

24th Annual Missouri Psychiatric Rehabilitation Association (MOPRA) Conference “Recovery and Beyond”

Featured speakers include...

Pete Earley, nationally known author and mental health advocate, will provide the luncheon keynote. His book *CRAZY: A Father's Search Through America's Mental Health Madness* is the personal story of how difficult it is to get meaningful help for a loved one with a severe mental illness.

Roger Sommi, PharmD, FCCP, BCPP, Professor of Pharmacy Practice and Psychiatry, University of Missouri-Kansas City, will review the basics of psychotropic drug therapy, insights on recognizing and managing side effects and a preview of future treatments in his presentation **Psychotropics Made Simple**.

Representative Rebecca McClanahan, Missouri State Representative, District 2, Kirksville, a registered nurse and long-time nurse educator, will discuss her experiences as a legislator and a member of the Health Appropriations and Budget Committees in the Missouri House of Representatives in her session **“Mental Health in Missouri: A Legislator's Perspective—Where We've Been, Where We Are, and Where We Are Going.”** She will discuss how her perspective as a psychiatric/mental health nurse and her service as a board member of a not-for-profit mental health provider inform her efforts as an advocate for reform of the health and mental health systems in the legislature.

Use our web site www.mimhtraining.com
to register, print handouts, and get directions.

Holiday Inn Select Executive Center
2200 I-70 Dr., SW
Columbia, Missouri
September 17-18, 2009

Paul Cook, author of ***Cooked in LA*** and television and radio broadcaster, will open the conference on Thursday. Hear Paul's story of how a popular, middle-class young man with a bright future in radio and television is nearly destroyed by a voracious appetite for drugs and alcohol. He will be available to sign his new book ***Cooked in LA***.

Danny Wedding, PhD, MPH, is the Director of the Missouri Institute of Mental Health and Professor of Psychiatry at the University of Missouri School of Medicine. Dr. Wedding's presentation, **Movies and Mental Illness**, will demonstrate through use of brief film clips how movies shape public perceptions of mental illness.

Sponsored by:

Missouri Institute of Mental Health, University of Missouri
Missouri Psychiatric Rehabilitation Association

MOPRA Schedule

Thursday, September 17, 2009

10:00 am	Registration and Conference Check In		
12:45 pm	12:45 pm Welcome and Opening Remarks 1:00 pm General Session: Cooked in LA <i>Keynote Speaker: Paul Cook</i>		
2:00	Book Signing by Paul Cook and Refreshment Break		
2:30	1A Mental Health in Missouri: A Legislator's Perspective--Where We've Been, Where We Are, and Where We Are Going <i>Representative Rebecca McClanahan</i>	1B Effective Interaction with Difficult Clients: Letting Go of the Struggle <i>Ronda Oswald Reitz, PhD</i>	1C Psychotropics Made Simple <i>Roger Sommi, PharmD, FCCP, BCPP</i>
3:45	Beverage Break		
4:00	2A DMH NET—An Update on Missouri's Disease Management Initiatives <i>Laine Young-Walker, MD, Kellie Shuck, MSN, NP-CNS, BC, Paul Stuve, PhD</i>	2B Effective Interaction with Difficult Clients (Cont.)	2C Psychotropics Made Simple (Cont.)
5:15 pm	Adjourn for the day. Dinner on your own.		

