidence Based Practices (EBP) Project for the Substance Abuse and Mental Health Services Administration (SAMHSA); the Recovery After Initial Schizophrenia Episode (RAISE) program for the National Institute of Mental Health (NIMH); the National Homeless Veteran's Supported Employment Program (HVSEP) and the implementation of Supported Employment services for the Veteran's Administration; the Johnson & Johnson – Dartmouth Supported Employment Program; and the development of a national integrated Employment Program for adults with significant disabilities.

Presentation Description:

While many people with mental health challenges have employment as one of their recovery related goals, not all people have access to Individual Placement and Supports (IPS) or Supported Employment services. This workshop will provide information, ideas, strategies and lessons learned regarding helping people to achieve their employment related goals when access to IPS is not an option for the providers or the people in services.

Objectives:

1. Participants will be able to identify the principles of Supported Employment services.
2. Participants will be able to describe how they can play a critical role in helping people with employment goals even without IPS services based on the principles of IPS.
3. Participants will be able to describe basic strategies and skills to enhance employment success when a referral to IPS is not possible.



SPRING TRAINING INSTITUTE | LIVE REMOTE | THURSDAY & FRIDAY, MAY 19-20, 2022

Thursday, May 19th

02:00pm - 03:30pm

<p>Title: Weight Stigma and Clinical Applications: Ethical Considerations Speaker(s): Nancy Ellis-Ordway, MSW, PhD Track: Ethics</p>

Speaker Bio(s):

Nancy Ellis-Ordway, LCSW, PhD, is a psychotherapist with thirty-five years experience, specializing in treating eating disorders, body image issues, stress, anxiety, depression and relationship issues. She offers individual, couple, and family therapy through her private practice in Jefferson City, MO. In addition to a Master of Social Work degree from Washington University, she has completed the Advanced Psychodynamic Psychotherapy training program at the St. Louis Psychoanalytic Institute. She has written chapters for four books, as well as numerous articles for professional and general publications. Her book, "Thrive At Any Weight; Eating to Nourish Body, Soul and Self Esteem" was published in 2019. She co-edited "Weight Bias in Health Education: Critical Perspectives for Pedagogy and Practice" in 2021. She also teaches classes for professional continuing education. She has a Ph.D. in Health Education and Promotion from the University of Missouri as well as a graduate certificate in Public Health.

Presentation Description:

The issue of weight in medical and mental health care is a thorny one. Those in the helping professions genuinely wish to provide quality medical and psychological care to those in need, but the confusing and contradictory information about weight, health and well being can be baffling. In this workshop, we attempt to examine these concerns through the lens of professional ethics. Specifically, we look at the codes of ethics for psychologists, counselors, social workers, dieticians, nurses and public health practitioners.

Objectives:

1. Participants will be able to define weight stigma
2. Participants will be able to identify ways that weight bias interferes with care
3. Participants will be able to describe interventions for addressing weight bias in treatment and in agency settings



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Thursday, May 19th

02:00pm - 03:30pm

Title: More than a Diagnosis: Recovery-Oriented Interventions for Psychosis and Related Experiences

Speaker(s): Jennifer Gerlach, MSW, LCSW

Track: Clinical Practices, Interventions & Treatment

Speaker Bio(s):

After an adolescence of personal psychiatric hospitalizations and poor predictions for her prognosis, Jennifer Gerlach is a therapist with extensive personal and professional experience in mental health recovery. She brings with her training in Cognitive Behavioral Therapy for Psychosis, family psychoeducation, individual resilience training, Radically-Open DBT and first episode psychosis as well as prior experience working as part of a first episode psychosis intervention team.

Presentation Description:

There was a time when many therapists were taught that people living with serious mental health conditions would not be able to respond to therapy and many individuals living with psychosis and related conditions were told their chances for recovery were minimal. Yet, with the mental health recovery movement and newer applications of therapies with an recovery-focus there is growing hope that individuals living with issues as these can create a life that they experience as meaningful. This presentation will focus on some of these interventions drawing tools from Recovery-Oriented Cognitive Therapy, CBTp, ACT, and the mental health recovery movement.

Objectives:

1. Improve understanding of the lived experience of mental health recovery and psychosis
2. Grasp tools to assist individuals in coping with voices, paranoia and other intrusive symptoms
3. Learn and practice new creative interventions to tackle negative symptoms of psychosis



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Thursday, May 19th

02:00pm - 03:30pm

Title: What's the Risk? The Evolution of Sexual Offending

Speaker(s): Rachel Colwick, MA, LPC, NCC and Mark Moore, MA, LPC, NCC

Track: Forensics, Criminal Justice & Legal

Speaker Bio(s):

Rachel Colwick has her Master of Arts in Clinical Mental Health Counseling and is a Licensed Professional Counselor, as well as a National Board Certified Counselor. Rachel is published and co-authored in two articles in the Safer Society Press. Rachel has a vast amount of clinical experience in working with those who have suffered from mood disorders, personality disorders, psychotic disorders, substance abuse, suicidal ideation, grief, trauma, and self-harming behaviors, to name a few. For over 7 years, Rachel has implemented process groups, psycho-educational groups, and individual therapy for those who are civilly committed sexual violent predators (SVPs) while at Missouri Sexual Offender Rehabilitation and Treatment Services (SORTS) and Minnesota Sex Offender Program (MSOP). Rachel is currently supervising over a program which provides treatment services to those suffering from Borderline Personality Disorder, cognitive challenges, psychotic disorders, and those with histories of sexual offenses. Lastly, she has conducted numerous professional presentations including three previous trainings at the Spring Training Institute.

Presentation Description:

Presentation description (extended version/two part session): This presentation will consist of an overview of the empirically supported treatment models and theories associated with persons who have committed sexual abusive acts such as Good Lives Model, Risk Needs Responsivity Model, Relapse Prevention, Self-Regulation Model-Revised, Motivation-Facilitation Model of Sexual Offending, Cognitive Behavioral Therapy and Rational Emotive Behavior Therapy. The presenters will explain the dynamic risk factors related to this population as well as the protective factors, or features that have been shown to help lower rate of recidivism. Further, characteristics of patterns regarding the sexual offense progression will be depicted within this presentation. Additionally, case examples will be illustrated to increase conceptualization of the offense motivations, goals, and behaviors. Finally, an emphasis of evidence based treatment strategies or tools will be exemplified to audience members.

Presentation description (90 minute condensed version): This presentation will consist of an overview of the empirically supported treatment models and theories associated with persons who have committed sexual abusive acts such as Good Lives Model, and Self-Regulation Model-Revised. The presenters will provide a brief overview of the dynamic risk factors related to this population as well as the protective factors, or features that have been shown to help lower rate of recidivism. Further, characteristics of patterns regarding the sexual offense progression will be depicted within this presentation. Additionally, case examples will be illustrated to increase conceptualization of the offense motivations, goals, and behaviors. Finally, an emphasis of evidence based treatment strategies or tools will be exemplified to audience members.

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Objectives:

1. Discuss the empirical based models associated with sexual offending
2. Explain the dynamic risk factors associated with sexual offending including the protective factors (or features shown to help lower recidivism rates)
3. Describe the primary characteristics or patterns (offense goals, motivations, and behavior) related to the offense progression



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Thursday, May 19th

02:00pm - 03:30pm

Title: Cultural Humility and Social Determinants in Behavioral Health
Speaker(s): Erika Holliday, MPH, CHES and Lisa Carter, MS, LPC, LCAC
Track: Cultural Competence

Speaker Bio(s):

Erika Holliday, MPH, (they/she) is a Senior Program Coordinator with the Mid America Addiction Technology Transfer Center within the Collaborative to Advance Health Services at the UMKC School of Nursing. They develop technical assistance and education surrounding substance use disorders for professionals in the SUD field in Iowa, Missouri, Nebraska, and Kansas. They specialize in topics surrounding harm reduction, community collaboration, Hepatitis C, and STI's. Their past work experience involves expanding harm reduction programs for communities with high rates of overdose and being a Health Educator focusing on HIV and STI's in a health department setting.

Lisa Carter is the Co-Director of the Mid-America Addiction Technology Transfer Center (ATTC). Her introduction to the Mid-America ATTC was almost 20 years ago when she served as a consultant and trainer to develop an evidence-based course for addiction professionals. Lisa obtained an MS degree in Mental Health Counseling from Emporia State University in Kansas. She holds dual licenses for professional counseling and clinical addiction counseling and has been in the field since 1995.

Lisa began as a counselor but quickly worked her way up to leadership positions. As a result, she has managed most levels of programs on the substance use disorder continuum of care. Before coming to the Mid-America ATTC, she was Director of a Methadone clinic. During her tenure, Lisa has contracted with State and Federal agencies to train hundreds of counselors in assessment, treatment planning, and supervision. She has provided consultation on public policy and procedures. Lisa is co-chair for the ATTC network Dissemination and Implementation workgroup and serves on the Addiction Counselors Advisory Committee for the Kansas Behavioral Sciences Regulatory Board.

Presentation Description:

This workshop will define and characterize what cultural humility is and how it is represented in the behavioral health workforce. We will create a space to share real life examples and will describe achievable, necessary changes to the work environment to ensure the unspoken needs of clients are met, and unknowing stigma and bias disappear.

Objectives:

1. Identify the differences between Cultural Competency and Cultural Humility
2. Describe ways one can be culturally humble in their own work
3. Discuss alternative choices for workforce scenarios where cultural humility can be at the forefront of a situation

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Thursday, May 19th

02:00pm - 03:30pm

<p>Title: You're Ruining My Career Speaker(s): Ferdinand Osayande, MD Track: Physician Lecture Series</p>
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Speaker Bio(s):

Ferdinand Osayande is a 2nd year resident physician practicing Psychiatry at the University of Missouri - Kansas City and Center for Behavioral Medicine. He attended medical school in Omaha at the University of Nebraska Medical Center. He completed his bachelor's degree in Psychology at the University of Nebraska - Lincoln, with a minor in humanities in medicine.

Presentation Description:

This presentation will aim to discuss not only the DSM criteria for Bipolar disorder, but also describe concerns of current and future health care providers on mental illness. Although the acceptance of mental illness in the United States appears to be rising for the better, there are many healthcare professionals who fear backlash and negative consequences from seeking treatment.

