

**Holiday Inn Select Executive Center
2200 I-70 Dr., SW
Columbia, Missouri
SEPTEMBER 18-19, 2008**

23rd
Annual

Missouri Psychiatric Rehabilitation Association (MOPRA) Conference

Implementing Evidence-based Practices

The Missouri Psychiatric Rehabilitation Association strives to bring together through their annual meeting agencies, practitioners, families and persons living with psychiatric disabilities to improve and promote the practice and outcomes of psychiatric rehabilitation. This comprehensive mental health educational program is designed for community support workers, social workers, psychologists, substance abuse counselors, mental health professionals, consumers and their families that would benefit from learning more about treatment options, new innovative programs, resources and agencies to assist Missouri consumers and staff.

**SPECIAL PRE-CONFERENCE WORKSHOP:
SO, WHAT DOES IT TAKE TO
BE A CASE MANAGER?
See inside for details.**

**Sponsored by: Missouri Institute of Mental Health, University of Missouri
Missouri Psychiatric Rehabilitation Association
Missouri Department of Mental Health**

MOPRA Schedule.....

Implementing Evidence-based Practices

Thursday, September 18, 2008			
10:00 am	Registration and Conference check-in		
12:45 pm	12:45 pm Welcome and Opening Remarks 1:00 pm General Session: The Meaning of RESPECT Keynote Speaker: <i>Joel Slack</i>		
2:00	Beverage Break		
2:15	1A The Phases of Mental Illness <i>Joel Slack</i>	1B Medications to Treat Addictions <i>Daniel Strode, MD</i>	1C Exercise, Nutrition & Aging TBA
3:30	Beverage Break		
3:45	2A CMS Person-centered Planning Grant: An Introduction to Consumer-directed Treatment Planning in Mental Health <i>Tish Thomas, MS</i>	2B MSAPCB Credentialing: Focus on Co-occurring Treatment Credentials <i>Scott Breedlove, BS</i>	2C Diabetes Care—Self-management is Key <i>Mary Freiburghaus, APRN, BC, CDE</i>
5:00 pm	Adjourn for the day. Dinner on your own.		
Friday, September 19, 2008			
7:45 am	Continental Breakfast and Announcements		
Each track on Friday is an all-day training module. Please select only one track.			
8:45	3A Effective Interaction with Difficult Clients: Letting go of the struggle. <i>Ronda Oswald Reitz, PhD</i>	3B Motivational Interviewing <i>Steve Brazill, MA, MAC, CADC III</i>	3C Illness Management and Recovery: Principles and Practice <i>Lindy Fox, MA, LADC</i>
10:00	Beverage Break		
10:15	Effective Interaction with Difficult Clients: Letting go of the struggle. (Cont.)	Motivational Interviewing (Cont.)	Illness Management and Recovery (Cont.)
11:30	Luncheon and Special Presentation of the video tributes to the 2008 Mental Health Champions		
1:00 pm	Effective Interaction with Difficult Clients: Letting go of the struggle. (Cont.)	Motivational Interviewing (Cont.)	Illness Management and Recovery (Cont.)
2:15	Beverage Break		
2:30	Effective Interaction with Difficult Clients: Letting go of the struggle. (Cont.)	Motivational Interviewing (Cont.)	Illness Management and Recovery (Cont.)
3:30 pm	Conference Adjourns		

Speakers

Steve Brazill, MA, MAC, CADC III, Director of Program Development, King's Alcohol and Drug Treatment Center, and Managing Partner, Riverside Group, LLC, Wichita, Kansas

Scott Breedlove, BS, Administrator, Missouri Substance Abuse Professional Counseling Board, Jefferson City

Lindy Fox, MA, LADC, Research Associate, Dartmouth Psychiatric Research Center, Concord, New Hampshire, and Lecturer in Psychiatry, Dartmouth Medical School, Hanover, New Hampshire

Mary Freiburghaus, APRN, BC, CDE, Advanced Practice Nurse, Cosmopolitan International Diabetes and Endocrinology Center, University of Missouri, Columbia

Ronda Oswald Reitz, PhD, Coordinator, DBT Services, Missouri Department of Mental Health, Jefferson City

Joel Slack, President, Slack Consulting, LLC, and Director of Respect International, Montgomery, Alabama

Daniel Strode, MD, Psychiatrist, New Horizons Community Support Services and Medical Director, DRD Columbia Medical Clinic, Columbia

Tish Thomas, MS, Project Director, UMKC Institute for Human Development, Jefferson City

To register online go to
www.mimhtraining.com

MOPRA Session Descriptions.....