Friday, September 18, 2009

7:45 am	Continental Breakfast		
	NOTE: Track A (3A, 4A, 5A, 6A) below is an all-day training module.		
8:45	3A Developing an Effective Peer Specialist Program within Your Agency <i>Robert Qualls; Robin Gambrell, MAEdu, MASoc, CPS; Randy Johnson, CPS; Jan Wagler; Jan Heumann, MA</i>	3B Tools for Hope and Recovery <i>Nanette Larson, BA, CRSS</i>	3C Understanding and Treating Individuals with Mental Illness and Developmental Disabilities <i>Tammy Leedy, BS</i>
10:00	Beverage Break		
10:15	4A Developing an Effective Peer Specialist Program within Your Agency (Cont.)	4B Tools for Hope and Recovery (Cont.)	4C Understanding and Treating Individuals with Mental Illness and Developmental Disabilities (Cont.)
11:30	Conference Luncheon and Special Luncheon Keynote: CRAZY: A Father's Search Through America's Mental Health Madness <i>Keynote speaker: Pete Earley</i>		
1:15 pm	5A Developing an Effective Peer Specialist Program within Your Agency (Cont.)	5B In Our Own Voice <i>Karren Jones, Ramona Hollenbeck</i>	5C Ethical Framework: Deciding Which Voice to Listen To <i>Scott Breedlove, BS</i>
2:30	Beverage Break		
2:45	6A Developing an Effective Peer Specialist Program within Your Agency (Cont.)	6B Mental Illness and the Trauma Model: Consumer and Family Response <i>Cindi Keele</i>	6C Movies and Mental Illness <i>Danny Wedding, PhD</i>
4:00 pm	Conference Adjourns		

COURSE DESCRIPTIONS

Keynote Sessions

Opening Keynote, Thursday

Cooked in LA

Paul Cook, Author and Radio and Television Broadcaster, CBS St. Louis N4 Awake and CBS Radio's Y98FM

Drugs and alcohol fueled this radio man's plunge to the bottom. *Cooked in LA* author, Paul Cook, brings hope to those who struggle with substance abuse. Paul has written screenplays and TV show scripts, but his true voice poured out in the outrageous real story that actually wrote itself, *Cooked in LA*. The most important thing Paul does each day doesn't involve a pen or microphone. It happens when he shares his story as he will during the opening keynote.

Lunch Keynote, Friday

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

Pete Earley, Author and Mental Health Advocate

Pete Earley will use his personal story to illustrate how difficult it is to get meaningful help for a loved one with a severe mental illness. 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.

Thursday Breakout Sessions

1A Mental Health in Missouri: A Legislator's Perspective--Where We've Been, Where We Are, and Where We Are Going

Representative Rebecca McClanahan

Rep. McClanahan, a registered nurse and long-time nurse educator, will discuss her experiences as a legislator and a member of the Health Appropriations and Budget Committees in the Missouri House of Representatives. She will discuss how her perspective as a psychiatric/mental health nurse and her service as a board member of a not-for-profit mental health provider inform her efforts as an advocate for reform

of the health and mental health systems in the legislature. The audience will be engaged as partners in the effort to reshape the system to be more inclusive and more cost effective for every Missourian.

1B/2B 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 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.

1C/2C Psychotropics Made Simple

Roger Sommi, PharmD, FCCP, BCPP

Use of psychotropic medications has increased dramatically over the past decades. Illnesses once thought hopeless and untreatable have been brought under control, and the people with these illnesses have been allowed to live healthy, productive lives. Bearing witness to the positive and negative aspects of psychotropic medications, and often faced with the brunt of the day-to-day questions about these drugs, are the case managers, social workers, psychologists, counselors, nurses, aides, and other front line mental health care staff. The workshop will review the basics of psychotropic drug therapy, insights on recognizing and managing side effects and a preview of future treatments.

2A DMH NET—An Update on Missouri's Disease Management Initiatives

Laine Young-Walker, MD, Kellie Shuck, MSN, NP-CNS, BC, Paul Stuve, PhD

In recent years, MO HealthNet and the Department of Mental Health have collaborated with Care Management Technologies to develop and implement a variety of care coordination and disease management initiatives throughout the state. These cutting-edge programs have won numerous awards, including a Science and Service Award from SAMHSA and the URAC Silver Award for Health Information Technology, both in 2008. This session will present an overview of these programs and their impact on quality of care and cost containment in Missouri.

