

Partnering for Recovery



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WASHINGTON
BEHAVIORAL
HEALTHCARE
CONFERENCE

June 23-25, 2010
Yakima Convention Center
Yakima, Washington

Who We Are

The Washington Community Mental Health Council is the sponsor and organizer of the annual Behavioral Healthcare Conference. Over the past 30 years, the Washington Community Mental Health Council (WCMHC) and its provider members have offered services that promote the creation of healthy and secure communities through partnerships. WCMHC is a non-profit, professional association of licensed community mental health centers across the state of Washington who have joined together to create a unified, representative voice that speaks on behalf of community mental health. Advocating in support of community mental health centers and mental health consumers, WCMHC develops public policy initiatives, promotes alliances and provides high quality mental health care education.

Welcome

Welcome to the 21st annual Washington Behavioral Healthcare Conference (WBHC), *Partnering for Recovery*. This year's conference promises a dynamic and diverse lineup, bringing together the many different systems that serve as a foundation for meaningful recovery. We've brought together inspiring speakers, national and regional experts in recovery, consumer leaders, and providers of local model programs and evidence-based and promising practices.

The year's theme was chosen in order to highlight the vital need for cross-system collaboration in order to make the delivery of recovery services, choices and outcomes a reality in our state. We'll be focusing on the partnerships between corrections, substance abuse and mental health, as well as employment and housing and consumer recovery and resiliency. You'll be informed of innovative programs and policies from across the state and country while also advancing your clinical skills. Our goal is for you to leave with practical tools and resources to take with you and put into action.

At the 2010 WBHC we'll hear from these featured speakers:

Victoria Maxwell, a consumer who through her acclaimed one-woman play will address returning to work after dealing with mental illness

Dr. Scott Miller, a national expert on improving client-directed and client-focused care

Pete Earley, a journalist who has written extensively on his son's experiences with mental illness and the criminal justice system

New this year will be a track devoted to corrections and mental health, including re-entry to the community, as well as a track on the effective treatment of co-occurring mental health and substance abuse issues. Other highlights of the three days in Yakima include over 35 workshops, with tracks that focus on employment and housing, consumer recovery and resiliency, advancing clinical skills, innovation in program and policy and evidence-based and promising practices across our state.

We gratefully acknowledge support for the WBHC from the DSHS Division of Behavioral Health & Recovery and the Department of Corrections.

We hope this conference will inspire even more exciting opportunities for partnerships among all the elements vital for bringing about true recovery. Please join us in Yakima and be part of this exceptional learning opportunity and gathering of the mental health community in our state.

Sincerely,

Ann Christian, CEO
Washington Community
Mental Health Council

John Masterson, Chair
Washington Community
Mental Health Council and
CEO, Behavioral Health
Resources

Sharon Kiehn, Chair
Washington Community
Mental Health Council Education
Committee and Vice President, Central
Washington Comprehensive Mental Health

**PRE-CONFERENCE ACTIVITIES ON JUNE 23
AT THE YAKIMA CONVENTION CENTER**

**PRE-CONFERENCE MEMBERSHIP
ACTIVITIES FOR WCMHC**

8:00 am - 1:00 pm | Membership Meetings
WCMHC Board and Membership Meetings
(Details will be mailed to WCMHC Agency Directors)

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**PRE-CONFERENCE ACTIVITIES
FOR PACT TEAMS**

**9:00 am - 3:30 pm | PACT Peer Specialist
Training & Team Leader Meeting**
(Details will be mailed to those associated with PACT teams)

TRAINING, WEDNESDAY, JUNE 23

Location: Yakima Convention Center

8:00 am – 5:00 pm · Pre-Conference Programs

9:00 am – 4:30 pm · Pre-conference Seminar: Law & Ethics Training: Compassion's Boundaries (6.0 CEUs) (additional registration fee required)

A. Steven Frankel, PhD, Esq., Adjunct Professor of Law, Golden Gate University School of Law and Clinical Professor of Psychology, University of Southern California

Unfortunately, many acts that originate in kindness and compassion subsequently bring dark clouds to the lives of mental health professionals. Dr. Frankel has developed a unique workshop in law, ethics and regulation of mental health practice that explores these boundaries and limits of compassion. Topics focus on the impact legal, ethical and regulatory forces have on selected areas of professional activity. Dr. Frankel will explain regulatory procedures of licensing boards, and will help attendees deal with situations that pull on their heart-strings, but can lead to legal/ethical errors and potential liability. Recent law changes and current HIPAA guidelines will be discussed, and attendees will learn how to obtain important forms and policies, and generally review the pragmatics of maintaining a legal, ethical practice. However, rather than using a “here are the rules and what can happen if you don’t follow them” approach, this workshop relies heavily on the wisdom and personal experience of its dynamic instructor — a renowned psychologist and attorney with 30 years of clinical experience.

This educational program fulfills continuing education requirements required by Washington State for Licensed Social Workers, Mental Health Counselors and Marriage and Family Therapists for the mandatory biennial “Law and Ethics” training requirements. Certificates for 6.0 CEUs will be issued to attendees who attend the program in its entirety.

WEDNESDAY CONFERENCE ACTIVITIES

8:00 am - 8:00 pm · Registration Open

Location: Yakima Convention Center

1:00 pm – 5:00 pm · Prevention & Early Intervention of Psychosis in Youth & Young Adults

(3.75 CEUs) (no additional fee, but sign-up is required)

Barbara Mauer, MSW, MCPP Healthcare Consulting; staff from Mid-Valley Behavioral Care Network

The Washington Community Mental Health Council is pleased to announce this free pre-conference session at the 2010 WBHC. We encourage agency directors, clinical directors, clinical staff, consumers, advocates and family members to join us for this free session on 2 innovative programs that have been proven to make a significant difference in the outcomes for youth and young adults with schizophrenia, bipolar and schizoaffective disorders. It is possible to impact the progression of these disorders, and to reduce the likelihood of lifelong disability.

This session will begin with a description of the Portland Identification & Early Referral Program (PIER). Based out of the Portland, Maine area, this program replicates studies done in the United Kingdom, Australia, the United States and Scandinavia that focused on interrupting the very early progression of schizophrenia and other psychotic disorders. Barbara Mauer of MCPP Healthcare will provide an overview of this program.

Next will be a description of Oregon’s experience with implementing early intervention with psychosis, and national efforts in this direction. The Early Assessment and Support Team, or EAST, sponsored by Mid-Valley Behavioral Care Network, was created in 2001 based on the work of the University of Melbourne’s Early Psychosis Prevention and Intervention Center. In 2007, the Oregon legislature funded the Early Assessment and Support Alliance, a dissemination of EAST’s program model which is now available in 16 counties covering 60% of Oregon’s population. Also in 2007, EAST joined a national research study called Early Detection and Intervention for the Prevention of Psychosis Program (EDIPPP), focused on prevention of psychosis onset, sponsored by The Robert Wood Johnson Foundation and led by the Portland Identification and Early Referral Program (PIER).