OPENING KEYNOTE

The Meaning of RESPECT

Joel Slack

The Meaning of RESPECT illustrates critical experiences that lead to empowering relationships and healing, or conversely, to disrespect and prolonged pain. The Meaning of RESPECT presents patient-centered insights into the fundamentals of caring for persons with psychiatric challenges.

BREAKOUT 1A

The Phases of Mental Illness

Joel Slack

This workshop will explore the various phases of mental illness from a psychiatric patient's perspective.

BREAKOUT 1B

Medications to Treat Addictions

Daniel Strode, MD

This informative session is an important workshop for those interested in learning more about the role of medications in the treatment of co-occurring mental illness and substance use disorders. Dr. Strode will provide information on the indications for medications to assist in the treatment of and/or withdrawal from alcohol, opiates, and tobacco.

MOPRA Session Descriptions (continued).....

BREAKOUT 1C

Exercise, Nutrition & Aging

Speaker TBA

BREAKOUT 2A

CMS Person-centered Planning Grant: An Introduction to Consumer-directed Treatment Planning in Mental Health

Tish Thomas, MS

This session will provide an overview of the CMS Person Centered Planning Grant with emphasis on the goals relating to the DMH division of CPS. National trends and resources related to the emergence of person-centered treatment planning in mental health will be presented.

BREAKOUT 2B

MSAPCB Credentialing: Focus on Co-Occurring Treatment Credentials

Scott Breedlove, BS

This presentation will give attendees information about MSAPCB credentialing including credentials offered and the criteria and process for obtaining a credential. There will be a specific focus on two Co-Occurring credentials now offered by the MSAPCB. In addition to credentialing, the presentation will provide a brief overview of the MSAPCB and provide information about MSAPCB training opportunities.

BREAKOUT 2C

Diabetes Care—Self-management is Key

Mary Freiburghaus, APRN, BC, CDE

Mary will give a review of diabetes and its symptoms, risks, how it is diagnosed, how care providers help patients manage diabetes, including the medications now used, and will also discuss the possible complications of diabetes, the treatment of hypoglycemia and hyperglycemia, and resources available to patients and their families.

BREAKOUT 3A

Effective Interaction with Difficult Clients: Letting go of the struggle.

Ronda Oswald Reitz, PhD

Traditional treatment (“Treatment as Usual”) has yielded questionable outcomes for a segment of the treatment population that is highly conflictual and multi-diagnostic. These clients are often diagnosed with both Axis I and Axis II disorders and frustrate and are frustrated by treatment efforts in most settings, and fail to achieve outcomes expected by otherwise effective treatments. This workshop will introduce an acceptance-based model of interaction that often opens the door to effective treatment of these difficult clients.

BREAKOUT 3B

Motivational Interviewing: Putting Theory into Action

Stephen Brazill, MA, MAC

As it is expected that many in the audience will have had some basic orientation to Motivational Interviewing (MI), this workshop will provide a brief refresher of MI spirit and principles, and then move into more practical applications of the method. Participants will be guided through a sequence of learning activities that will include didactic instruction, demonstration, and skills practice. Specific topics will include:

- how to identify and elicit client change talk
- matching interventions to client stage of readiness, especially the early stages
- what to do and NOT do to increase client motivation and confidence
- the eight stages of the MI learning process

BREAKOUT 3C

Illness Management and Recovery: Principles and Practice

Lindy Fox, MA, LADC

Illness Management and Recovery (IMR) is one of the Evidence Based Practices that has a toolkit distributed by SAMHSA. It is a curriculum based intervention that helps people set and follow-through with personal recovery goals. Educational, motivational, and cognitive behavioral interventions are used to help people develop coping skills to better manage their illness. People will learn skills to stay out of the hospital, reduce relapses, and live a more independent life. This workshop will introduce participants to IMR, describe the principles of the practice, and discuss the steps to implementation.

Objectives.....