Friday Breakout Sessions

3A/4A/5A/6A (NOTE: This is an all-day training module.) **Developing an Effective Peer Specialist Program within Your Agency** **Robert Qualls; Robin Gambrell, MAEdu, MASoc, CPS; Randy Johnson, CPS; Jan Wagler; Jan Heumann, MA**

Participants will gain an overview of peer support, the emerging profession of Peer Specialists, the training and credentialing process, the essential principles and unique benefits of effective peer support services, and the power of providing such services in their organization or program. In Sessions 3A and 4A, the definition of Recovery and the Five Stages of the Recovery process will be presented, as well as possible interventions designed to support a person at various points in their recovery journey. In Session 5A, Jan Heumann will lead a discussion of the consumer as a professional provider, and expected roles, ethics, and boundaries. In Session 6A, session leaders and participants will discuss together how to capitalize on the power of peer support and Peer Specialist services in a variety of settings and programs.

3B/4B Tools for Hope and Recovery **Nanette Larson, BA, CRSS**

This session will transform your concept of mental health recovery from the "word of the day," to one which renews your hope and provides you with real tools for recovery. This session will begin with a foundation of the principles of recovery, followed by an overview of Wellness Recovery Action Planning (WRAP), one of the "best of the best" in programs and services which facilitate recovery. These tools will help you integrate powerful methods of facilitating recovery and building resilience for yourself and with the people you serve. Nanette Larson is an accomplished and popular speaker. She has the unique ability to combine education with inspiration, while captivating her audiences with engaging personal stories of recovery.

3C/4C Understanding and Treating Individuals with Mental Illness and Developmental Disabilities **Tammy Leedy, BS**

This class is designed to assist mental health professionals in learning about the resources available to them when working with consumers who also have a developmental disability. The aspects covered include the various treatment strategies that can be utilized in the community to continue supporting individuals with a dual diagnosis, what to do when the

strategies no longer work, resources available to you, and the purpose of hospitalization.

5B In Our Own Voice **Karren Jones, Ramona Hollenbeck**

In Our Own Voice: Living With Mental Illness is a recovery education presentation given by a team of two trained consumer presenters. A comprehensive interactive presentation about mental illness – including video, personal testimony, and discussion – is a great stigma-busting tool, shatters stereotypes, and puts a face on mental illness. The presentation covers five issues frequently faced by those dealing with severe mental illness: Dark Days; Acceptance; Treatment; Coping Strategies; and Successes, Hopes, and Dreams.

5C Ethical Framework: Deciding Which Voice to Listen To **Scott Breedlove, BS**

This session will discuss three different approaches to ethical decision making, the steps someone takes in making an ethical decision, how to set boundaries, and why boundaries are important. This will be a lecture format, but time will be given to discuss a couple of real ethical cases.

6B Mental Illness and the Trauma Model: Consumer and Family Response **Cindi Keele**

Participants will learn about the major issues facing consumers and their families as they experience the impact of serious mental illness in their lives. NAMI resources to help mitigate this impact will be provided.

6C Movies and Mental Illness **Danny Wedding, PhD**

Movies shape public perceptions of mental illness, people with mental illness, and those professionals who treat these disorders. Likewise, public attitudes about alcoholism, drug addiction and developmental disabilities are all profoundly influenced by the portrayal of these conditions on television and in contemporary cinema. This influence can be positive or negative. This presentation will overview the cinematic representation of each of the major categories of psychopathology included in the *Diagnostic and Statistical Manual* of the American Psychiatric Association. Brief film clips will be used to illustrate both accurate and inaccurate presentations of mental illness in movies, and the talk will highlight the ways in which films perpetuate the stigma associated with mental illness and addictions.

Exhibitors

Please take time to visit with our exhibitors.

- ♦Alpha-Health Solutions, St. Louis
- ♦McCallum Place, St. Louis
- ♦Missouri Substance Abuse Professional Credentialing Board, Jefferson City
- ♦National Alliance on Mental Illness Missouri, Jefferson City
- ♦SSM Health Care
 - Center for Behavioral Health, Jefferson City
 - St. Joseph's Health Care, Wentzville

Designed for...

This comprehensive mental health educational program is designed for community support workers, social workers, psychologists, substance abuse counselors, nursing home administrators, 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.

