

*Missouri Psychiatric Rehabilitation Association
(MOPRA) Conference*

celebrating **25** *years*

**Getting Back to Basics:
Celebrating
Person-Centered Recovery**

September 16-17, 2010

Holiday Inn Select Executive Center
2200 I-70 Dr., SW
Columbia, Missouri

Read more about this year's conference at www.mimhtraining.com

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

MOPRA Schedule

Individual session descriptions can be found at www.mimhtraining.com.

| Thursday, September 16, 2010 | | | |
|------------------------------|--|--|---|
| 10:00 am | Registration and Conference Check In | | |
| 12:45 pm | 12:45 pm Welcome and Opening Remarks: <i>Lori Bly, 2010 MOPRA President</i> 1:00 pm General Session: The Purpose and Principles of Strength-based Recovery Oriented Practice <i>Walter Kisthardt, PhD</i> | | |
| 2:00 | Refreshment Break | | |
| 2:30 | 1A WRAP™, Recovery and Person-Centered Planning: A Success Formula for Community Reintegration, <i>Nicole Saltzman LCSW, Tish Thomas, MS, Stacey Williams, BA</i> | 1B Staying Positive in a Rapidly Changing Environment, <i>Chuck Johnson, NCC, ACS, LCPC</i> | 1C Functional Skills Assessment: PSR Interventions Based on Stages of Change, <i>James M. Smith, MEd</i> |
| 3:45 | Beverage Break | | |
| 4:00 | 2A Lessons Learned from the Kansas City Learning Collaborative: A Review of Person-Centered Individual Planning, <i>Tish Thomas, MS, Jean Schweer</i> | 2B Achieving Recovery Through Creativity (A.R.T.C.): Using the Arts to Heal Hearts and Foster Recovery, <i>Kasey Harlin, MA, CSAC I, CCDP-D</i> | 2C Functional Skills Assessment: PSR Interventions Based on Stages of Change (Cont.) |
| 5:15 pm | Adjourn for the day. Dinner on your own. | | |
| Friday, September 17, 2010 | | | |
| 7:45 am | Continental Breakfast | | |
| 8:45 | General Session The Seven Core Functions of Evidence-based Community Care <i>Walter Kisthardt, PhD</i> | | |
| 10:00 | Beverage Break | | |
| 10:15 | 3A Peer Specialist Panel, <i>Rosie Anderson-Harper, MA, Moderator</i> | 3B Enhanced PSR, <i>Virginia Selleck, PhD, Mark Brennan, MA, Jennifer Higginbotham, MSW, Lynn Mercurio, MA, Renee McNutt, MA</i> | 3C New Psychotropics Made Simple, <i>Roger W. Sommi, PharmD, FCCP, BCPP</i> |
| 11:30 | Conference Luncheon and Special Luncheon Presentations 12:15 pm: Recovery Stories 12:45 pm: Mental Health: Past, Present and Future, <i>Keith Schafer, EdD</i> | | |
| 1:15 pm | 4A Teaming with...Tomorrow: Skills to Build a High Performance Team, <i>Cal LeMon, DMin</i> | 4B Motivational Interviewing: Preparing People to Change—A Skill Building Training, <i>Craig S. Miner, MA, Lauren Moyer, MSW</i> | 4C Discovering Your Inner Potion, <i>Michael Art, MSW, David Strabala, LCSW</i> |
| 2:30 | Beverage Break | | |
| 2:45 | 5A Teaming with...Tomorrow: Skills to Build a High Performance Team (Cont.) | 5B Motivational Interviewing: Preparing People to Change—A Skill Building Training (Cont.) | 5C Discovering Your Inner Potion (Cont.) |
| 4:00 pm | Conference Adjourns | | |

Exhibitors

If interested in exhibiting at MOPRA's 25th Annual Conference, please complete the application available online at www.mimhtraining.com.

Designed for...

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.

Objectives

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

- Scrutinize and field test the survey tools used in the Learning Collaborative project in their own programs.
- Understand different approaches that can be used to facilitate a person-centered culture change.
- Understand how negativity affects our behavior, feeling, and the consequences of remaining negative.
- Gain an understanding of the importance of implementing a strengths and interest-based alternative treatment approach to mental health and substance abuse consumers.
- Witness first-hand the benefits of A.R.T.C. through presentation of qualitative outcomes data and viewing a multimedia presentation of the program in action.
- Develop appropriate CPRP interventions based on the identified deficit and the client's stage of change.
- Identify two characteristics of Illness Management and Recovery (IMR), and list two differences between IMR groups and non-IMR groups.
- Identify new treatment guidelines for managing psychiatric illness, and review the newest psychotropic medications on the market.
- Implement the Motivational Interviewing spirit, principles and strategies.
- Use specific interpersonal strategies to mitigate the negativity of an outlier on a work team.
- Describe how changes can be opportunities to make meaningful connections between thoughts, images, and the body and beyond.