These programs and other international early psychosis programs have begun to demonstrate that it is possible to significantly improve, and even prevent, the disabling course of illness through early detection and intervention. Delays of a year or longer before people access treatment have been common, and local systems of care have not been well-equipped to provide evidence-based services to this young population. As a result, severe disability is commonplace. These programs are beginning to demonstrate that disability can be greatly lessened, if not stemmed. EAST and other early psychosis programs provide proactive community education, outreach, family support and education, individualized treatment, and vocational support.

This session will cover:

- Rationale for early psychosis intervention
- International and national research about the onset and early detection of schizophrenia
- First episode and prodromal treatment approaches and results, including EAST/EASA, and EDIPPP
- Lessons for implementation for local communities

2:00 pm – 4:00 pm • Recovery Town Hall

Consumers in Washington State unite! Come tell the Division of Behavioral Health & Recovery what you think about recovery efforts in Washington. What is working and what is not working? This is your chance to be heard as part of the strategic planning efforts of the Office of Consumer Partnerships. This will be a fun, interactive town hall on recovery. Be sure to start thinking about how a recovered mental health system would look. Nothing About Us Without Us!

4:30 pm – 6:30 pm • Welcome Reception

Location: Yakima Convention Center

Come mingle and network with fellow conference attendees and beat the Thursday morning registration rush. Light appetizers and refreshments will be provided.

Thursday

7:30 am - 5:00 pm • Registration Open

Location: Yakima Convention Center

7:30 am – 8:30 am • Continental Breakfast & Vendor Tables Open

8:30 am - 10:00 am • Welcome

John Masterson, Chair, Washington Community Mental Health Council and CEO, Behavioral Health Resources

David Dickinson, Director of the Division of Behavioral Health & Recovery, DSHS



KEYNOTE ADDRESS by Victoria Maxwell, consumer, Crazy For Life Co.

Funny, You Don't Look Crazy?!

This high energy, irreverent one woman show is the second installment of Victoria's bipolar escapades, capturing the world of work before, during and after bipolar disorder, anxiety and psychosis. Follow her mad dash from acting with John Travolta to cashiering at Safeway to wearing backless hospital greens, to participating in vocational rehab with job coaches and back into employment again. Like her previous show *Crazy for Life* (presented at the 2006 WBHC), this true life story both inspires and informs, giving a unique "insider's" perspective of the often wacky and worrisome journey of returning to work after a diagnosis of mental illness. At its core, this deeply personal play reflects a universal story: the resiliency in each and every one of us despite the challenges we face, and the literally vital role love, hope and support plays in our lives.

10:15 am – 11:45 am • Workshops

T101 Bridging the Gaps: Strengthening Partnerships to Improve Sustainable Recovery for Offenders

Declan Wynne, MA, Sound Mental Health; Scott Enright, Seattle Police Department; Thomas McJilton, Department of Corrections; Kevin St. Jacques, PhD, Sound Mental Health

Sound Mental Health (SMH) and the Department of Corrections Special Needs Unit (SNU) of King County began a partnership in 1998 to develop a model re-entry program for mentally ill offend-

ers. Since then both systems have successfully developed and sustained this partnership to provide a multi-system integrated approach for forensic re-entry programs. Throughout this presentation you will hear the challenges, program developments and successful interventions this partnership has achieved. In 2009 the SMH forensic re-entry programs provided recovery-based services for more than 2000 clients on a monthly basis. These programs provide housing, evidence-based practices and employment by multi-disciplinary teams which include Community Corrections Officers, Police, housing representatives, forensic mental health staff, chemical dependency staff, employment and peer staff. This session will discuss the challenges, lessons learned and successful interventions to assist attendees with developing re-entry programs and to understand the value of this partnership.

T102 Addressing Employment Challenges

John Evans, DSHS Division of Vocational Rehabilitation; Avreayl Jacobson, MPA, LMHC, GMHS, EMMHS, DSHS Division of Vocational Rehabilitation

The Division of Vocational Rehabilitation provides the employer community with resources to help them hire and retain individuals with disabilities, including mental illness. Employer attitudes and lack of employment related supports from community-based organizations for individuals with mental health conditions are often seen as primary barriers that must be addressed in order to increase the employment of this population. This session will introduce attendees to the "Windmills" training program that is used nationally throughout the public vocational rehabilitation system to address attitudinal barriers. This session will engage the audience to identify barriers from the perspective of both mental health advocates and employers.

T103 The Marriage of Chemical Dependency & Mental Health Treatment

Priscilla T. Hone, PhD, DMHP, CDP, Okanogan Behavioral Healthcare; Shelly Zweig, MEd, LMHCT, Okanogan Behavioral Healthcare

This session will compare similar brain impairments in different mental health and chemical dependency disorders. Although the brain can be impaired, it can also rebuild throughout life in response to learning. Group counseling is one avenue used by the presenters in their clinical practice, and here they will discuss use of learning activities to provide support while also introducing skills that improve and help repair cognitive and affective functioning. In addition, tools such as homework will be presented, that can assist individuals with embracing the change process in their lives.

T104 Engaging with Older Adult Clients

Rick Crozier, MA, GMHS, Good Samaritan Behavioral Healthcare

Older adults are a unique group that requires special considerations, techniques, and at times completely different approaches if a clinician expects to be successful in developing a strong therapeutic relationship and subsequent successful therapeutic outcomes. This presentation will look at some of the personal challenges that clinicians themselves may experience when working with older adults, and examine various ways to build a therapeutic relationship and to foster trust in a population that often comes for help grudgingly and with lots of anxiety. Therapeutic models that have been proven more effective with this population and specific intervention strategies will be presented. This session will also describe some preventative strategies that an older adult might employ to keep themselves "mentally healthy."

T105 Spirituality & Mental Health: Supporting Resiliency in Recovery

Elizabeth Gordon, JD, MDiv., Valley Cities Counseling & Consultation; John Corr, Valley Cities Counseling & Consultation; Beth Hammonds, MS, LMHC, Valley Cities Counseling & Consultation

This workshop will present the findings of a 2009 Washington State Mental Health Transformation Project research grant on the spiritual needs of mental health clients in recovery and clinician perceptions in meeting those needs. Attendees will gain awareness of the range of mental health client spiritual needs, how to integrate spirituality into recovery oriented systems of care using existing program elements, training ideas for clinicians, and the use of community resources. There will also be discussions on client spiritual needs and how they relate to wellness and 12 step recovery models, and how clients and clinicians have been enriched and challenged by integrating spirituality into community mental health services and the transformations that occurred.