Speakers

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

Paul Cook, Author and Radio and Television Broadcaster, CBS St. Louis' N4 Awake and CBS Radio's Y98FM, St. Louis

Pete Earley, Author and Mental Health Advocate, Fairfax, Virginia

Robin Lyday Gambrell, MAEdu, MASoc, CPS, Program Director, Self Help Center, St. Louis

Jan Heumann, MA, Program Director, New Horizons Community Support Services, Columbia

Ramona Hollenbeck, IOOV:LWMI Presenter, NAMI Missouri, Jefferson City

Randy Johnson, Senior Director, Advocacy and Recovery Services, Mental Health America of the Heartland, Kansas City, Kansas

Karren Jones, President, NAMI Missouri, Jefferson City

Cindi Keele, Executive Director, NAMI Missouri, Jefferson City

Nanette Larson, BA, CRSS, Director of Recovery Support Services, Illinois DHS/Division of Mental Health, Peoria, Illinois

Tammy Leedy, BS, Case Manager, SSM Behavioral Health Services, Wentzville

Rebecca McClanahan, Missouri State Representative District 2, Kirksville

Robert Qualls, Consumer Certification Review and Peer Specialist Training Teams, Springfield

Ronda Oswald Reitz, PhD, Trainer, DBT Program Development, Department of Mental Health, Jefferson City

Kellie Shuck, MSN NP-CNS, BC, DMH Net Health Liaison, Care Management Technologies, Jefferson City

Roger Sommi, PharmD, FCCP, BCPP, Professor of Pharmacy Practice and Psychiatry, Schools of Pharmacy and Medicine, University of Missouri-Kansas City, and Research Director of the Psychopharmacy Research and Education Program, Western Missouri Mental Health Center, Kansas City

Paul Stuve, PhD, Account Manager, Care Management Technologies, Jefferson City

Jan Wagler, Consumer Integration Specialist, Office of Transformation, Missouri Department of Mental Health, and Senior Director, Advocacy and Recovery Services, Mental Health America of Eastern Missouri, St. Louis

Laine Young-Walker, MD, Associate Medical Director, Missouri Department of Mental Health, Jefferson City, and Division Chief, Child and Adolescent Psychiatry, University of Missouri, Columbia

Danny Wedding, PhD, MPH, Director, Missouri Institute of Mental Health, St. Louis, and Professor of Psychiatry, University of Missouri School of Medicine, Columbia

OBJECTIVES

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

Describe how to assist clients released from the justice system upon reentry into society.

Describe the emerging profession of Peer Specialists including roles, training, credentialing, and code of ethics.

Summarize the five stages of recovery and interventions.

Identify a basic strategy for the clinical use of the different classes of medications.

Recognize common side effects of psychotropic medications and management techniques.

Name three DMH Net disease management programs and understand their different focuses, and be broadly familiar with the reporting tools for the various disease management programs.

Describe different approaches to ethical decision making and the steps involved in making ethical choices.

Describe why boundaries are important and how to set them.

Understand what to look for to determine when hospitalization is needed, the purpose of hospitalization, and the goal for the patient.

Appreciate the current legislative environment in Missouri relative to the impact on the mental health system, and explore the potential for leveraging greater political influence in accomplishing legislative goals to improve mental health outcomes in Missouri.

Define the foundational principles of recovery, and describe the values and ethics of Wellness Recovery Action Planning (WRAP) and recovery-oriented programs.

Describe and give examples of films that distort the clinical presentation of mental illness for artistic purposes.

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 how the consumer and family’s experience with mental illness relates to a model of trauma response.

Give GREEN a chance. Starting **August 31**, speaker handouts, if available, can be printed from our web site. Go to www.mimhtraining.com and click on the MOPRA Conference for details and to print. If this is not an option, you can call 314-877-6419 to order specific handouts. Your requested handouts can be picked up at the Conference Registration desk when you arrive at MOPRA.

Register, Handouts, Session Descriptions, Directions
Go to www.mimhtraining.com.