Objectives:

1. Apply the DSM 5 Criteria for a diagnosis of Bipolar I/II Disorder
2. Understand what the Americans with Disabilities Act is and who it protects
3. Appreciate the concerns of healthcare providers who have a personal history of mental illness



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Thursday, May 19th

02:00pm - 03:30pm

<p>Title: Is it Incidental – Brain Lesions and Neuropsychiatric Symptoms Speaker(s): Zach Bartochowski, MD Track: Physician Lecture Series</p>

Speaker Bio(s):

Dr. Zach Bartochowski is a second-year psychiatry resident at the University of Missouri - Kansas City. Dr. Bartochowski completed his Bachelor of Science in Biology at Truman State University in Kirksville, Missouri, before going on to earn his M.D. at Saint Louis University. His areas of interest include geriatric psychiatry, dementia, and the interface between neurology and psychiatry.

Presentation Description:

This is a case presentation featuring a patient with repetitive behaviors, behavioral agitation, observed responses to internal stimuli, and a reluctance towards verbal communication, who was later found to have a left cerebellar lesion on imaging. The case conference explores the utility of neuroimaging in psychiatric patients, the relationship between the cerebellum and psychosis, and Cerebellar Cognitive and Affective Syndrome.

Objectives:

1. Explain the limitations and utility of neuroimaging in patients with psychosis
2. Identify appropriate indications for neuroimaging in psychiatric patients.
3. Understand the role of the cerebellum in cognition and emotion, and the implications for psychiatric illness.



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Thursday, May 19th

03:35pm - 05:05pm

<p>Title: Escaping the Pain: Dissociation in Young Children with Trauma Speaker(s): Rachel Hanks, MSW, LCSW, RPT Track: Children, Youth & Family</p>

Speaker Bio(s):

Rachel Hanks is a licensed clinical social worker and registered play therapist who has worked at the Therapeutic Preschool at FamilyForward in St. Louis, MO, for over five years. She focuses on play-based interventions for young children who have experienced significant developmental trauma. She is Phase 1 certified in the Neurosequential Model of Therapeutics and is currently seeking certification in Theraplay. She has presented on topics such as play therapy, neurobiology of play, and on the Therapeutic Preschool program. She has received extensive training on topics such as brain development, attachment, play therapy, and polyvagal theory.

Presentation Description:

I don't know what happened. She seemed fine and then she just started screaming.[]

Young children who have experienced early adverse events have few tangible defenses. While fight and flight may be easily pictured, dissociation is an overlooked and often misunderstood survival mechanism for these children. While we all dissociate at times, the child who has experienced overwhelming or chronic traumatic stress may struggle to leave their protective dissociative states, even after the danger has presumably passed. This can cause difficulties with day-to-day functioning, relationships, and emotional regulation, leaving the child and family confused, frustrated, and even frightened by the seemingly-erratic nature of dissociative behaviors.

In this presentation, we will explore the presentation and mechanisms of dissociative behaviors in young children with developmental trauma across settings. We will also discuss implications for treatment by using play therapy techniques to engage the dissociative child by moving them into a state of felt safety.

Objectives:

1. Identify symptoms of dissociation in young children who have experienced adverse events
2. Describe relational and environmental factors that impact a dissociative child's functioning
3. Apply play therapy techniques to help engage the dissociative child



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03:35pm - 05:05pm

<p>Title: Helping People Achieve Employment-related Recovery Goals without IPS Services Speaker(s): David Lynde, MSW, EBP Consultant and Trainer Track: Employment</p>

Speaker Bio(s):

David Lynde consults to an array of stakeholders regarding the implementation and evaluation of Evidence-Based Practices (EBPs) in a number of states and mental health systems across the country. He also works on federal, state and county lawsuits regarding implementing, evaluating, and sustaining mental health services at a variety of system levels. David has worked in critical positions on numerous federal and state employment projects including the National Implementing Evidence Based Practices (EBP) Project for the Substance Abuse and Mental Health Services Administration (SAMHSA); the Recovery After Initial Schizophrenia Episode (RAISE) program for the National Institute of Mental Health (NIMH); the National Homeless Veteran's Supported Employment Program (HVSEP) and the implementation of Supported Employment services for the Veteran's Administration; the Johnson & Johnson – Dartmouth Supported Employment Program; and the development of a national integrated Employment Program for adults with significant disabilities.

Presentation Description:

While many people with mental health challenges have employment as one of their recovery related goals, not all people have access to Individual Placement and Supports (IPS) or Supported Employment services. This workshop will provide information, ideas, strategies and lessons learned regarding helping people to achieve their employment related goals when access to IPS is not an option for the providers or the people in services.

Objectives:

1. Participants will be able to identify the principles of Supported Employment services.
2. Participants will be able to describe how they can play a critical role in helping people with employment goals even without IPS services based on the principles of IPS.
3. Participants will be able to describe basic strategies and skills to enhance employment success when a referral to IPS is not possible.



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Thursday, May 19th

03:35pm - 05:05pm

Title: Contemporary Ethical Issues: Personal Worldview and Professional Acculturation
Speaker(s): Adriatik Likcani, PhD, LMFT, Amber Woolery, BSW, CRADC and Nicole Larkin, MS, SMFT, CADC
Track: Ethics

Speaker Bio(s):

Adriatik Likcani, Ph.D., LMFT

Dr. Adriatik Likcani is Associate Professor and Program Director of the Marriage and Family Therapy program at the University of Central Missouri. He holds a Ph.D. in Marriage and Family Therapy (MFT) from Kansas State University, two master's degrees: MFT from University of Nebraska-Lincoln, and MSW from University of Missouri Kansas City, and a Post Graduate Certificate in Medical Family Therapy from the University of Nebraska Medical Center. Dr. Likcani is a Licensed Marital and Family Therapist (LMFT) in the state of Missouri and serves as Chairperson of the State Committee of Marital and Family Therapists. He has served as President of the Missouri Association for Marriage and Family Therapy and Co-Chair of Family TEAM for Missouri organized by the American Association for Marriage and Family Therapy (AAMFT). He is a Clinical Fellow with AAMFT and Alumni of the Minority Fellowship Program (MFP), where he also served for two years as member and one year as chair of the MFP Advisory Committee. Dr. Likcani is the founder and director of Recovery Lighthouse, Inc.

Dr. Likcani has extensive experience with residential and outpatient treatment and recovery support programs for substance use disorders, drug treatment courts, family recovery programming, prevention, grant writing, program design and implementation, advocacy, and policy. His research interests include treatment and recovery support for individuals and families in or seeking recovery from substance use disorders; recovery courts; collegiate recovery programs; offender reentry; domestic violence; ethics, telehealth; diversity and cultural awareness; policy and advocacy. Dr. Likcani is invested in bridging academia and practice to provide his students the best training and networking and to offer clinicians in practice benefits from collaborate practice with educational institutions.

Amber Woolery, BSW, CRADC Amber earned her BSW in 2014 from the University of Central Missouri. She is a Certified Advanced Drug and Alcohol Counselor and a Peer Specialist Supervisor. Amber is the Program Director for Recovery Lighthouse, Inc. in Pettis County. Amber provides oversight to Access Site Services for the agency, conducts in-house training and supervision, and is highly engaged in supervising young professionals from social work programs who intern with Recovery Lighthouse.

Nicole R. Larkin is a Certified Drug and Alcohol Counselor and a Supervised Marriage and Family Therapist with Recovery Lighthouse, Inc. in Sedalia, Missouri. Nicole earned her master's degree in Marriage and Family Therapy and bachelor's degree in Child and Family Development at the University of Central Missouri. Nicole has worked alongside University professors to co-author for the Systemic Handbook of Marriage and Family Therapy, published Fall 2020. She has extensive background in the Women in Recovery and

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Parenting in Recovery fields, with both undergraduate and graduate experiences. Nicole acts as lead Treatment Provider and Program Coordinator for the 18th Circuit Recovery Court of Pettis and Cooper Counties, Missouri and the Department of Corrections sponsored Road to Re-Entry program.

Presentation Description:

This presentation on ethics is beyond the 'typical' topics of dual relationships and abuse of power with clients. It is about us as professionals and our personal worldview and professional acculturation. Why do ethical codes exist? What to do when my values and morals conflict with ethical codes? How to deal with ethical dilemmas? Can I talk about faith and spirituality with my clients? How do I apply evidence-based treatment with diverse populations? This session will help you find the answers to any of those questions and address other questions you may have.

This is a session about ethics, values, morals, personal worldview and professional acculturation in the practice of treatment and recovery support for mental health and substance use disorders. Participants will learn about the ecology of substance use treatment and recovery support and issues that arise with scientific discovery such as evidence-based practices and effective interventions, medication assisted treatment/recovery, integration of faith-based approaches, etc. Such contemporary issues tend to challenge the stability of any professional and require of them to affirm or resist change. They will learn models of working through dissonance and finding a new stability. They will identify external and internal influences that impact their emerging worldview, personal and professional acculturation. Discussion with participants will be based on morals, values, sources of power and influence in the acculturation process, and the ethics of providing value-sensitive care and due care to individuals and families.

Objectives:

1. Discuss how participants can use existing Codes of Ethics, including AAMFT, NBCC and NASW, to inform and reflect upon their personal worldview and professional acculturation
2. Identify personal lenses that cause dissonance among professionals in their practice. Recognize professional acculturation process through the ecology of substance use treatment and recovery support approaches
3. Identify issues that threaten status quo of the helper, prompt resistance or create dissonance, and require them to find a new professional stability



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<p>Title: Implementation of an Evidence-Based Trauma Treatment in a Virtual Environment Speaker(s): Edward Riedel, MSW, LCSW and Zachary Clark, BA, CRADC Track: Clinical Practices, Interventions & Treatment</p>

Speaker Bio(s):

Edward Riedel, MSW, LCSW is currently a project director for the Missouri Institute of Mental Health where he has been providing project evaluation and community education for 13 years. Edward's position includes working with providers in the community and their implementation of evidence-based practices, fidelity assessment and organizational change. Edward is also a Mental Health First Aide instructor. Prior to working at MIMH he spent 20 years working in the field of community mental health as both a clinician and director. He has been an adjunct instructor to the University of Missouri graduate School of Social Work, a field instructor and a licensee supervisor.