T106 National Healthcare Reform & Community Behavioral Health

Chuck Ingolia, MSW, Vice President of Policy, National Council for Community Behavioral Healthcare

The National Council for Community Behavioral Healthcare is made up of over 1600 community behavioral health providers across the United States. The National Council is pursuing a federal healthcare reform agenda which not only takes into consideration the overarching principles of needed healthcare reform, but strongly advocates for greater resources for community behavioral health services in general. The National Council has been at the forefront in advocating for tools and resources that support community behavioral health providers to better address the overall health of individuals with mental illness and substance use disorders. Mr. Ingolia will discuss key federal legislative initiatives in the areas of Medicaid, Health Information Technology (specifically electronic health records), co-location of healthcare and behavioral healthcare, as well as behavioral health parity implementation.

T107 The Accessible Provider: Working with People with Physical Disabilities

Lucille Walls, MSW, MSPH, Alliance of People with disAbilities; Heidi Henken, MA, LMFT, Alliance of People with disAbilities; Charity M. Drummond, MCC, Alliance of People with disAbilities

How well do you serve people with physical and/or sensory disabilities? This presentation, provided by people with disabilities, examines language, accessibility, personal comfort levels, when disability may or may not be relevant in therapy, disability as culture, sticky questions, and when you should refer to another therapist.

**11:45 – 12:45 pm · LUNCHEON AND KEYNOTE ADDRESS by Scott Miller, PhD, Institute for the Study of Therapeutic Change****Partnering with Clients to Improve the Process and Outcome of Treatment**

Feeling tired, overwhelmed, or overworked as a clinician? Are paperwork, oversight, and regulatory requirements putting the squeeze on precious clinical resources? Do you have to work harder, see more clients, and spend more time at the office just to maintain last year's standard of living? In this workshop, Scott D. Miller, PhD, a co-founder of the Institute for the Study of Therapeutic Change, will present steps for revitalizing the practice of therapy as outlined in his book, *The Heroic Client: A Revolutionary Way to Improve Effectiveness through Client-Directed, Outcome-Informed Clinical Work* (Jossey Bass, 2004).

Amidst dramatic changes in the field of therapy due to government cutbacks, managed care, the depersonalizing of clients through diagnostic labels, and the increasing reliance on medication, Miller advocates for nothing less than a revolution in the way therapists think about, organize, conduct, evaluate and fund clinical practice. Data from 40 years of outcome research underpin Miller's premise that treatment should be organized around clients' resources, perceptions, experiences and preferences regarding the care they receive. Participants will not only learn how to identify client resources and preferences but also a simple, valid and reliable method for using client feedback to tailor treatment to the individual consumer for maximum effect. Research conducted at multiple sites shows that the approach leads to dramatic improvements in retention and outcome of treatment services while simultaneously decreasing burdensome paperwork and needless micromanagement of clinicians.

1:00 pm – 1:30 pm · Cracker Barrel Sessions

(These sessions will be announced on-site)

1:45 pm – 3:15 pm · Workshops**T201 An Overview of the Behavioral Health Service Delivery System within the State Department of Corrections**

Patty Noble-Desy, MA, Department of Corrections; Tom Saltrup, PhD, Department of Corrections

This presentation will provide information describing the array of mental health treatment services, chemical dependency and substance abuse services and integrated systems of care that exist within the Department of Corrections. There will be descriptions of the screening and assessment process at intake for each offender, as well as the subsequent assignment of mentally ill offenders to facilities and treatment based on a continuum of care model from intake to the transition to the community. Additional information will be provided related to specific treatment modalities such as therapeutic communities and services for special needs populations.

T202 Practical & Empowering Employment Supports & Services in Consumer Operated Programs

Brad Berry, MDiv/MACE, Consumer Voices Are Born; Cindy Falter, Consumer Voices Are Born; Catherine Boyer, Consumer Voices Are Born

There are many traditional employment services offered to individuals facing challenges to their mental health. The emergence of consumer operated services programs as a significant contributor to providing practical and empowering supports will be explored. The continuum of services offered by consumer operated services, from independent self-directed choices to highly supportive options, which effectively support individuals finding employment will be discussed, and attendees will learn about specific examples of these services that can be easily implemented in a variety of settings.

T203 The 10 Critical Components of Effective Co-Occurring Disorder Treatment

Paul Nagle-McNaughton, MS, Central Washington Comprehensive Mental Health; Cindy Brown, Central Washington Comprehensive Mental Health; Elizabeth Meloeny, MEd, Central Washington Comprehensive Mental Health

After a brief review of the etiology of co-occurring disorders (COD) and a review of the prevalence data on CODs, the presenters will discuss the 10 critical components of effective, integrated co-occurring treatment. These components were identified through a review of current literature on evidence-based treatment for CODs and over 20 years of experience delivering effective COD treatment in a community mental health setting. Also highlighted will be the unique challenges associated with treating this population, and how service delivery can be adapted to address these issues. Finally, program evaluation strategies will be discussed.

T204 Snatching Victory from the Jaws of Defeat: Improving the Outcomes of Your Most Challenging Cases

Scott Miller, PhD, Institute for the Study of Therapeutic Change

Treatment failures. Every therapist encounters them. Few books, scholarly articles, or workshops focus on identifying and preventing their occurrence. Although actually small in number, available evidence indicates that such cases accumulate on clinician's caseloads and account for 60-70% of expenditures in behavioral health. In this workshop, participants will learn simple and practical method for identifying cases at risk for failure early in the treatment process. Results from a number of clinical trials show that using the approach reduces drop out rates by half while improving the outcomes of the most challenging cases by 65%.

T205 Self-Determination Takes a Lot of Determination

Mary Jadwisiak, MATAAC, LLC

This workshop provides a candid look at system and personal obstacles to self-determination and the power of self-determination and personal responsibility in the process of recovery from mental illness. Mental illness does not have to rob you of your identity – you can reclaim your life and your future. Recovery requires an attitude of persistence, responsibility, self respect and self control. This workshop inspires people to move beyond the rut their illness has put them in. Attendees will leave prepared to hold themselves and their professional helpers accountable for setting and reaching goals beyond their current belief system.

T206 A Healthcare Home in the Mental Health Center: Can It Be Done?

