



May  
18-19, 2023

Lake  
of the  
Ozarks

## Conference Objectives

1. Review fundamental knowledge of mental health, substance use disorders and developmental disabilities.
2. Describe established approaches and emerging trends in the services required to support individuals, families, and caregivers with behavioral health and/or substance use management needs.
3. Understand the particular strategies used in the support of military personnel, persons experiencing trauma, persons facing substance use disorders, persons facing co-occurring disorders and persons facing other behavioral health concerns.
4. Review a variety of therapeutic approaches to meet the behavioral health needs of clients and their families.

## About the Conference

The Missouri Department of Mental Health provides the Spring Training Institute for staff, providers and consumers of the Division of Behavioral Health and the Division of Developmental Disabilities. Additionally, the Institute attracts staff from the Department of Corrections, Department of Youth Services, Department of Family Services, other statewide organizations and individuals in private practice.



[SpringTrainingInstitute.com](http://SpringTrainingInstitute.com)



## How to connect with us



314-516-8419



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[SpringTrainingInstitute.com](http://SpringTrainingInstitute.com)

## Our Keynotes



**John Kelly, PhD, ABPP**

Elizabeth R. Spallin Professor  
of Psychiatry in Addiction  
Medicine at Harvard Medical  
School

**John Constantino, MD**

Chief of Behavioral and  
Mental Health at Children's  
Healthcare of Atlanta



**Patrick Friman, PhD**

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

## Tracks and topics included this year

- Children, Youth, and Family
- Self Care
- Ethics
- IDD
- Peer-Based Programs
- Physician's Lecture Series
- Substance Use Prevention
- Supporting Staff
- Clinical
- Suicide Prevention
- Employment
- Early Psychosis Care
- Cultural Competence
- Substance Use Treatment
- Dual Diagnosis
- Co-Occurring
- CBT
- Evolution of Treatment
- Autism Spectrum Disorders
- Justice System
- Experiential Therapies

## Sessions of particular interest

**Top 10 Strategies for  
Effective CBT Sessions** with  
*Ann Steffen, PhD, ABPP*

**Missouri Asylums - Their  
History and Evolution** with  
*Felix Vincenz, PhD*

**Missouri's Behavioral Health  
Strike Team** with  
*Beckie Gierer, MS & Alyssa  
Backes, BLS, BS*

**Supporting Employment:  
Helping People with  
Employment Recovery  
Goals** with  
*David Lynde, MSW*