Zachary Clark has been working in substance abuse with Preferred Family Healthcare since 2009. Throughout his career, he has filled the role of a Behavioral Health Technician and Community Support Specialist before being selected to assist in the development of Preferred Family Healthcare's virtual treatment program, Portal, in 2010 as a Virtual Counselor. In 2018, he transitioned to Clinical Supervisor of Virtual Services. Since joining the Portal initiative, Mr. Clark has been actively involved in providing services in both adolescent and adult substance abuse treatment programs, assisted in the development and maintenance of the platform in which services are provided, and has been intricately involved in the development of systems and supports to assist consumers and staff in the expansion of virtual services. He has worked with multiple communities and entities to further the virtual treatment initiative. Currently, Mr. Clark is working in the application of virtual technology in a clinical and educational setting and implementation in drug court systems to address co-occurring and trauma diagnoses in the field of addiction.

Presentation Description:

Preferred Family Healthcare along with four drug courts received a SAMHSA grant to implement alternative services for drug court participants who have barriers to accessing traditional substance use treatment. This presentation will focus on the implementation and outcomes of a virtual, evidence-based trauma education group during the first three years of the project. Information about the Trauma Recovery Empowerment Model (TREM), the modifications for the virtual environment, will be presented along with outcome and participant satisfaction data.

Objectives:

1. Be able to understand the components of TREM, an evidence-based trauma treatment
2. Learn about the EBP modification process for a virtual environment
3. Identify key outcomes of virtual trauma treatments

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Thursday, May 19th

03:35pm - 05:05pm

Title: When Your Consumer Needs A Guardian: Practical, Ethical, and Legal Aspects of Seeking Guardianship

Speaker(s): James Reynolds, MD and Denise Thomas, JD

Track: Forensics, Criminal Justice & Legal

Speaker Bio(s):

Dr. James Reynolds is a forensic psychiatrist in private practice in Northwest Missouri. He is board certified in general and forensic psychiatry by the American Board of Psychiatry and Neurology, Inc. For 22 years he served as a medical administrator, clinical psychiatrist, and expert forensic examiner for the Missouri Department of Mental Health, retiring from State service in June, 2021.

Dr. Reynolds has prepared Guardianship packets on many consumers in both Missouri and Colorado, and has testified in court on nearly two hundred occasions, including a number of Guardianship hearings. He has lectured on numerous occasions to clinical and legal professionals in various academic venues. He holds an appointment as Associate Professor with the University of Missouri, Kansas City, and Assistant Professorships with several other medical schools.

Denise Thomas is currently General Counsel of the Missouri Department of Mental Health.

Presentation Description:

Guardianship proceedings over a mental health consumer will result, if successful, in that consumer losing a great deal of personal autonomy. Such a decision by a family member or clinician is fraught with moral and ethical considerations. On the other hand, for those consumers rendered incapable of making rational choices regarding their health or personal affairs due to a mental illness or intellectual disability, failure to do so in a timely fashion can also lead to harm. Clinicians called upon to give testimony in this area may be inexperienced in court or in working with attorneys.

Dr. Reynolds will discuss clinical, legal, and ethical implications of instituting guardianship proceedings based on his experiences with the Missouri Department of Mental Health. He will also give tips on how to prepare for court and effectively present one's case from the witness stand. This lecture will be similar to the one given on this topic in 2021, but with adjustments based on audience feedback. Questions and personal anecdotes from the audience will be encouraged.

Objectives:

1. Identify major factors in recognizing the need for guardianship proceedings when working with a consumer.
2. Learn effective ways of communicating clinical principles to legal professionals and jurors.
3. Identify special areas of interest to the court in guardianship hearings, including the right to vote, the right to drive, and the right to marry.

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Thursday, May 19th

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<p>Title: Trauma Informed: Victimization and Invisibility of Black Girls Speaker(s): Angela Gray, MSW, EdS Track: Cultural Competence</p>
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Speaker Bio(s):

Angela Gray is a High School Social Worker of twenty years who has devoted herself using her professional expertise to empower and promote justice and dignity implementing various programs within her community and school. She self published two books in 2019 distributed and sold through Amazon- "Girl, Check that Attitude " and Help! I Have an Attitude Problem". Angela is a new Alumni board member at Southern Illinois University Edwardsville. She is the 2020 Dr. Martin Luther King Jr. Humanitarian recipient. She is also the 2020 YWCA Women of Distinction awardee. She enjoys spending time with her family and crafting. During the pandemic, she and her family started their small T-shirt business, Luv2Express Tees and more, specializing in mental health, Mommy and me, ethnic and women empowerment designs.

Presentation Description:

Black girls often go through life feeling invisible like they do not exist or are not important. They are victimized by being suspended from school, sexually exploited and sent to juvenile detention centers at a higher rate than other girls from other races their own age. Black girls/women are also physically, emotionally, and sexually abused more than any other race. They often combat negative stereotypes of the Angry Black Girl/Woman syndrome often depicted on television and social media. Developmental consequences of Trauma and Trauma Informed Interventions will be explored to help Black girls heal and restore.

Objectives:

1. Define what it means to be invisible as a Black girl.
2. Examine how invisibility and victimization impacts preschool and elementary Black girls
3. Examine how out of school suspensions, expulsions, and poor attendance contributes to the invisibility and victimization of Black girls.



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Thursday, May 19th

03:35pm - 05:05pm

<p>Title: Violent Impulsivity in the Chronic Inpatient Unit Speaker(s): Azmi Jahan, MD Track: Physician Lecture Series</p>

Speaker Bio(s):

Dr. Azmi Jahan completed his Bachelor's of Arts from Georgia State University and went further to obtain his Medical Degree from St. James School of Medicine. He is currently completing his last year of Psychiatry residency training at UMKC. His presentation focuses on analyzing medications and/or additional factors that his patient responded to in treating aggression.

Presentation Description:

Analyzing behavioral patterns in treating impulsive and aggression on the chronic inpatient unit.

Objectives:

1. Identify medication properties that would effectively treat impulsivity
2. Familiarize with impulsivity factors and its association with substance abuse
3. Identify treatment challenges when selecting treatment regimen



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Thursday, May 19th

03:35pm - 05:05pm

<p>Title: Exercising Your Way to Mental Health Speaker(s): Drew Murray, MD Track: Physician Lecture Series</p>

Speaker Bio(s):

I am currently a 3rd year resident at the University of Missouri Kansas City pursuing my board certification in psychiatry. My interests over the years have focused on treatment resistant depression and post traumatic stress. I have been exploring academic opportunities in specialized treatment modalities such as interventional pain management, psychedelic assisted psychotherapy, psychodynamic psychotherapy and ketamine assisted therapy. With regards to my presentation, exercise has played an integral part in my life, both as it pertained to training for varsity soccer in high school and as an ever present part of my daily/weekly stress management routine. I have had great success in improving my own sense of wellness and have a strong passion for teaching others evidence based approaches to coping with stress/anxiety/depression and the daily struggles of life through a solid foundation in fitness.

Presentation Description:

An evidence based overview on the state of research on exercise as it pertains to not only physical health but more broadly to different aspects of mental health. Subtopics presented will include what is shown in the evidence for augmenting standard of care treatment of illness such as Bipolar I disorder, Major Depressive Disorder, Schizophrenia and Borderline Personality disorder. Additionally, implications for providers, risks and barriers to exercise will be reviewed as well.

Objectives:

1. Discuss the myriad benefits of exercise in treating mental illness
2. Understanding the limitations of exercise the the current research in certain populations
3. Apply current research on exercise modalities to treating mental illness



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Friday, May 20th

08:00am - 09:15am

<p>Title: Creating Change in a Divided World Speaker(s): Megan Ranney, MD Track: Keynote Address</p>

Speaker Bio(s):

Dr. Ranney is a practicing emergency physician, researcher, and national advocate for innovative approaches to public health. She holds the Warren Alpert Endowed Associate Professor of Emergency Medicine at Alpert Medical School of Brown University, is Founding Director of the Brown-Lifespan Center for Digital Health, and is Associate Dean of Strategy and Innovation at the School of Public Health at Brown University. Dr. Ranney's funded research focuses on developing, testing, and disseminating digital health interventions to prevent violence, mental illness, and related epidemics. During the COVID-19 pandemic she has been a CNN Medical Analyst, as well as having frequent appearances on MSNBC, BBC, Good Morning America, NBC, PBS, NPR, and others. She has been published in print media ranging from the Atlantic to the New York Times regarding the value of a national public health strategy. She also developed and co-leads, with Dr. Ashish Jha, the "Surviving And Thriving in The Age of Pandemics" online course at the School of Public Health at Brown University. She serves multiple national leadership roles, including as Chief Research Officer of AFFIRM Research, the country's leading non-profit committed to ending the gun violence epidemic through a non-partisan public health approach, and Co-Founder and President of the Board of GetUsPPE.org, a start-up non-profit that is delivering donated personal protective equipment to those who need it most. She is a Fellow of the fifth class of the Aspen Institute's Health Innovators Fellowship Program, and a member of the Aspen Global Leadership Network. She has received numerous awards for technology innovation, public health, and research, including "Rhode Island Woman of the Year" (2021), the American College of Emergency Physicians' Policy Pioneer Award (2018), and "50 Experts to Trust In A Pandemic" (Elemental/Medium, 2020). Dr. Ranney earned her bachelor's degree in History of Science, graduating summa cum laude, from Harvard University; her medical doctorate, graduating Alpha Omega Alpha, from One Gateway Center, Suite 751 | Newton, MA 02458 | Phone: 617.614.1600 | Fax: 617.965.6610 | apbspeakers.com Columbia University; and her master's in public health from Brown University. She completed her residency in Emergency Medicine and a fellowship in Injury Prevention Research at Brown University. She was previously a Peace Corps Volunteer in Cote d'Ivoire. She lives in Rhode Island with her husband and two children.

Presentation Description:

Over the last decade, Dr. Ranney has emerged as one of the nation's strongest voices for innovative solutions to seemingly intractable public health crises. In this talk, she takes the audience on a journey from possibility to action. She outlines how to see beyond the limits of the possible; provides concrete examples of success and failure in work on gun violence, opioids, COVID, and digital health; and shares her core lessons about the key ingredients for action (inclusivity, persistence, shared power, high-quality data). This talk has been given to audiences ranging from healthcare to higher education to associations.