Barbara Mauer, MSW, CMC, MCPP Healthcare Consulting; Paul Tegenfeldt, MSW, VP of Program Development, Navos; Wayne Webster, MD, MPH, High Point Clinic, Neighborcare; Tom Sebastian, MS, MPA, President/CEO, Compass Health; Indira Paharia, PsyD, MBA, MS, Molina Healthcare of WA

This workshop will provide an overview of the Person-Centered Healthcare Home and related research supporting the Healthcare Home concept. Presentations from two Washington State mental health agencies and their partners will describe the primary care services that are available in the mental health center, the logistics behind making the services available, and preliminary financial analysis of these initiatives.

T207 Self Care for Peer Support Specialists

Naomi Stenberg, MS, Navos; Michelle Showalter, Navos; Julie Jirus, Navos

Self care for peer specialists is essential so they can maintain their mental, emotional and physical health overall and still have resources to offer their peers. This presentation will not only promote self care for peer support specialists, but activate it. Participants will come away with a practical self-care tool kit, including burnout prevention tips, self care resources, and a brief lesson on creating a Wellness Recovery Action Plan (WRAP) for work.

3:30 pm – 5:00 pm · Workshops**T301 The Certificate of Restoration of Opportunity: Moving Toward Recovery in an Era of Criminalization of People with Mental Illness**

Meghan Szczebak, MA, Downtown Emergency Service Center; Jim Adams, NAMI South King County

Attendees will gain a broad understanding of how state and national criminal justice systems impact individuals with mental illness. Many individuals with mental illness and criminal histories are eager to work, obtain stable housing and participate fully in their communities, but housing providers and employers often screen out these individuals based on a criminal background check. There will also be an overview of proposed legislation – the Certificate of Restoration of Opportunity Project– designed to increase recovery opportunities in housing and employment for people with mental illness and/or substance abuse issues by serving as evidence that an applicant's criminal record should not be the sole basis for denying housing or employment.

T302 Systemic Application of Motivational Interviewing Aimed Toward Increasing Employment Outcomes

Peg Evans-Brown, LMHC, MRC, Division of Vocational Rehabilitation; Casey Jackson, MSW, WSU/WIMHRT-East; Amy Knizek, MEd, CRC, RC, WSU/WIMHRT-East

The increasing pressure on employment service systems to become more effective has sparked a growing interest in evidence-based practices within vocational rehabilitation services. In response, Washington State's Division of Vocational Rehabilitation implemented Motivational Interviewing to help build client autonomy and make the relationship between the helping professional and client more collaborative. This presentation describes Motivational Interviewing as well as the model used for training and systematically integrating it into vocational rehabilitation services.

T303 Evidence-Based Practices of Co-Occurring Treatment in the Department of Corrections

Patty Noble-Desy, MA, Department of Corrections; Ron Sykes, PhD, Department of Corrections

This presentation will discuss the factors that impact offenders with mental illness and their ability to be successful. There will be a focus on evidence-based and best practices delivered in an integrated treatment model that has been empirically found to address offender treatment needs and stabilize them in the community. These include the modified therapeutic community in confinement, the step down community work release, trauma informed intervention and the DOC cognitive behavioral curriculum.

T304 Training Bilingual Social Workers in Evidence-Based Telephone Depression Care for Rural Latinos

Eugene Aisenberg, PhD, MSW, University of Washington School of Social Work; Mary O'Brien, MSW, LMHC, Yakima Valley Farm Workers Clinic

Psychotherapy can effectively treat depression among Latinos and is often preferred by them, but few, especially in rural areas, have access to evidence-based, culturally appropriate psychotherapy. This session will present the design and findings of a community partnered randomized pilot study of a telephone based cognitive behavioral therapy (CBT) intervention for depression. Features of the community/academic partnership that facilitated implementation of this successful intervention will be highlighted, and presenters will describe their experience recruiting, training and supervising social workers and social work students from the community to conduct the intervention. Implications of this experience for workforce development to address mental health care disparities and the sustainability of such treatments will also be discussed.

T305 Wilderness Tips for the Comeback Trail: Reclaiming Joy & Balance

Victoria Maxwell, BFA, BPP, Crazy for Life Co.

Victoria will use her signature humor, compassion and personal experience to give her "insider's" view of living with, and managing, a mental illness. The seminar illuminates key roles that traditional psychiatric treatment, medication, psychotherapy, alternative approaches and perspectives play in an individual's recovery...as well as the tools and power the individual has in the recovery process. Addressing the 5 vital areas of a person's being (emotional, physical, spiritual, intellectual and behavioral), Victoria offers simple yet powerful actions that will enhance the journey of recovery. The tools are low cost and long-lasting solutions for thriving with a mental illness and reclaiming your joy. Ultimately, the session redefines the common derogatory stereotypes of mental illness to one of productiveness, empowerment and vitality.

T306 Lessons from the GAU Mental Health Pilot: Integrating Primary Care & Mental Health Services

Larry McCann, LICSW, MSW, Harborview Mental Health Services; Steve Herndon, LICSW, MSW, Pike Market Medical Clinic

Washington State created an innovative program called the GAU Mental Health Pilot, which was designed to improve services to GAU recipients with mental illness while reducing the overall cost of treating this population. This program has proven so successful that it is now being expanded to cover the entire state. Learn about this program from first-hand accounts by public health and mental health center clinicians who collaborated to provide this successful recovery program in King County. In addition to describing services traditionally provided by community health clinics to GAU recipients with mental illness, the presenters will describe the program's design, goals, process, outcome measurements, and results of the pilot after the first 2 years.

T307 Making Your Health & Mental Health Care Plans: The Living Will Registry

Barbara Burchell Curtis, RN, MSN, Department of Corrections; Pam Privette, MA, South Sound Guardianship; Sue Allen, Capital Clubhouse; Ann Edington, MS, Thurston County Public Health & Social Services

The Washington State Living Will Registry is a free database that preserves documents which provide vital information when an individual is in crisis and may be unable to communicate or make decisions about medical, mental health or end-of-life treatment. Attendees will receive basic information about the Living Will Registry and the processes they can use to complete the documents and submit them to the Registry. The presenters will also describe how these documents can be coordinated with other planning documents such as Wellness Recovery Action Plans (WRAP) and mental health crisis plans.

5:00 pm – 6:30 pm • Peer Support Reception

The Division of Behavioral Health and Recovery invites certified peer counselors and those interested in becoming certified peer counselors to a reception. This is an opportunity to meet and network with other certified peer counselors, provide input to the Division regarding your experiences with peer support, and to discuss topics to consider for continuing education. Refreshments will be provided.