Upon completion of this program, attendees will be able to:

- Demonstrate an understanding of the fundamentals of caring, to include the RESPECT model of being responsive, encouraging, sensitive, perceptive, empowering, caring, and thoughtful, and demonstrate an understanding of the dynamic relationship between caregiver and consumer.
- List medications used in the treatment of drug and alcohol addictions, and be able to describe the actions of the medications to treat addictions.
- Describe the specific goals of the CMS Person-centered Planning Grant relating to persons with mental illness and the providers who serve them.
- Describe the specific criteria and process for Co-occurring credentials from MSAPCB.
- List three for each of the following: Complications of diabetes, symptoms of high blood sugar, risk factors for diabetes, and symptoms of hypoglycemia.
- Have a beginning understanding of the construct and mechanics of “validation” as a critical intervention with difficult clients; understand the role of biological sensitivity and invalidating environments in the development of the highly conflictual, multi-disordered client; and identify characteristics of clients appropriately referred to Dialectical Behavior Therapy (DBT) and the four components required to deliver effective DBT.
- Identify at least four types of client change talk, demonstrate at least two strategies to elicit client change talk; and plan two interventions appropriate for early stages of change.
- Discuss the three types of strategies used when providing IMR, and be able to name three of the eleven modules in the IMR curriculum.

PRE-CONFERENCE WORKSHOP

September 18, 2008, 8:30 to 11:45 am

Holiday Inn Select Executive Center

Columbia, Missouri

SO, WHAT DOES IT TAKE TO BE A CASE MANAGER?

ABOUT THE WORKSHOP

Effective case management is an essential component in the successful treatment of mental illness. This training is designed to enlighten professionals who are not fully familiar with the role and duties of a Case Manager as well as to remind Case Managers of the importance of the many responsibilities that they have and why they do what they do. Starting with a definition of case management, this workshop will encompass new and creative ways of introducing and describing the many valuable concepts and duties of a Case Manager.

SPEAKER

Carli Horner, MSW, obtained her Masters in Social Work from the University of Missouri-Kansas City. She is currently a Community Support Worker for the adult mentally ill at Truman Medical Center Behavioral Health located in Kansas City.

Ms. Horner has had vast experience in the field of case management, where she has worked with young children, young adults, adults and older adults in Springfield, Branson, and Nixa, Missouri, and Wichita Kansas. She enjoys working with the mentally ill population and is constantly working to create new and exciting ways of effectively interacting with her clients.

OBJECTIVES

Upon completion of this training, attendees will be able to:

- Define the relationship between case manager and client.
- Identify expectations and roles of a case manager.
- Utilize knowledge taught in everyday practice.

SCHEDULE

8:00 am	<i>Workshop check-in</i>
8:30	<i>Welcome and introductions</i>
8:45	<ul style="list-style-type: none">• Definition and Responsibilities• The Teaching of Mindfulness• Client vs. Patient• Boundaries/Safety• Compassion Fatigue
10:00	<i>Break</i>
10:15	<ul style="list-style-type: none">• Travel/Transportation• Resource Knowledge• Computer Skills/Documentation• Genuineness• Advocacy/Cheerleading
11:30	Questions and answers; complete evaluation
11:45	<i>Workshop Adjourns</i>

SPONSORED BY:
MISSOURI INSTITUTE OF MENTAL HEALTH
UNIVERSITY OF MISSOURI

Two Trainings Offered

23rd
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Implementing Evidence-based Practices

Registration Fee (MOPRA)

The registration fee is \$160.00 per person for MOPRA members and \$195.00 for non-members. The fee includes all instruction, continuing professional education credit, handout material from speakers, scheduled meals, and refreshments breaks. If you do not receive a written confirmation from MIMH within 10 days of registering, please call 314.877.6419.

Continuing Professional Education

Continuing Education Units (CEUs) (MOPRA)

The University of Missouri-Columbia Missouri Institute of Mental Health (MIMH) will be responsible for this program and maintain a record of your continuing education credits earned. MIMH will award 9 clock hours or 10.8 contact hours (1.1 CEUs) for this activity. The MIMH credit will fulfill Clinical Social Work and Psychologist licensure requirements in the State of Missouri.

Substance Abuse (MOPRA)

The Missouri Substance Abuse Professional Credentialing Board has pre-approved this training for 9 contact hours.

If your profession is not listed above or if you are licensed outside of Missouri, check with your Board prior to completing this program to ensure you are seeking the proper accreditation.