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Objectives:

1. Discuss innovative solutions to seemingly intractable public health crises
2. Provide concrete examples of success and failure in work on gun violence, opioids, COVID, and digital health
3. Share core lessons on key ingredients of action for creating change in a divided world



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Friday, May 20th

10:00am - 11:30am

<p>Title: A Review of Pharmacologic Treatment for Cocaine Use Speaker(s): Melissa Palmer, PharmD Track: Substance Use Prevention & Treatment</p>

Speaker Bio(s):

Melissa C. Palmer, PharmD, BCPS, BCPP, is an outpatient mental health Clinical Pharmacy Specialist with the Alaska VA Healthcare System in Anchorage, AK. Prior to this career change, Dr. Palmer was a clinical assistant professor at the University of Missouri-Kansas (UMKC) City School of Pharmacy from 2017-2020. Dr. Palmer received her Doctor of Pharmacy degree from UMKC School of Pharmacy. She completed a PGY-1 residency followed by a PGY-2 psychiatry residency at the Chillicothe VA Medical Center in Chillicothe, Ohio.

Presentation Description:

Similar to 2021 presentation by writer on methamphetamine use disorder and evidence of pharmacologic intervention, this presentation would be very similar although for cocaine use. The presentation would include: DSM-5 diagnostic criteria, clinical presentation both acute and chronic, pharmacology, review of literature for pharmacologic treatment, and incorporation of clinical case.

Objectives:

1. Compare and contrast pharmacologic agents used in the treatment of stimulant use disorder, specifically cocaine.
2. Identify patients who could benefit from medication therapy.
3. Develop a patient-centered treatment plan considering patient-specific factors such as co-morbidities and socioeconomic parameters.

Friday, May 20th | 10:00am - 11:30am



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Friday, May 20th

10:00am - 11:30am

Title: Behavioral Health Treatment through Housing
Speaker(s): Jonathan Belcher, MSW and Jessica Craig, MS
Track: Complementary Approaches/Alternatives

Speaker Bio(s):

Jonathan Belcher is a Senior Director of Programs at St. Patrick Center in downtown St. Louis, where he oversees fourteen different Long-Term Transformation programs. His programs support individuals and families that come to St. Patrick Center with the highest need. Since joining St. Patrick Center in 2009 he has helped thousands of individuals and families transform their lives by finding permanent housing, behavioral health and other support services. As a strong advocate for consumer directed care, Jonathan created St. Patrick Center's consumer advisory board, a place where clients have a voice and also sits on the St. Louis City Continuum of Care Board. Jonathan graduated from St. Louis University with a Masters of Social Work in 2015 and received his Bachelors of Social Work from the University of Missouri St. Louis in 2009. He lives with his wife and son in St. Louis and is an avid Chicago Cubs fan.

Jessica has been practicing therapeutic interventions and sharpening clinical skills since 2007. Her clinical journey began working in Outpatient Chemical Dependency treatment services becoming a Certified Drug and Alcohol Counselor in Illinois and collecting supervision hours earning Missouri LPC in 2011. Ms. Craig is versed in many clinical settings, having served individuals in office-based Outpatient counseling, Outpatient community case management services (both Community Psychiatric Rehabilitative Counseling & Assertive Community Treatment); Partial Hospitalization, Acute Detox & Mental Health Inpatient care, and Crisis Response.

Presentation Description:

The presenter and Co-Presenter will share information on the impact of housing insecurity and homelessness has on a person's health and cognition. Next, a review of the human hierarchy of needs and the impact on a person's health, and the effectiveness of treatment when needs go unmet. We will then navigate the vast research on the Housing First Model and explain why it has become the most supported model to serve those experiencing homelessness and chronic behavioral health diagnosis.

Both presenters' have years of working within the Housing First Model. With their expertise, they will present the model and bring case analysis demonstrating 'real' examples of how Housing First improves health outcomes and increases the effectiveness of any treatment.

Objectives:

1. Describe signs and symptoms of the impact of housing insecurity and homelessness
2. Understanding hierarchy of needs and impact on behavioral health conditions
3. Gain a basic understanding of Housing First Model

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Friday, May 20th

10:00am - 11:30am

<p>Title: Careers in Social Work: Life Transforming Opportunities to Help Others Speaker(s): Jay Memmott, MSW, PhD Track: Profession Focused</p>

Speaker Bio(s):

Jay Memmott earned a BA in English at the University of Utah, and both his MSW and Ph.D. (in social work) at the University of Kansas. He has worked as a social worker in inpatient and outpatient mental health and substance abuse treatment settings, hospice and home health care, managed mental health care, and private practice. Jay has been a social work faculty member at the University of Oklahoma, Saint Louis University, Washburn University, and the University of South Dakota. At Park University, Jay serves as the director of the graduate social work program. He is a member of the Academy of Certified Social Workers (ACSW), the National Association of Social Workers (NASW), and the Council on Social Work Education (CSWE). Since 2002, Jay has been affiliated with the Association of Social Work Boards (ASWB), an international organization that develops and administers licensing examinations for baccalaureate, masters, and post-graduate social workers in both the U.S. and Canada. Jay's current research and scholarly interests include the processes of change, mental health and substance abuse treatment and recovery, indigenous helping, and couple/family therapy.

Presentation Description:

Social work is a multifaceted profession committed to the improvement of human well-being by helping people meet their basic and often complex needs, with a particular emphasis on those who are vulnerable, oppressed, marginalized, and living in poverty. Drawing on his own 40+ years of experience as a social worker, Dr. Memmott will discuss why social work, with its focus on social, economic, and environmental justice, is a viable career path in the 21st Century. In addition, Dr. Memmott will demonstrate how social work is a profession that can be a catalyst for life-transforming changes in families, communities, and other social systems.

Objectives:

1. Describe the mission of social work.
2. Distinguish between a profession and an occupation--and explain why the distinctions matter.
3. Identify the three levels of social work practice.;



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<p>Title: Youth Suicide: A Look at Before and After Speaker(s): Shari Scott, MA, PhD candidate Track: Suicide Prevention</p>

Speaker Bio(s):

Shari Scott has served in the helping profession for over 21 years, with her early work including 12 years conducting investigations on allegations of child abuse/neglect with the State of Missouri Children's Division. In 2011 she went to grad school and obtained a master's degree in counseling two years afterward. Since then, she has worked in psychiatric emergency rooms, inpatient and outpatient units at psychiatric hospitals, grief support centers, and private practice. Shari is currently licensed in Kansas, Missouri, and Colorado, with national board certification, and certificates in Critical Incident Stress Response, Mediation, and Tele-behavioral Health. Shari is currently working on a PhD with her dissertation topic including the latest research on youth suicide. She maintains full time work as a therapist in private practice in Kansas City. Shari specializes in grief and frequently provides therapy to those who are struggling with the loss of a loved one due to suicide, homicide, child death, and sudden death. She also serves as a consultant to local schools who have suffered the loss of students to suicide by providing presentations and tips on managing grief reactions. When she isn't working with grief, Shari enjoys speaking at seminars designed to teach the helping professional how to recognize and cope with signs of stress and burnout. Much of her other work involves therapy with individuals on matters related to anxiety, depression, and relationship issues.

Presentation Description:

Suicide slipped into the top ten as far as causes of death in the United States (CDC, 2016). Deaths among school-aged children and teens continue to be on the rise; so much so, that suicide has statistically risen to the second leading cause of death among people aged 10-34. Suicide traumatizes those left in its path and how to navigate the grief following a suicide is both tricky and scary. This presentation reviews precipitating factors in youth who die by suicide, as well as risk factors and red flags for youth who attempt it in hopes of informing prevention efforts moving forward. How to best screen kids for suicidality, as well as how to talk to youth who express suicidal thoughts shall also be highlighted. Additionally, this presentation covers common grief reactions in those working through the death of a loved one to suicide and how to best support those individuals.

Objectives:

1. Review past and current statistics related to youth suicide
2. Examine 10, 000 youth suicide since 2003 to survey precipitating circumstances
3. Learn how to best talk with suicidal youth

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Title: Grief Process and Support Systems for Young Military Widows

Speaker(s): Amanda McCullough, MS, CRADC, PLMFT, Adriatik Likcani, Ph.D., LMFT, and Jaimee Hartenstein, PhD

Track: Miscellaneous

Speaker Bio(s):

Amanda McCullough, MS, CADC, PLMFT

Mrs. Amanda McCullough completed her Master's Degree in Human Development and Family Science, with specialization in Marriage and Family Therapy, at the University of Central Missouri. Mrs. McCullough is currently under supervision working towards licensure. Mrs. McCullough is a Certified Reciprocal Alcohol and Drug Counselor working at a community-based agency as a counselor, primarily with the Johnson County Recovery Court. Mrs. McCullough is US military veteran and is passionate about helping military members and veterans in her career as a Marriage and Family Therapist.

Adriatik Likcani, Ph.D., LMFT

Dr. Adriatik Likcani is Associate Professor and Program Director of the Marriage and Family Therapy program at the University of Central Missouri. He holds a Ph.D. in Marriage and Family Therapy (MFT) from Kansas State University, two master's degrees: MFT from University of Nebraska-Lincoln, and MSW from University of Missouri Kansas City, and a Post Graduate Certificate in Medical Family Therapy from the University of Nebraska Medical Center. Dr. Likcani is a Licensed Marital and Family Therapist (LMFT) in the state of Missouri and serves as Chairperson of the State Committee of Marital and Family Therapists. He has served as President of the Missouri Association for Marriage and Family Therapy and Co-Chair of Family TEAM for Missouri organized by the American Association for Marriage and Family Therapy (AAMFT). He is a Clinical Fellow with AAMFT and Alumni of the Minority Fellowship Program (MFP), where he also served for two years as member and one year as chair of the MFP Advisory Committee. Dr. Likcani is the founder and director of Recovery Lighthouse, Inc.

Dr. Likcani has extensive experience with residential and outpatient treatment and recovery support programs for substance use disorders, drug treatment courts, family recovery programming, prevention, grant writing, program design and implementation, advocacy, and policy. His research interests include treatment and recovery support for individuals and families in or seeking recovery from substance use disorders; recovery courts; collegiate recovery programs; offender reentry; domestic violence; ethics, telehealth; diversity and cultural awareness; policy and advocacy. Dr. Likcani is invested in bridging academia and practice to provide his students the best training and networking and to offer clinicians in practice benefits from collaborate practice with educational institutions.