7:30 am – 9:00 am · Continental Breakfast & Vendor Tables Open

9:00 am – 10:00 am · Keynote Address by Pete Earley, BS, author and journalist

CRAZY: A Father's Search through America's Mental Health Madness

In *CRAZY: A Father's Search through America's Mental Health Madness*, Pete Earley will

use his personal story to illustrate how difficult it is to get a loved one with a severe mental illness meaningful help. He will specifically focus on how and why persons, such as his son, often end up in our criminal justice system and why that is wrong. In addition to telling his son's story, he will describe the results of a nine month investigation that he conducted as a journalist inside the Miami Dade County jail, where he followed persons with severe mental illnesses through the criminal justice system and out into the community to observe what services were available to them. The goal of his presentation is to explain why jails and prisons have become our new asylums, why this is wrong, why it wastes money, and how communities can better serve persons with mental illnesses by focusing on a variety of successful programs that help people recover rather than punish them for being ill. He will end his speech by talking about successful programs that have helped people recover and prosper.

10:15 am – 11:45 am · Workshops

F401 Risk Oriented Treatment of the Mentally Ill Offender

Bruce C. Gage, MD, Chief of Psychiatry, Department of Corrections

Risk oriented treatment of the mentally ill offender means integrating risk assessment and risk management processes into a system of care. Doing this effectively requires a thorough understanding of the many different kinds of risk that the system must consider. Attendees will learn the difference between static and dynamic risk assessment and understand how to use static risk to focus resources and dynamic risk to guide the treatment and management of individual offenders with mental illness. Risk oriented treatment is a generalizable approach that is entirely consistent with recovery models and other models founded in the biopsychosocial perspective. Examples at both the systems and patient care levels will be discussed with participants.

F402 A New Housing First Model: Partnering Outreach, Subsidy, Community Integration & Services

Calvin Burnap, MS, Harborview Mental Health Services; Sheila Fries, MSW, Plymouth Housing Group

There is no question that homelessness among adults with mental illness and substance abuse issues is a major problem in our state and our country. Many Housing First programs are located in an apartment building specifically for the purposes of that program, however research has shown that integrated, market-rate housing improves individuals' recovery. Harborview Mental Health Services, King County and the Plymouth Housing Group have partnered to pilot a new Housing First program with a goal of identifying and permanently housing chronically homeless adults with mental illness, substance abuse issues, and/or HIV/AIDS in integrated, market-rate housing through Shelter Plus Care subsidies. This session will touch on potential challenges, barriers and/or benefits involved in Housing First, program outcomes to date, and testimonials from participants about their experiences.

F403 Integrated Treatment for Dual Disorders: Implementing Stage-Wise Case Management

Shannon Blajeski, MSW, Washington Institute for Mental Health Research & Training

Integrated treatment for adults with dual mental health and substance use disorders utilizes a non-confrontational, person-centered, recovery-oriented approach to working with clients. Learn to apply the stages of treatment framework to your work with clients, improving assessments, increasing engagement and assisting them to move forward in their own change process.

F404 The "Village" Guide to Evidence-Based Illness Management & Recovery

Nancy Dow-Witherbee, BS, Harborview Mental Health Services; Brenda Anarde, CMA, Harborview Mental Health Services; Eric King, PhD, Harborview Mental Health Services

This workshop will present what Harborview Mental Health has learned from implementing Illness Management & Recovery (IMR). This evidence-based practice uses facilitators to assist group participants in gaining tools for managing the symptoms of mental illness and in achieving life and recovery goals of their choosing. Harborview's program is unique in that it was developed, implemented and coordinated by peer staff and clinical management, and in that each IMR module is facilitated by a different team of clinical and peer staff. This presentation will also show in detail how to implement IRM and how to include an entire agency in this exciting recovery program

F405 Walking in Recovery: Spreading the Messages of Resiliency & Recovery

Rena Shawver, Mental Health Transformation Project; Melanie Green, Clark County Regional Support Network; Michael Hardie, OptumHealth

In this session, attendees will view the newly produced recovery video called Walking in Recovery, which addresses stigma via successful recovery stories. A panel of those featured in the video will talk about their perspectives on how to engage others to support recovery and resiliency.

F406 Integrated Crisis Triage Center: A How-To Story

Rick Weaver, MA, Central Washington Comprehensive Mental Health

This interactive workshop will provide the participants with a roadmap to allow organizations and communities to undertake the process of change leading to the development of an integrated system of crisis services for persons with mental health, chemical dependency or co-occurring disorders. It will include system and operational principles, strategies for building community support, budgeting considerations and action plans tested by real life experience. The presentation will be focused on very practical measures to be taken at the individual clinical level as well as on a community planning level.

F407 Bringing Hope to Every Interaction*Mary Jadwisiak, MATAAC, LLC*

Hope is essential as we journey together toward recovery. This workshop shows participants how to convey hope and inspire recovery without spending a penny or saying a word. Participants will find and resolve internal and external barriers to recovery, and learn to nonverbally convey messages of hope and respect.

Noon – 1:15 pm · Afternoon Activities**Lunch & Award Presentations****1:30 pm – 3:00 pm · Workshops****F501 Accessing Community Benefits Prior to Release from Department of Corrections Institutions***Mike Walls, MA, Department of Corrections*

One of the primary re-entry challenges for offenders returning to the community is the determination of, and access to, benefits that would make it possible for them to receive mental health treatment upon release. Access to treatment is one of the primary indicators for a successful re-entry and reduction in recidivism. This workshop will focus on how HB 1290 (a bill designed to improve the access to benefits for offenders leaving prison or jail) has culminated in a multidisciplinary workgroup that has created strategic partnerships and collaborations that have greatly increased both the number of applications from DOC facilities and the approval rate of those applications.

F502 Creating Person-Centered Vocational Plans to Increase Successful Employment Outcomes*Wally Tablit, Community Psychiatric Clinic, Stepworks Vocational Program*

Individuals with severe mental illness experience varying challenges finding and sustaining employment. Person Centered Planning is a process that creates a supportive team around an individual seeking employment and assists them in developing and sustaining a vocational plan. This plan identifies the individual's strengths, likes and dislikes, the essentials of what to consider when seeking employment. This technique has proven successful when working with people with developmental disabilities and can be tailored to provide successful employment outcomes for individuals with mental illness. This session will encourage the belief that working is a reasonable and positive goal for every individual.

F503 Gambling & the Mental Health Client*Rhonda Stone, Evergreen Council on Problem Gambling; Linda Graves, MS, Division of Behavioral Health & Recovery*

This workshop will equip participants with tools that will help them identify whether gambling is a factor in the mental health and/or substance abuse issues of current clients. Attendees will learn about risk factors, signs, symptoms, and treatment issues. Resources and materials available in Washington, for use in educational groups or with individual clients, will be shared and participants will learn where to seek counseling assistance for clients.