Handouts

Starting **August 23**, speaker handouts, if available, can be printed from our web site. Go to www.mimhtraining.com and click on the MOPRA Conference. Handouts will **not** be available at the conference.

Presenters

Rosie Anderson-Harper, MA, Staff Training and Development Coordinator, Department of Mental Health, Jefferson City

Michael Art, MSW, Team Leader, CPRC Program, ReDiscover Mental Health, Kansas City

Mark Brennan, MA, Director of Recovery Services, Places for People, St. Louis

Kasey Harlin, MA CSAC I, CCDP-D, Agency-wide A.R.T.C. Program Director, Preferred Family Healthcare, Inc., St. Louis

Jennifer Higginbotham, MSW, LCSW, Assistant Director, Independence Center, St. Louis

Chuck Johnson, NCC, ACS, LCPC, Administrative Coordinator, Behavioral Health Services, Blessing Hospital, Quincy, Illinois

Walter Kisthardt, PhD, Professor of Social Work, Park University, Parkville

Cal LeMon, DMin, President, Executive Enrichment, Inc., Springfield

Renee McNutt, MA, NBCC, PLPC, PSR Supervisor, Comprehensive Health Systems, Hannibal

Lynn Mercurio, MA, LPC, NBCC, LCPC, RTC, CEO, Comprehensive Health Systems, Hannibal

Craig S. Miner, MA, LPC, CASAC, CCDP-D, Integrated Treatment Director, Places for People, St. Louis.

Lauren Moyer, MSW, LMSW, CCDP-D, CCGC, Special Projects Director, ReDiscover, Kansas City

Nicole Saltzman, LCSW, Program Director, Hope Center, Fulton

Keith Schafer, EdD, Director, Department of Mental Health, Jefferson City

Jean Schweer, Program Leader, Adult and Family Services, ReDiscover, Lee's Summit

Virginia Selleck, PhD, Director, Office of Transformation and Clinical Director of Comprehensive Psychiatric Services, Department of Mental Health, Jefferson City

James M. Smith, MEd, CPRP Supervisor, Pathways Community Behavioral Health, Inc., Jefferson City

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

David Strabala, LCSW, Therapist, ReDiscover Mental Health, Kansas City

Tish Thomas, MS, Project Director, CMS Person-Centered Planning Grant, Department of Mental Health, Jefferson City

Stacy Williams, BA, Residential Manager, Hope Center, Fulton

*Register, Session Descriptions, Directions, Exhibit Application, Handouts (after 8/23):
www.mimhtraining.com*

General Information

Conference Location, Lodging, and Registration Fees
 Conference and sleeping rooms are at the **Holiday Inn Select Executive Center, Columbia**. Room rates are \$87.95. Call the hotel directly at 1-800 HOLIDAY (465-4329); mention MOPRA. **Hotel cutoff date is September 12, 2010.**

The conference registration fee is \$160.00 for MOPRA members and \$195.00 for non-members. If you do not receive a written confirmation from MIMH within 10 days of registering, call 314.877.6419.

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 processing fee. 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, 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.

CONTINUING PROFESSIONAL EDUCATION

Continuing Education Units (CEUs)

The University of Missouri, 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 9.5 clock hours or 11.4 contact hours (1.1 CEUs) for this program. The MIMH credit will fulfill Clinical Social Work and Psychologist licensure requirements in the state of Missouri.

Substance Abuse

The Missouri Substance Abuse Professional Credentialing Board has pre-approved this training for 9.5 contact hours.

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

Register Several Ways

Online: www.mimhtraining.com

Mail with payment information to:
 Missouri Institute of Mental Health (MOPRA),
 5400 Arsenal St., St. Louis, MO 63139

FAX registration form along with purchase order to:
 314.877.6428

Questions: 314.877.6419

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| REGISTRATION FORM | | Holiday Inn Select Executive Center, Columbia, MO | |
| Missouri Psychiatric Rehabilitation Association Conference | | #11002 | |
| Registration Fees: | | <input type="checkbox"/> \$160.00 MOPRA member <input type="checkbox"/> \$195.00 non-member | |
| Name* (Please Print): | | | |
| Home Address*: | | Employer: | |
| City*: | | Work Address: | |
| State*: | | City: | |
| Zip*: | | State : | |
| Daytime Phone: | | Zip: | |
| Email Address: | | Profession: | |
| | | Degree: | |

*Required for Continuing Education

Check enclosed payable to: Missouri Institute of Mental Health
 Visa MasterCard Credit Card # _____
 Expires _____ Name on Card _____
 Signature _____
 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.

Register online at: www.mimhtraining.com

Or mail to:
 Missouri Institute of Mental Health (MOPRA)
 5400 Arsenal St., St. Louis, MO 63139

Or FAX registration to: 314.877.6428