Dr. Jaimee L. Hartenstein is an associate professor in Child and Family Development at the University of Central Missouri. She currently serves as both the undergraduate and graduate coordinator. She is a Certified Family Life Educator. Dr. Hartenstein received her Bachelor of Science degree in Human Ecology and Mass

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Communications and her master's and Ph.D. in Human Ecology with a specialization in Family Studies from Kansas State University. Prior to coming to UCM, Dr. Hartenstein taught at Eastern Illinois University in Charleston, Illinois. Dr. Hartenstein serves as the faculty advisor for the graduate student organization, Central's Council of Human Development and Family Science. Her primary research interest is divorce and child custody as well as communication following the divorce or separation of parents

Presentation Description:

For the last 19 years the US military has been engaged in combat operations in Iraq and Afghanistan. There have been many casualties because of these combat operations. These casualties of war left behind families that grieve their loss. This has created many young widows, a role which is traditionally thought to be at a much later stage in life. The loss of a spouse can be one of the most difficult losses to experience with far-reaching consequences. Presenters will describe findings of their study with young widows which explored how these young widows experienced the sudden traumatic loss of their spouse, explore the support systems used by these widows to cope with their loss and navigate the transition in their identity. Researchers will present findings and discuss interventions that counselors and therapists can utilize when working with this population. Preliminary findings of this research were presented at STI 2019 (very well received) and now authors return to present finding and implications upon having completed this research project.

Objectives:

1. Describe how these young widows experienced the sudden traumatic loss of their spouse.
2. Describe the support systems used by these widows to cope with their loss and navigate the transition in their identity.
3. Identify interventions that can be utilized when working with this population.



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<p>Title: The Impact of Adverse Childhood Experiences & Trauma on Men and Women of Color Speaker(s): Eddie McCaskill, MSW, EdD and Anthony Bass, MA, MSW, LPC Track: Cultural Competence</p>

Speaker Bio(s):

Dr. Eddie McCaskill is a Licensed Professional Counselor, Licensed Clinical Social Worker, Certified Alcohol and Drug Counselor, Master's Addiction Therapist, and a National Board-Certified Counselor. Dr. McCaskill is a certified member of the American Psychological Association. Dr. McCaskill has been licensed in the State of Missouri since 1991 as a Licensed Clinical Social Worker and a Licensed Professional Counselor. Dr. McCaskill completed his undergraduate degree in Psychology from Pepperdine University. Dr. McCaskill completed his Master's in Social Work from Washington University in St. Louis and completed his Doctorate from Argosy School of Professional Psychology and Grand Canyon University. Dr. McCaskill has provided services to the under-served population in the St. Louis area for over 30 years. Dr. McCaskill's area of research is adverse childhood experiences, trauma and people of color. Dr. McCaskill is presently the Lead Mental Health Clinician at the Fathers and Families' Support Center in St. Louis, Mo. Dr. McCaskill has presented at the Healthy Marriage and Responsive Fatherhood Conference in Washington DC in 2017; Missouri Department of Mental Health Conferences in 2019 and 2021; Philadelphia Trauma Training Conference, 2019; and the NAADAC 2019 Annual conference in Orlando, Florida.

Anthony D. Bass was born and raised in St. Louis Missouri and has over twenty-five years of experience that encompasses acute psychiatric complexities, dual diagnosis disorders, substance misuse, crisis and couples counseling, as well as individual, group, and family therapy; death and dying, critical incidence debriefings, and is well versed in addressing or educating on matters involving HIV/STD's. In addition, Mr. Bass has worked with thousands of various offenders transitioning in and out of federal and state probation and parole systems. Mr. Bass's years of experience as a direct service provider includes working as a Team Leader, Program and Clinical Director in the mental health and Substance Use Disorder arena. Mr. Bass has been instrumental in the development of Substance Use Disorder Medical Detox, In and Outpatient, Residential, and Chronic Pain programs and has a strong ten-year background working as a Medical Social Worker. In April of 2016 he was nominated and awarded the St. Louis American Foundation's Excellence in Health Care award. He is the founder of two nonprofit organizations and is currently in private practice working with Police Offices and other First Responders. Mr. Bass earned master's degrees in Community Counseling from the University of Missouri St. Louis, Management and Leadership from Webster University, and Social Work from St. Louis University. Mr. Bass is a Licensed Professional Counselor and Registered Substance Use Counselor in the State of Missouri. Mr. Bass holds certifications for Anger Management, Clinical Trauma Treatment, Clinical Anxiety, and Dialectical Behavioral Therapy (DBT). Mr. Bass has also been trained in Cognitive Behavioral Therapy (CBT), Solution Focused, and EMDR methodologies. M.Ed., MA, MSW, RADC, MARS, CCATP, AMTP, CCTP, CDBT, LPC

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Presentation Description:

This presentation will examine the impact of adverse childhood experiences and trauma on people of color. People of color who have experienced one of the indicators of adverse childhood experiences or trauma may be at a greater risk for physical, behavioral, and psychological concerns. This presentation will increase understanding, knowledge, and also advance health equity by providing practitioners with valuable data on a population (people of color) that has not been researched on a major basis. The presentation will also provide effective interventions that have proven to be effective in working with people of color who have been exposed to adverse childhood and traumatic experiences.

Objectives:

1. The participant will be able to identify the indicators of adverse childhood experiences.
2. The participant will be able to identify the impact of trauma on the brain.
3. The participant will be able to describe the impact of ACE's and trauma on people of color.



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12:45pm - 02:15pm

<p>Title: Women in Recovery - An Approach to Sustainable Empowerment Speaker(s): Nicole Larkin, MS, SMFT, CADC, Jaimee Hartenstein, PhD, MS, BS, and Carol Martin, CPS Track: Substance Use Prevention & Treatment</p>

Speaker Bio(s):

Nicole R. Larkin is a Certified Drug and Alcohol Counselor and a Supervised Marriage and Family Therapist with Recovery Lighthouse, Inc. in Sedalia, Missouri. Nicole earned her master's degree in Marriage and Family Therapy and bachelor's degree in Child and Family Development at the University of Central Missouri. Nicole has worked alongside University professors to co-author for the Systemic Handbook of Marriage and Family Therapy, published Fall 2020. She has extensive background in the Women in Recovery and Parenting in Recovery fields, with both undergraduate and graduate experiences. Nicole acts as lead Treatment Provider and Program Coordinator for the 18th Circuit Recovery Court of Pettis and Cooper Counties, Missouri and the Department of Corrections sponsored Road to Re-Entry program.

Dr. Jaimee L. Hartenstein is an associate professor in Child and Family Development at the University of Central Missouri. She currently serves as both the undergraduate and graduate coordinator. She is a Certified Family Life Educator. Dr. Hartenstein received her Bachelor of Science degree in Human Ecology and Mass Communications and her master's and Ph.D. in Human Ecology with a specialization in Family Studies from Kansas State University. Prior to coming to UCM, Dr. Hartenstein taught at Eastern Illinois University in Charleston, Illinois. Dr. Hartenstein serves as the faculty advisor for the graduate student organization, Central's Council of Human Development and Family Science. Her primary research interest is divorce and child custody as well as communication following the divorce or separation of parents

Carol A Martin is a Certified Peer Specialist at Recovery Lighthouse in Sedalia, Missouri. She is a person in long term Recovery and celebrates 4 years abstinent from all mind and mood altering substances. Carol obtained her HiSet in August 2020 and is in her 2nd year at State Fair Community College. She is the General Service Representative of the Sedalia Narcotics Anonymous group. Carol is a huge recovery advocate in her community. Carol has partnered with Congresswoman Vicky Hartzler and spoke at several high schools in the mid Missouri area raising awareness to addiction and finding recovery. Carol has participated in two recovery advocacy days at the state capital and enjoys partnering up with different agencies in her community to show that recovery is real and you can find a new way to live. Carol currently facilitates the Women in Recovery matrix group offered at Recovery Lighthouse and co-facilitates the Department of Corrections sponsored Road to Re-Entry program. Carol has successfully completed a five year SIS supervised state probation that she was placed on in 2016. In the future, Carol is looking forward to bringing Narcotics Anonymous meetings into the Pettis County Jail. She is full of life and love and most of all hope. She shares the most important message which any addict can stop using and find a new way to live.



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Presentation Description:

Women in recovery are a unique population with varying experiences. In a group setting establishing a safe space is vital to the experience of the women in the group. A facilitator of a group has an opportunity to be transparent with the group and utilize various techniques to establish a safe space. Empowerment is one component of recovery and helping the women to feel empowered and share their voice is one aspect of recovery. Techniques and opportunities used by the facilitator as well as activities with the group are one way the group can begin to feel empowered. Presenters will share from their experience how this blend of interventions works in real practice. This approach meets the unique needs of building peer relationships for collaboration and continued emphasis on trustworthiness and empowerment for women in recovery.

Objectives:

1. Provide perspectives on approaches to facilitating groups for women in recovery.
2. Gain an understanding of establishing and facilitating a safe space for women in recovery.
3. Discuss techniques to utilize with women in recovery to build empowerment.



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12:45pm - 02:15pm

Title: How to Improve Your Community: Encourage and Promote Indigenous Helping

Speaker(s): Jay Memmott, MSW, PhD

**Track: Complementary Approaches/
Alternatives**

Speaker Bio(s):

Jay Memmott earned a BA in English at the University of Utah, and both his MSW and Ph.D. (in social work) at the University of Kansas. He has worked as a social worker in inpatient and outpatient mental health and substance abuse treatment settings, hospice and home health care, managed mental health care, and private practice. Jay has been a social work faculty member at the University of Oklahoma, Saint Louis University, Washburn University, and the University of South Dakota. At Park University, Jay serves as the director of the graduate social work program. He is a member of the Academy of Certified Social Workers (ACSW), the National Association of Social Workers (NASW), and the Council on Social Work Education (CSWE). Since 2002, Jay has been affiliated with the Association of Social Work Boards (ASWB), an international organization that develops and administers licensing examinations for baccalaureate, masters, and post-graduate social workers in both the U.S. and Canada. Jay's current research and scholarly interests include the processes of change, mental health and substance abuse treatment and recovery, indigenous helping, and couple/family therapy.