F504 A Cultural Competency Self-Assessment*Dan Gapsch, LPN, Western State Hospital*

Cultural competence refers to an ability to interact effectively with people of different cultures. Developing cultural competence results in an ability understand, communicate and effectively interact with people across cultures. A cultural competency self assessment can offer a safe but potentially valuable mechanism for experiencing this type of awareness. This workshop will include, among many topics: a three step process for reviewing your own cultural values, six questions to honestly ask yourself before providing care to someone of another culture, and how to therapeutically use your own awareness of cultural differences between you and your client.

F505 Peer Support: Building Interdisciplinary Partnerships*Kenneth Patterson, Harborview Mental Health Services; Topher Jerome, Harborview Mental Health Services; Vinnie Ingarra, MSW, Harborview Mental Health Services*

Over the past three years, Harborview Mental Health Services has significantly expanded their Peer Support Services program and was the recipient of King County's 2009 Exemplary Service Award for Service Integration. This presentation will provide attendees with specific strategies and examples of how to develop and support the ongoing success of peer support programs that build interdisciplinary partnerships within an existing service structure and promote recovery principles.

F506 Suicide Awareness for Everyone (S.A.F.E.): A Community Suicide Prevention Training Success*Jim Pinnell, MA, Central Washington Comprehensive Mental Health*

The Suicide Awareness for Everyone (S.A.F.E.) "Gatekeeper" training is designed to raise suicide awareness and teach the basic skills for conducting a brief suicide intervention and referral process. This session will present information on suicide prevalence, risk factors, protective factors, and common warning signs, and emphasizes the essential role social service professionals and non-professionals play in identifying early warning signs to prevent potential suicides. It will also include a discussion on how to set up, promote, and present a successful suicide awareness and prevention program in your community.

F507 Be the Best Mentor You Can Be: Relational Skills for Professionals & Consumers*Elizabeth Higley, Columbia River Mental Health Services; Christy Conant, Columbia River Mental Health Services*

This workshop will present the secrets to the success of Columbia River Mental Health Services' 4Results Mentoring. Participants will leave with the knowledge, tools and practice to train mentors and learn or teach as a mental health professional or consumer in recovery. Discussion will include the characteristics of a great mentor, boundaries, active listening, fostering inner discipline and empowerment, praise vs. encouragement, and resilience.

Activities at a Glance

Wednesday, June 23

PRE-CONFERENCE PROGRAMS

8:00 am – 8:00 pm	Conference Registration
8:00 am – 1:00 pm	WCMHC Board & Membership Meetings
9:00 am – 4:30 pm	Law & Ethics Training: COMPASSION'S BOUNDARIES (Separate \$100 Registration Fee)
9:00 am – 3:30 pm	Washington PACT Forum
1:00 pm – 5:00 pm	Prevention & Early Intervention of Psychosis in Youth & Young Adults
2:00 pm – 4:00 pm	Recovery Town Hall
4:00 pm – 8:00 pm	Vendor Set Up
4:30 pm – 6:30pm	Welcome Reception

Thursday, June 24

CONFERENCE PROGRAMS

7:30 am-8:30 am	Continental Breakfast
7:30 am-5:00 pm	Conference Registration
8:30 am-10:00 am	Welcome

John Masterson, *Chair, Washington Community Mental Health Council and CEO, Behavioral Health Resources*

David Dickinson, *Director of the Division of Behavioral Health & Recovery of the Health and Recovery Services Administration, DSHS*

KEYNOTE ADDRESS by **Victoria Maxwell**, *consumer, Funny, You Don't Look Crazy?!*

TRACKS

CORRECTIONS & MENTAL HEALTH

EMPLOYMENT & HOUSING

SUBSTANCE ABUSE & MENTAL HEALTH

10:15 am – 11:45 am

T101

Bridging the Gaps: Strengthening Partnerships to Improve Sustainable Recovery for Offenders

T102

Addressing Employment Challenges

T103

The Marriage of Chemical Dependency & Mental Health Treatment

11:45 am – 12:45 pm

LUNCHEON & KEYNOTE ADDRESS by **Scott Miller**, *PhD, national expert on client-informed care, Partnering with Clients to Improve the Process and Outcome of Treatment*

1:00 pm – 1:30 pm

CRACKER BARREL SESSIONS

1:45 pm – 3:15 pm

T201

An Overview of the Behavioral Health Service Delivery System within DOC

T202

Practical & Empowering Employment Supports & Services in Consumer Operated Programs

T203

The 10 Critical Components of Effective Co-Occurring Disorder Treatment

3:30 pm – 5:00 pm

T301

The Certificate of Restoration of Opportunity

T302

Systemic Application of Motivational Interviewing

T303

Evidence-Based Practices of Co-Occurring Treatment in DOC

5:00 pm – 6:30 pm

Peer Support Reception

Friday, June 25

CONFERENCE PROGRAMS

7:30 am – 9:00 am

CONTINENTAL BREAKFAST, VENDOR TABLES OPEN

9:00 am – 10:00 am

KEYNOTE ADDRESS by **Pete Earley**, *CRAZY: A Father's Search Through America's Mental Health Madness*

10:15 am – 11:45 am

F401

Risk Oriented Treatment of the Offender w/Mental Illness

F402

A New Housing First Model

F403

Integrated Treatment for Dual Disorders

Noon – 1:15 pm

LUNCHEON AND AWARDS PRESENTATION

1:30 pm – 3:00 pm

F501

Accessing Community Benefits Prior to Release from DOC Institutions

F502

Creating Person-Centered Vocational Plans

F503

Gambling & the Mental Health Client

When making hotel reservations you must mention that you are with the Washington Behavioral Health-care Conference to obtain these rates. Reservations received after May 14, 2010 will be on a space-available basis and you will need to ask for the Government rate to receive the conference discount.