SO, WHAT DOES IT TAKE TO BE A CASE MANAGER?

CASE MANAGER REGISTRATION FEE

The registration fee for this pre-conference workshop is \$49.00. The fee includes all instruction, continuing professional education, and handout material from the speaker. If you do not receive a written confirmation from MIMH within 10 days of registering, please call 314.877.6419.

CASE MANAGER CONTINUING EDUCATION UNITS (CEUs)

The University of Missouri-Columbia Missouri Institute of Mental Health (MIMH) will be responsible for this program and maintain a record of your continuing education credits earned. MIMH will award 2.8 clock hours or 3.3 contact hours (.3 CEUs) for this activity. The MIMH credit will fulfill Clinical Social Work and Psychologist licensure requirements in the State of Missouri. If your profession is not listed above or if you are licensed outside of Missouri, check with your Board prior to completing this program to ensure you are seeking the proper accreditation.

To register online go to www.mimhtraining.com.

.....General Information.....

Conference Location and Lodging

The conference will be held at the **Holiday Inn Select Executive Center, Columbia, Missouri**. Room rates are \$83.95. To make reservations, call the hotel directly at **1-800-HOLIDAY (465-4329)**. Be sure to ask for the **MOPRA Room Block**. Inform Reservations that you want the **Holiday Inn Select Executive Center, Columbia, Missouri**. The cutoff date is **September 3, 2008**. Please keep your confirmation number for your records and give to hotel at check in. Directions to the hotel are available online at www.MIMHTraining.com.

Cancellation/Substitution

Cancellations received in writing and postmarked at least five business days prior to the date of the program will be refunded, less a \$25.00 processing fee. No refund after that date. Substitutions are allowed by notifying us in writing. Registrants who do not attend and have not cancelled in writing by the deadline will be billed the full registration fee.

Special Needs

The Missouri Institute of Mental Health, University of Missouri-Columbia, complies with the guidelines set forth in the Americans with Disabilities Act of 1990. If you notify us at 314.877.6419 as soon as possible, reasonable efforts will be made to accommodate your special needs.

General Questions

314.877.6419 or email: feedback@mimhtraining.com

Register Several Ways

- ✉ Mail with payment information to: Missouri Institute of Mental Health (MOPRA/CM), 5400 Arsenal St., St. Louis, MO 63139
- ✉ Or FAX registration form along with purchase order to: 314.877.6428
- 🖨 Or online: www.mimhtraining.com

REGISTRATION FORM

#09001 & #09006
Holiday Inn Select Executive Center
Columbia, Missouri

23rd Annual Missouri Psychiatric Rehabilitation Association (MOPRA) Conference

Implementing Evidence-based Practices

September 18-19, 2008

Please register me for the following MOPRA sessions:

Thursday, 2:15 pm	1A _____	1B _____	1C _____
Thursday, 3:45 pm	2A _____	2B _____	2C _____
Friday, All Day	3A _____	3B _____	3C _____

Registration Fees:

- \$160.00 MOPRA only (MOPRA members)
- \$195.00 MOPRA only (non-members)
- \$49.00 Case Manager Training only
- \$209.00 MOPRA (members) *plus* Case Manager Training
- \$244.00 MOPRA (non-members) *plus* Case Manager Training

Please Print

Name* _____	Employer _____
Home Address* _____	Work Address _____
City* _____	City _____
State* _____ Zip* _____	State _____ Zip _____
Daytime Phone _____	Profession _____
Email Address _____	Degree _____

*Required for Continuing Education

- Check enclosed payable to: **Missouri Institute of Mental Health**
- Visa MasterCard
- Credit Card# _____
- Expires _____ Signature _____
- Name on Card _____
- Bill my employer (P.O. enclosed)

If you do not cancel five business days before conference, your employer will be billed for the full program fee.

**PRE-CONFERENCE WORKSHOP:
So, WHAT DOES IT TAKE TO BE
A CASE MANAGER?**

September 18, 2008

8:30 to 11:45 am

Register online at: www.mimhtraining.com
Or mail to:
Missouri Institute of Mental Health (MOPRA/CM)
5400 Arsenal Street
St. Louis, MO 63139
Or fax registration: 314.877.6428



Office only: Date rec'd	CK#	AMT	CERT	PO#
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