Presentation Description:

Every community contains natural or indigenous helpers--people who are sought out by friends, neighbors, and relatives because of their knack for effective problem solving and social support. More often than not, indigenous helpers are the first-line providers of informal health, social, addiction, and mental health services. Indigenous helpers represent every walk of life and the help they render is in most cases free of charge. Using an ecological framework and illustrations drawn from in-depth interviews with indigenous helpers, Dr. Memmott will discuss the impact this important human activity has on individuals, families, groups, and larger organizations. In addition, Dr. Memmott will offer tips on how to encourage and promote indigenous helping to make our communities healthier, safer, and more livable.

Objectives:

1. To define indigenous helping and provide examples from their own lives.
2. Identify and describe the types or helping styles of indigenous helpers.
3. Discuss the helping methods employed by indigenous helpers.



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12:45pm - 02:15pm

<p>Title: Providing Effective Staff Supervision using Trauma Informed Care Practices Speaker(s): Belinda James, MSW, LCSW Track: Profession Focused</p>
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Speaker Bio(s):

Belinda James is a passionate advocate for children, youth and families. She received her Bachelor of Arts degree in Psychology from Southern Illinois University at Edwardsville, a Missouri Family Development Credential from the University of Missouri " Kansas City, a Master degree in Social Work from The Brown School at Washington University in St. Louis, and training in Trauma Focused Cognitive Behavioral Therapy from the Medical University of South Carolina. For the past 25 years, Belinda has provided parent workshops and professional development training in the areas of sexuality health, mental health including trauma informed care, motivational interviewing, substance use, suicide prevention and adolescent development. She has also taught in the field of social work as an adjunct instructor at Washington University in St. Louis. As a licensed Clinical Social Worker, she counsels women who are homeless, pregnant and may have mental health, chemical dependency issues and extensive trauma backgrounds. In addition, she is responsible for an innovative program that provides psychoeducation on behavioral health and parent education/support to pregnant and parenting teens in the St. Louis Public School system.

Presentation Description:

This workshop will provide attendees with a foundation of knowledge on trauma informed care supervision. Professional development stages of staff will be reviewed to identify effective supervision strategies. Motivational interviewing skills will be practiced to address staff productivity, emotional wellness, compassion fatigue and burnout.

Objectives:

1. Review central principles of supervision
2. Increase awareness of cultural and contextual factors in supervision
3. Practice trauma informed care strategies to address compassion fatigue and burnout



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Friday, May 20th

12:45pm - 02:15pm

Title: Safer Homes Collaborative: Preventing firearm suicide through an unconventional collaboration of professionals

Speaker(s): Kathleen Ellison, MS, MA, NCC

Track: Suicide Prevention

Speaker Bio(s):

Katie Ellison, MA, MS, NCC, is the project director for the Safer Homes Collaborative at the University of Missouri-St. Louis (UMSL) Missouri Institute for Mental Health (MIMH). The Safer Homes Collaborative is a grassroots, grant-based initiative between the suicide prevention community and gun-owning community, working together to promote the practice of safe gun storage and reducing access to lethal means as a strategy to prevent the tragedy of suicide.

Presentation Description:

Over 1,100 residents die by suicide each year in Missouri. Three out of five suicide deaths in the state involve the use of a firearm - well above national average for gun suicide. Access to firearms, particularly easy access to firearms during a period of crisis or emotional despair is a key risk factor for suicide. Yet, many individuals and organizations working in suicide prevention have been uncomfortable to address firearms, given the current social and political climate in the gun right and gun violence conversations. The Safer Homes Collaborative, a grass roots, firearm-suicide prevention initiative is embracing the challenge; bringing together gun owners, gun retailers, behavioral health professionals, medical providers, and suicide prevention advocates to the table to talk about how they all play a role in preventing. In this presentation, participants will learn about the Safer Homes Collaborative and how they've brought experts in firearms, suicide prevention, mental health and physical health together to work towards the shared goal of preventing firearm suicides.

Objectives:

1. Define the Safer Homes Collaborative and mission to prevent firearm suicide
2. Identify lethal means reductions strategies to prevent firearm suicide and the evidence behind why it works
3. Describe the impact the Safer Homes Collaborative has in creating systems change through their collaborations across the state.



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12:45pm - 02:15pm

<p>Title: What's My Role as a Non-Prescribing Clinician? Speaker(s): Alex Barajas-Muñoz, PhD Track: Miscellaneous</p>
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Speaker Bio(s):

Alex Barajas-Muñoz has a PhD in Counseling Psychology, a Master's Degree in Counseling and Guidance, and a Master's Degree in Neurosciences. Dr. Barajas is currently employed as a staff psychologist at the University of Kansas (KU) Counseling and Psychological Services (CAPS) and serves as adjunct professor at the Counseling Psychology doctoral program at UMKC. He worked for over ten years as a Research Associate, Evaluator and Trainer with Mid-America Addiction Technology Transfer Center at UMKC. His areas of expertise include: evaluation and research (development of evaluation instruments, data collection, data analysis and technical report writing); counseling; training, editing and translating (English/Spanish) professional literature in the areas of psychology, neuroscience and substance use disorders; psychotherapeutic medications; and counseling special populations (Hispanic, LGBT).

Presentation Description:

This workshop will familiarize participants with the important role non-medical professionals such as counselors, case managers, and social workers can play in the management of behavioral health medications treatment. Strategies for communicating with clients about their medications and typical client concerns and barriers will be discussed, as well as ways to address concerns and barriers. Tips for communicating with physicians and improving multidisciplinary collaboration will be presented. Information about the free BHMEDS-R3 App for your Android or iPhone/iPad available for your mobile device from the Google Play or iTunes App Store will also be presented.

Objectives:

1. Define the role non-medical professionals have in medication-assisted treatment for behavioral health clients.
2. Describe how to address client concerns and barriers.
3. Identify tools available to help work with clients and communicate with physicians about a client's medication.



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Friday, May 20th

12:45pm - 02:15pm

Title: Advancing Understanding of Trauma to Include Childhood And Community Experiences As Informants Of Discrimination-Based Developmental Trauma

Speaker(s): Courtney Boddie, PhD and Lisa Thompson-Gibson, MA, LCPC

Track: Cultural Competence

Speaker Bio(s):

Dr. Courtney R. Boddie completed his masters and doctoral degrees in Clinical Mental Health Counseling and Counselor Education at the University of Missouri - Saint Louis' CACREP-accredited program and his bachelor's degree in organizational behavior at Washington University in St. Louis. He is licensed to practice in both Illinois and Missouri. Dr. Courtney is the Clinical Director of The Counseling Hub, providing oversight to the clinicians and supervisors at the practice, as well as ensuring quality of care and ongoing training. He previously served as the Associate Dean of Students for Diversity & Inclusion and Director of Counseling Services at SIUE. For nearly 15 years, Dr. Courtney has served the learning and mental health needs of various groups in collegiate and private practice settings, cultivating a spirit of advocacy for culturally-affirmative psychological care, particularly for race, gender identity, sexual orientation, and ability status as cultural identities.

Lisa is the Associate Director for Counseling Services at Southern Illinois University Edwardsville. She provides students with culturally competent, trauma-informed clinical support through individual and group therapy. She uses conventional "talk therapy" approaches, along with the use of art materials as a trained art therapist as a means for nonverbal, expressive arts communication. Lisa serves on the Leadership Team in the office providing clinical supervision and training, administrative support, and collaboration with internal and external campus constituents.

Lisa has previous experience as a Student Affairs professional working in Residence Life, Judicial Affairs, Study Abroad, Law School Administration, and with the Dean of Students. Her work as a Student Affairs professional informs her clinical approach in working with college students. She oftentimes describes herself as having two brains: one as clinician and one as student affairs administrator. Lisa also serves as an adjunct lecturer for the Art Therapy Counseling program at SIUE, which enables her to participate in the educational experiences of counselors in training.

Presentation Description:

"Ellis and Deitz (2018) discussed the addition of community and environmental factors to the familiar factors present as part of the adverse childhood experiences (ACES) framework. They put forth the idea that a greater range of social determinants of health (e.g., discrimination) contribute to developmental trauma, along with ACES, given their adverse nature. This presentation explores implications of these findings to consider updating the existing ACES questionnaire, with particular focus on additional social and community factors. Using findings from Ellis and Dietz (2018), and exploring applications of Polyvagal Theory (Dana, 2020; Porges, 2006), and the Neurosequential Model of Therapeutics (Perry & Dobson, 2013), session participants

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will develop strategies for trauma-informed interventions in the conceptualization and treatment of discrimination-based developmental trauma among adults."

Objectives:

1. To conceptualize discrimination as a broad community/environmental factor that can disrupt human development
2. To examine the influencing role of discrimination in early childhood development (e.g., access to resources, help-seeking tendencies, development of self-regulatory processes, parenting practices)
3. To explore interventions that are a by-product of conceptualizing the role of various forms of discrimination as a developmental stressor



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02:30pm - 04:00pm

<p>Title: The Current State of Missouri's Overdose Crisis & Recent Mitigation Strategies Speaker(s): Rachel Winograd, PhD Track: Substance Use Prevention & Treatment</p>
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Speaker Bio(s):

Rachel Winograd, PhD, is licensed clinical psychologist and an Associate Professor within the Department of Psychological Sciences and the Missouri Institute of Mental Health at University of Missouri St. Louis. Her clinical, research, and program development interests revolve around interventions to save and improve the lives of people who use drugs. Currently, her primary focus is on expanding access to medical treatment, harm reduction strategies, and person-centered approaches for those most in need of evidence-based care for substance use disorders in Missouri.

Presentation Description:

This talk will describe the recent landscape of drug use and overdose deaths in Missouri, including the ever-expanding role of fentanyl in our drug supply and the increase in deaths involving stimulants like methamphetamine and cocaine. Though ongoing initiatives funded by the State Opioid Response grant have understandably continued to focus on increasing access to medical treatments for Opioid Use Disorder and opioid-related harm reduction initiatives, the necessity of greater implementation of stimulant-focused intervention strategies is clear. To that end, this presentation will provide an overview of Missouri's Contingency Management pilot programs for people with Stimulant Use Disorder, as well as harm reduction training, education, and drug checking resources designed for people who use stimulants. Additional attention will be paid to the widening racial disparities between Black and White Missourians regarding addiction treatment outcomes and overdose fatalities, including highlights of what is being done at the state and local levels to reduce deaths among those at highest-risk. Strategies for data-driven drug policy, funding, and community engagement will be highlighted.