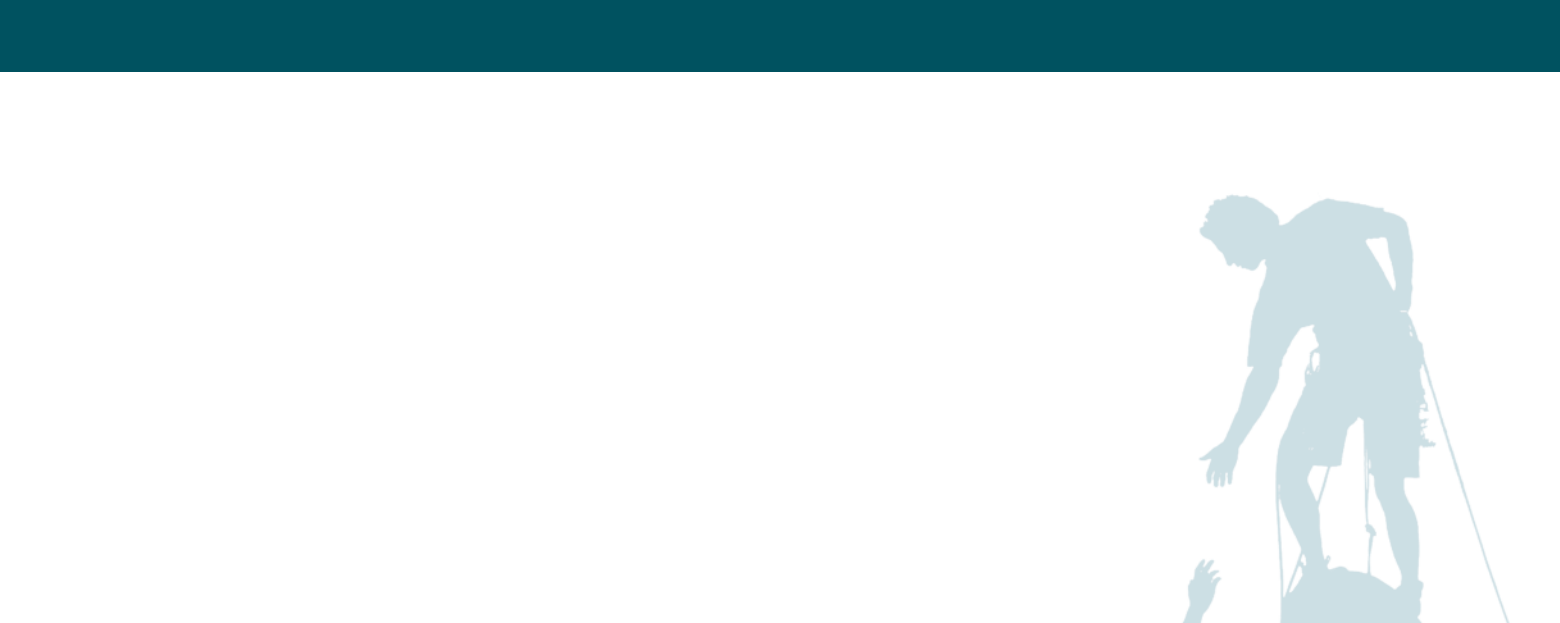
HOTELS

The following hotels in Yakima are offering special rates for conference participants:

Red Lion Yakima Center Hotel

607 East Yakima Avenue
Yakima, WA 98901
Phone: (509) 457-9000

- \$87 + tax single, \$97 + tax double
- Adjacent to the convention center



ADVANCING CLINICAL SKILLS	CONSUMER RECOVERY & RESILIENCY	INNOVATION: PROGRAM & POLICY	SERVICES & PARTNERSHIPS
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T104
Engaging with Older Adult Clients

T105
Spirituality & Mental Health: Supporting Resiliency in Recovery

T106
National Healthcare Reform & Community Behavioral Health

T107
The Accessible Provider: Working with People with Physical Disabilities

T204
Snatching Victory From the Jaws of Defeat

T205
Self Determination Takes a Lot of Determination

T206
A Healthcare Home in the Mental Health Center: Can It Be Done?

T207
Self Care for Peer Support Specialists

T304
Training Bilingual Social Workers in Evidence-Based Depression Care for Rural Latinos

T305
Wilderness Tips for the Comeback Trail

T306
Lessons from the GAU Mental Health Pilot

T307
Making Your Health & Mental Health Care Plans: The Living Will Registry

F404
The "Village" Guide to Evidence-Based Illness Management & Recovery

F405
Walking in Recovery

F406
Integrated Crisis Triage Center

F407
Bringing Hope to Every Interaction

F504
A Cultural Competency Self-Assessment

F505
Peer Support: Building Interdisciplinary Partnerships

F506
Suicide Awareness for Everyone

F507
Be the Best Mentor You Can Be

Holiday Inn
802 East Yakima Avenue
Yakima, WA 98901
Phone: (509) 249-1000

- \$102 + tax
- Walking distance to the convention center

Holiday Inn Express
1001 East A Street
Yakima, WA 98901
(509) 249-1000

- \$102 + tax
- Walking distance to the convention center

Howard Johnson Plaza Hotel
9 North 9th Street
Yakima, WA 98901
Phone: (509) 452-6511

- \$79.95 + tax single, \$89.95 + tax double
- Walking distance to the convention center

Cedars Inn
1010 East A Street
Yakima, WA 98901
Phone: (509) 452-8101

- \$72.20+ tax single, \$77.80 + tax double
- Walking distance to the convention center.

REGISTRATION OPTIONS:

Online at: www.wbhc.org

Fax the WBHC Registration Desk: 425-484-4484

Mail to the Registration Desk:

WBHC c/o SH Worldwide
1000 Dexter Ave North, Suite 502
Seattle, WA 98109

For Registration Information contact:

Caitlin Helgesen at 206-270-1063 or e-mail caitlinh@shworldwide.com

Registration cannot be taken via phone.
Sorry, no one-day or split registration available.

NAME _____

AGENCY _____

MAILING ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

FAX _____

EMAIL: _____

Please check here if you do not want your address printed in the final conference register distributed to all participants

SPECIAL ACCOMMODATIONS

Individuals requiring reasonable accommodations may request written material in alternate format, sign language interpreters, physical accessibility accommodations or other reasonable accommodations by contacting 206-270-1063, or TTY users may call 800-833-6388 (WA Relay Service) **by May 14, 2010.**

Vegetarian meals requested
 Dietary Restrictions: _____

AFFILIATIONS

Adm/Mgmt Staff Consumer
 Advocate Peer Counselor
 Clinical Staff Other: _____

ORGANIZATION

Advocacy Organization DSHS: _____
 Community MH Agency RSN
 Consumer Organization Other: _____
 Corrections

PRECONFERENCE PROGRAM | Wed, June 23, 2010

Law and Ethics: Compassion's Boundaries (9 am – 4:30 pm)

6 CEUs will be offered for the Law and Ethics: Professional Ethics Training. There is an additional fee for the Law and Ethics: Compassion's Boundaries; fee includes beverage, but not lunch. Lunch is on your own.

\$100 if paid/postmarked by May 14, 2010
 \$115 if paid/postmarked on May 15, 2010 or later

CONFERENCE PROGRAMS | Wed-Fri, June 23-25, 2010

\$250 per person* if paid/postmarked by May 14, 2010

Group Discount: \$215 per person* for groups of 5 or more if paid/postmarked by May 14, 2010. **No group discount on or after May 15, 2010 (Please note you must mail or fax group registrations.)**

\$275 per person* if paid/postmarked on May 15, 2010 or later

\$25 to purchase luncheon for a guest: Name: _____

* Fee includes two continental breakfasts, two lunches, reception, beverage breaks, and conference materials.

\$ _____ **total amount** enclosed or authorized by your agency's purchase order (P.O.) number or credit card

CANCELLATION/REFUND POLICY

- Cancellations must be sent to WBHC c/o SH Worldwide in writing by mail or fax. You may also transfer your registration to a substitute by notifying the WBHC c/o SH Worldwide in writing by mail or by fax.
- Cancellations received before June 1, 2010 will be refunded, minus a \$50 non-refundable fee.
- Cancellations received June 1-11, 2010 will be refunded, minus a \$75 non-refundable fee.
- No refunds will be processed for cancellations received after June 11, 2010.

PAYMENT METHOD

Check Money Order Purchase Order*

* Attach a copy and write PO number here _____

Please make checks payable to: WBHC c/o SH Worldwide

Mailing address:

1000 Dexter Ave North, Suite 502, Seattle, WA 98109

Visa MasterCard

CARDHOLDER NAME _____

CARD NUMBER _____ EXP. DATE _____

AUTHORIZED SIGNATURE _____

WORKSHOP SELECTION

Select one workshop for each time slot by checking the appropriate boxes. Registrants will receive confirmation of their selection upon arrival in Yakima. Room assignments are based upon the number of persons preregistered for each session. Registrations cannot be processed without workshop selections.

I plan to attend the Prevention & Early Intervention of Psychosis event on Wednesday, June 23 (no additional charge)

THURSDAY, JUNE 24 (Check one for each time slot)

10:15 – 11:45 am	<input type="checkbox"/> T101	<input type="checkbox"/> T102	<input type="checkbox"/> T103	<input type="checkbox"/> T104	<input type="checkbox"/> T105	<input type="checkbox"/> T106	<input type="checkbox"/> T107
1:45 – 3:15 pm	<input type="checkbox"/> T201	<input type="checkbox"/> T202	<input type="checkbox"/> T203	<input type="checkbox"/> T204	<input type="checkbox"/> T205	<input type="checkbox"/> T206	<input type="checkbox"/> T207
3:30 – 5:00 pm	<input type="checkbox"/> T301	<input type="checkbox"/> T302	<input type="checkbox"/> T303	<input type="checkbox"/> T304	<input type="checkbox"/> T305	<input type="checkbox"/> T306	<input type="checkbox"/> T307

FRIDAY, JUNE 25 (Check one for each time slot)

10:15 – 11:45 am	<input type="checkbox"/> F401	<input type="checkbox"/> F402	<input type="checkbox"/> F403	<input type="checkbox"/> F404	<input type="checkbox"/> F405	<input type="checkbox"/> F406	<input type="checkbox"/> F407
1:30 – 3:00 pm	<input type="checkbox"/> F501	<input type="checkbox"/> F502	<input type="checkbox"/> F503	<input type="checkbox"/> F504	<input type="checkbox"/> F505	<input type="checkbox"/> F506	<input type="checkbox"/> F507

CONTINUING EDUCATION (CE)

Up to **14.75 hours** of Continuing Education are available to participants attending the entire conference. Certificates will be issued to participants based on the number of hours they have attended at the conference. Additional hours are also available through the Law & Ethics course (separate registration fee required). Tracking forms to record and submit continuing education hours will be available on-site at the conference.

The Washington Community Mental Health Council is qualified to provide continuing education credits required by Washington State for Licensed Social Workers, Licensed Mental Health Counselors and Licensed Marriage and Family Therapists. The Washington Community Mental Health Council is also qualified to provide continuing education credits required by Oregon State for Licensed Clinical Social Workers and Licensed Professional Counselors and Therapists. The Washington Community Mental Health Council is recognized by the National Board of Certified Counselors (NBCC) to offer continuing education for National Certified Counselors, and the Council adheres to NBCC Continuing Education Guidelines. The Washington Community Mental Health Council's NBCC approval number is **5849**.

CONSUMER, ADVOCATE & FAMILY ADVOCATE SCHOLARSHIPS

Full and partial Consumer, Advocate & Family Advocate Scholarships are available from various sponsors. We recommend contacting your local Regional Support Network (RSN), your local state advocacy nonprofit organization (e.g. NAMI) or your area clubhouse. *Please note that scholarships cover the conference activities, but do not cover extra fees associated with pre-conference activities such as the Law & Ethics course.*

ACKNOWLEDGEMENTS

The Washington Community Mental Health Council (WCMHC) is the sponsor of the 2010 Washington Behavioral Healthcare Conference in partnership with the Department of Social and Health Services' Division of Behavioral Health & Recovery and the Department of Corrections, and is grateful for their funding support. The Council also thanks the Mental Health Advisory and Planning Council for its support of the conference.

WCMHC would like to acknowledge and thank the 2009-2010 Education Committee, who played an invaluable role in the conference planning and decision-making. The Committee Members are:

- ◆ **Sharon Kiehn**, Chair, Central WA Comprehensive Mental Health
- ◆ **Shirley Havenga**, Community Psychiatric Clinic
- ◆ **Vinnie Ingarra**, Harborview Mental Health Services
- ◆ **H. Sue Killillay**, Cascade Mental Healthcare
- ◆ **Faith Richie**, Valley Cities Counseling & Consultation
- ◆ **Darcell Slovek-Walker**, Transitional Resources
- ◆ **David Stone**, Sound Mental Health
- ◆ **Hank Balderrama**, DBHR Liaison

Ready to Register?

On-line at www.wbhc.org

*Or...Open this page, complete the registration form
and fax or mail it in!*

2010 Washington Behavioral Healthcare Conference
c/o Washington Community Mental Health Council
600 Stewart Street, Suite 202
Seattle, WA 98101-1217

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JUNE 23-25, 2010
Yakima Convention Center

2010 WASHINGTON BEHAVIORAL
HEALTHCARE CONFERENCE

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PARTNERING FOR RECOVERY

Conference Highlights

- ▲ A pre-conference event on the Prevention & Early Intervention of Psychosis in Youth & Young Adults on Wednesday
- ▲ New tracks this year on corrections and substance abuse and mental health
- ▲ National and local experts
- ▲ Over 35 workshops
- ▲ Up to 14.75 Continuing Education credits available
- ▲ On-line registration at www.wbhc.org

***Read more about these and other exciting conference details inside!!
Don't miss this opportunity.***

WHO SHOULD ATTEND?

Mental Health Professionals
Corrections Professionals
Older Adult Services Professionals
Vocational Rehabilitation Professionals
Consumers and Family Members
Advocates

Chemical Dependency Professionals
Human Service and Education Professionals
Executive Directors
Administrators/Managers
Those interested in behavioral healthcare