Objectives:

1. Describe the difference between fentanyl and stimulant contamination vs. co-use of both substances
2. Define the behavioral basis of Contingency Management as a treatment approach
3. Describe how and why individuals who use drugs may benefit from using fentanyl test strips



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02:30pm - 04:00pm

Title: When Heroic Force Fails: Trickster Stories Show the Way (Encore 2022)

Speaker(s): David Strabala, MSW, LCSW

**Track: Complementary Approaches/
Alternatives**

Speaker Bio(s):

David Strabala, LCSW, is a therapist with 30 years' experience as well as a storyteller and filmmaker who shares ancient stories and wisdom to help clients discover healing connections. He has told these tales of the heroes and tricksters for 23 years – currently as a counselor to troubled teens at the Clay County Juvenile Office. David directed an award-winning feature documentary in 2014, “What Is Synchronicity?” about C.G. Jung's concept of meaningful coincidence in the stories of our lives.

Presentation Description:

The attitude, “That’s my story and I’m sticking to it,” is often humorous, but in today’s chaotic times it can exemplify a rigid and dysfunctional pattern that doesn’t serve us well. We need more diverse stories as guides or maps to reflect on, hold us and provide meaning and resilience. Yet most of our stories of heroes or superheroes treat them as conquering and claiming something that is brought under control. So where are the stories or maps for chaotic situations that can’t be conquered? Turns out there is another type of “heroism” called the trickster that is less hyper-masculine or forceful and more relational and receptive. Trickster characters are often vilified or at least misunderstood and underestimated, but they often do nothing less than transform or create new consciousness at many levels as they work with excesses of appetite or other emotions.

In this encore presentation from last year, new stories are included with a focus on deepening the nuances within each type of story at micro and macro levels. Most stories are hundreds of years old, demonstrating a universality and resilience to all all times and places that can strengthen us today. The presenter will tell stories of heroes and tricksters from many cultures. He will compare heroes and tricksters to show how they complement each other in healing.

Objectives:

1. Discover how stories connect us more deeply to ourselves and the world
2. Experience how stories yield insights and creativity
3. Open up non-violent conflict resolutions through stories

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<p>Title: Self-Care is NOT Selfish: 10 Creative Tools for Boosting Your Resiliency Speaker(s): Kay Glidden, MS and Beth Reynolds-Lewis, BS Track: Profession Focused</p>

Speaker Bio(s):

Kay Glidden, MS, is a compassion fatigue specialist, trauma informed care trainer and mindfulness educator. Her experience stems from 30+ years as a mental health professional and work in a public behavioral health system. Kay is a co-owner of Compassion Resiliency, a training and consultation company that promotes the well-being of professionals who work in high stress/trauma-exposed environments.

Beth Reynolds Lewis, BS, is a compassion fatigue specialist, trauma informed care trainer and Registered Yoga Teacher. Her experience includes 30+ years as a Child Welfare case manager, a Forensic Interviewer, and work in a public behavioral health system. Beth is a co-owner of Compassion Resiliency, a training and consultation company that promotes the well-being of professionals who work in high stress/trauma-exposed work environments.

Presentation Description:

You have been working very hard most recently through a global pandemic. You are balancing your family needs and you are working diligently to meet the demands of the people you serve.

We now have over two decades of research that working in high stress, trauma-exposed professions carries risk to the staff.

The level of compassion fatigue staff experience can ebb and flow from one day to the next. Even very healthy staff with optimal life/work balance and self-care strategies can experience compassion fatigue.

Participants will improve their understanding of compassion fatigue, secondary trauma and burnout and will be given ten practical take-away tools, resources and strategies to include in daily self-care planning for improving health and resiliency.

Objectives:

1. Define compassion fatigue, secondary trauma and burnout.
2. Identify the signs and symptoms of compassion fatigue, secondary trauma and burnout.
3. Utilize ten hands-on tools and resources for building resiliency.



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Title: Effectiveness of a Suicide Prevention Follow-up Program Linking Hospitals and Mental Health Care Providers in St. Louis and Kansas City, Missouri

Speaker(s): Liz Sale, PhD, Stacey Williams, MSW, LCSW, Kirsti Millar, MS, LPC and Michelle Glowczwskie, MSW, LCSW

Track: Suicide Prevention

Speaker Bio(s):

Dr. Elizabeth Sale is the Director of Evaluation and a research associate professor at the Missouri Institute of Mental Health at the University of Missouri “ St. Louis. Dr. Sale has over 25 years of experience in the field of survey and evaluation research, with a particular focus on the evaluation of suicide prevention and substance use prevention programs. She has been the lead evaluator for several SAMHSA-funded suicide prevention initiatives, including programs for youth and adults in school and hospital settings. Currently, she is directing the evaluation of the Missouri Foundation for Health-funded Safer Homes Collaborative that focuses on suicide prevention education and training for the gun-owning community. She has published in several peer-reviewed journals including the Journal of Crisis Intervention and Suicide Prevention, the Community Mental Health Journal, the American Journal of Community Psychology, and the American Journal on Drug and Alcohol Abuse. She is currently a member of the Missouri Suicide Prevention Network and the St. Louis Regional Suicide Prevention Coalition.

Stacey Williams is the State Suicide Prevention Coordinator for Missouri Department of Mental Health and serves as the suicide prevention lead for the department. She is the Project Director for the Youth Suicide Prevention Grant, the Zero Suicide in Health Systems grant, oversees the Emergency Suicide Response for COVID-19 Project as well as numerous other statewide crisis services activities. Stacey has a Masters in Social Work, with an emphasis in Policy, Planning and Administration from the University of Missouri and a Bachelor's Degree in Psychology. Stacey is a Licensed Clinical Social Worker with over twelve years' experience working in mental health. She brings forth experience in state government, residential and community mental health settings as well as experience in both policy and clinical practice. Stacey is passionate about helping people through the process of bringing about systems change. In her free time, you can catch her baking, spending time outdoors or spending time with her teenage son Camden and German Shepherd Bella.

Kirsti Millar, MS, LPC is the Suicide Prevention Program Manager at ReDiscover where she manages the Show Me Zero Youth Suicide Grant which serves clients ages 10-24 and the Show Me Zero Suicide Grant working with adults aged 25 and up. She has dynamic experience in crisis work and has utilized her creativity in program expansion and client engagement at ReDiscover for five years. She has nine years in the field working with both adults and youth alike in therapeutic, case management and crisis like settings. She completed her Master's in Counseling from Missouri State University with an emphasis in Play Therapy. Kirsti

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enjoys working with youth and has a passion for community engagement. Kirsti has extensive trainings across multiple modalities including: motivational interviewing, positive youth development, harm reduction, assessing and managing suicide risk, trauma informed care, vicarious trauma, EMDR and play therapy.

Michelle Glowczwskie is the Director of Telehealth and Home/Community Services for Behavioral Health Response (BHR). Michelle started as a crisis clinician thirteen and a half years ago. She has worked as a crisis intervention counselor, a telehealth clinician, and clinical manager. Michelle's skill at crisis intervention, suicide prevention and working with difficult cases and situations was recognized by her managers. Michelle was selected to lead BHR's integrated mental health assessments, via a telehealth platform, with clients in Alaska. Michelle oversaw BHR's early foray into telehealth services and helped expand this new services line from Alaska to multiple states, eventually bringing this much needed services to hospitals in Missouri. Following the successful growth of BHR's telehealth services, Michelle was promoted to Director of BHR's Telehealth and Home/Community Services Department. Previous to Michelle's employment with BHR, she worked as a child abuse and neglect investigator with the state of MO for over 8 years.

Michelle holds a Master in Social Work from George Warren Brown School of Social Work at Washington University. Michelle holds social work licenses in Missouri and New Mexico. Michelle is married with one daughter.

Presentation Description:

This presentation will describe the implementation and evaluation of a continuity-of-care model in reducing suicide in adults. The program is implemented at two Certified Community Behavioral Health Clinics in the St. Louis area. Participants are primarily recruited through inpatient psychiatric hospitalizations and emergency department visits for a recent suicide attempt or suicidal ideation. The evaluation determined program effectiveness in reducing suicide attempts, hospitalizations, emergency room visits, and suicidal ideation at 3- and 6-months post intake.

Objectives:

1. Describe a continuity-of-care model being used in the St. Louis and Kansas City areas that immediately links adults in hospital settings to mental health services.
2. Learn about and describe the effectiveness of the program in reducing suicide attempts, hospital visits, ER visits, and suicidal ideation. The presentation will provide detail as to how the program was evaluated
3. Develop plans to implement similar programs in their community. The evaluation demonstrated that this model is effective in reducing suicidal behaviors. Audience members should informed enough about the program components to replicate a similar program in



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<p>Title: What Can I Say? Speaker(s): Caroline Cooper, MS, CPS Track: Miscellaneous</p>
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Speaker Bio(s):

Caroline S. Cooper became a certified peer specialist in 2016. She has presented at Real Voices, Real Choices, Mental Health KC, and the DMH Spring Institute. She has given her testimony in multiple settings and enjoys the opportunity to share her recovery story. Caroline also founded and led a mental health nonprofit for several years before discontinuing due to COVID challenges. She led a mental health support group for over 10 years and believes the encouragement and accountability of peer support is essential to the healing process. Caroline is also an award-winning writer. Titles include *Essays on Mental Illness; In This Corner: Battling Depression from Inside the Ring* (a faith-based workbook); and *Support Group Success: It All Begins With Hope*. She recently completed *The Everyday Wellness Workbook: A Faith-Based Approach to Mental, Emotional, and Spiritual Health*. All of her work is available on Amazon. (search for Caroline S. Cooper in books) Caroline has a master's degree in theology. She and her husband, Harry, have been married for 38 years. They have four children and three grandchildren.

Presentation Description:

Sharing our recovery journey is beneficial to others and ourselves. When we tell our story, we encourage others and give them hope that they, too, can live full, productive, meaningful lives even while living with their disability. In the process, we remind ourselves that through the ups and downs of our journey, we have persevered, and can continue to do so. Session attendees will learn how to plan, prepare, and practice their stories. Presentation content includes: (1) choosing what to say and what not to say; (2) knowing their listeners; (3) preparing to share; (4) communicating effectively; and (5) creating a presentation. Practice exercises are provided throughout the presentation to guide individuals in the planning process. Most importantly, the presenter will encourage each person to recognize the uniqueness of their journey and the comfort and motivation they can bring to someone else who may need to hear their story.

Objectives:

1. Be confident that their story is worth sharing
2. Determine the audience they want to reach (even if 1 person)
3. Write their story



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<p>Title: Diversity & Inclusion: Increasing Access to Services for Underserved Populations Speaker(s): Jaimee Hartenstein, PhD, Adriatik Likcani, Ph.D., LMFT, and Alisha Rowe, BS Track: Cultural Competence</p>
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Speaker Bio(s):

Jaimee L. Hartenstein is an associate professor in Child and Family Development at the University of Central Missouri. She currently serves as both the undergraduate and graduate program coordinator. She is a Certified Family Life Educator. Hartenstein received her Bachelor of Science degree in Human Ecology and Mass Communications and her Master's and Ph.D. in Family Studies from Kansas State University. Her primary areas of research are divorce and child custody; representation of diversity and disability in children's literature; and teaching effectiveness.

Dr. Adriatik Likcani is Associate Professor and Program Director of the Marriage and Family Therapy program at the University of Central Missouri. He holds a Ph.D. in Marriage and Family Therapy (MFT) from Kansas State University, two master's degrees: MFT from University of Nebraska-Lincoln, and MSW from University of Missouri Kansas City, and a Post Graduate Certificate in Medical Family Therapy from the University of Nebraska Medical Center. Dr. Likcani is a Licensed Marital and Family Therapist (LMFT) in the state of Missouri and serves as Chairperson of the State Committee of Marital and Family Therapists. He has served as President of the Missouri Association for Marriage and Family Therapy and Co-Chair of Family TEAM for Missouri organized by the American Association for Marriage and Family Therapy (AAMFT). He is a Clinical Fellow with AAMFT and Alumni of the Minority Fellowship Program (MFP), where he also served for two years as member and one year as chair of the MFP Advisory Committee. Dr. Likcani is the founder and director of Recovery Lighthouse, Inc.

Dr. Likcani has extensive experience with residential and outpatient treatment and recovery support programs for substance use disorders, drug treatment courts, family recovery programming, prevention, grant writing, program design and implementation, advocacy, and policy. His research interests include treatment and recovery support for individuals and families in or seeking recovery from substance use disorders; recovery courts; collegiate recovery programs; offender reentry; domestic violence; ethics, telehealth; diversity and cultural awareness; policy and advocacy. Dr. Likcani is invested in bridging academia and practice to provide his students the best training and networking and to offer clinicians in practice benefits from collaborate practice with educational institutions.

Alisha Rowe, is a first year Human Development and Family Science graduate student with a specialization in Marriage and Family Therapy at the University of Central Missouri. Her Bachelor of Science degree is in Child and Family Development with a minor in Psychology. She currently works as a Youth Care Advisor with the Johnson County Department of Corrections in Olathe, Kansas.

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Presentation Description:

Diversity encompasses any dimension of differences and diverse perspectives that make each of us unique. Understanding what diversity is and how it contributes to our daily interactions amongst individuals, allows us to be one step closer to bridging gaps for minority groups. Minority groups include populations with less privilege than the average white male. It can include but is not limited to national origin, ethnicity, race, color, language, physical or mental disability, gender, age, religion and religious beliefs, sexual orientation, gender identity, veteran status, political beliefs, socioeconomic status, marital status, family structures and any other category protected by law. These differences tend to be deciding factors for access to services, jobs, promotions, and equitable treatment in our day to day lives. Many minorities experience this more often than none. Diversity is about acceptance and respect for difference. This session will focus on self of the professional and organizational policies and procedures that help create a professional climate that promotes and reflects diversity and inclusion in mental health and substance use disorder treatment and recovery support services.

Objectives:

1. Define privilege, learn how to recognize it and how to use it to help bridge the gap for minority and underserved groups.
2. To change the stigmas of minorities in order for a group to flourish in a meaningful manner.
3. Learn to advocate for groups of people who feel powerless and to encourage such groups to have a voice of their own.



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Friday, May 20th

04:05pm - 05:05pm

<p>Title: The Intersection of Nutrition and Mental Health Speaker(s): Damaris Karanja, LPC, RDN Track: Super Session</p>

Speaker Bio(s):

Damaris Karanja is the Founder of Healing Streams Counseling, a private practice in St. Louis providing integrative Psychotherapy and Nutrition Counseling Services. She holds dual licenses as a Registered Dietitian Nutritionist and a Licensed Mental Health Professional Counselor in the State of Missouri. Damaris earned a Master's Degree in Clinical Mental Health Counseling from University of Missouri-St. Louis and a Master's Degree in Nutrition and Dietetics from Southeast Missouri State University.

Damaris specializes in trauma and dysfunctional eating behaviors. A gifted speaker, Damaris provides workshops on intersection of nutrition and mental health for a wide variety of audiences. Damaris holds several advanced trainings including EMDR (Eye Movement Desensitizing Reprocessing) and Brainspotting. In addition to owning a private practice, Damaris worked for 18 years as a Faculty member at a local university conducting research and teaching. She is a member of the American Counseling Association and the American Academy of Nutrition and Dietetics.

Presentation Description:

This presentation helps attendees to understand how complex trauma, attachment and developmental wounds, and eating behaviors are correlated. Attendees will learn how to promote a body-positive, culturally-sensitive counseling approach using the concepts behind Health at Every Size (HAES) and Intuitive Eating.

Objectives:

1. Understanding the correlational link between trauma to Eating Behaviors
2. Learn how to promote a body-positive, culturally-sensitive approach in treatment using the concepts behind Health at Every Size (HAES).
3. Participants will be able to apply case studies and conceptualization to assist with respectful, body-neutral terminology, awareness, and intervention.



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04:05pm - 05:05pm

<p>Title: What you need to know about 988 in Missouri Speaker(s): Stacey Williams, MSW, LCSW and Casey Muckler, MPH Track: Super Session</p>

Speaker Bio(s):

Stacey Williams is the State Suicide Prevention Coordinator for Missouri Department of Mental Health and serves as the suicide prevention lead for the department. She is the Project Director for the Youth Suicide Prevention Grant, the Zero Suicide in Health Systems grant, oversees the Emergency Suicide Response for COVID-19 Project as well as numerous other statewide crisis services activities. Stacey has a Masters in Social Work, with an emphasis in Policy, Planning and Administration from the University of Missouri and a Bachelor's Degree in Psychology. Stacey is a Licensed Clinical Social Worker with over twelve years' experience working in mental health. She brings forth experience in state government, residential and community mental health settings as well as experience in both policy and clinical practice. Stacey is passionate about helping people through the process of bringing about systems change. In her free time, you can catch her baking, spending time outdoors or spending time with her teenage son Camden and German Shepherd Bella.

Casey Muckler is a suicide prevention specialist at the Department of Mental Health. She assists with oversight and monitoring on all suicide prevention grants, projects, and programs. She is the project director of the 988 planning grant and co-facilitates 988 implementation efforts in Missouri. She is also the project director for Missouri's mobile crisis planning grant. She serves as an executive member of the Missouri Suicide Prevention Network to collaborate with statewide suicide prevention leaders to oversee the implementation of the Missouri Suicide Prevention Plan.

Presentation Description:

During this panel discussion you will learn everything you need to know to be ready for 988. In July 2020, the Federal Communications Commission (FCC) designated 988 as the new three-digit crisis number for the National Suicide Prevention Lifeline (NSPL). By July of 2022, all telecommunications companies will have to make the necessary changes and be ready to go live. 988 will be promoted Nationwide as the three-digit helpline for all mental health and suicide crises. Missouri has 7 active NSPL members. These call centers have trained staff to answer calls from individuals at risk for suicide as well as those experiencing other mental health and substance use related emergencies, as well as connection to ongoing services. 988 will transform our current crisis system of care nationwide and Missouri is actively preparing our system to align and provide the most evidence-based practices for a comprehensive continuum of care.

Objectives:

1. Learn the history of 988 and why do we need it
2. Learn what the benefits of 988 and how much will it cost

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3. Learn how 988 will impact Missouri's crisis system and what we are doing to prepare



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Friday, May 20th

04:05pm - 05:05pm

Title: Surviving the Angry Black Woman Syndrome

Speaker(s): Angela Gray, MSW, EdS

Track: Super Session

Speaker Bio(s):

Angela Gray is a High School Social Worker of twenty years who has devoted herself using her professional expertise to empower and promote justice and dignity implementing various programs within her community and school. She self published two books in 2019 distributed and sold through Amazon- "Girl, Check that Attitude " and Help! I Have an Attitude Problem". Angela is a new Alumni board member at Southern Illinois University Edwardsville. She is the 2020 Dr. Martin Luther King Jr. Humanitarian recipient. She is also the 2020 YWCA Women of Distinction awardee. She enjoys spending time with her family and crafting. During the pandemic, she and her family started their small Tshirt business, Luv2Express Tees and more, specializing in mental health, Mommy and me, ethnic and women empowerment designs.

Presentation Description:

Women of color are often misunderstood when they speak from the heart. The passion that women of color exhibit is often misconstrued as anger, negative attitudes, and defensive. As a result, they are often isolated and ostracized for voicing their opinions. Therefore, creating the "Angry Black Woman Syndrome" narrative. Women of color often feel disconnected from their white counterparts and each other in the workplace and other predominantly white spaces. In this workshop, we will discuss the importance of establishing healthy relationships with other women of color and connecting with white allies. Overall, this will be a very candid and open workshop to explore overcoming the "Angry Black Woman Syndrome" narrative.

Objectives:

1. To identify physical, psychological, and emotional stressors as it relates to being a woman of color.
2. To define relevant terms to help women of color navigate in predominately white spaces.
3. To identify and utilize survival techniques and strategies to help women of color overcome feelings of rejection, anger, and sadness.