

MOPRA 2010
Session Descriptions, Objectives, Presenters

Thursday, Opening Keynote, 1:00 to 2:00 pm

The Purpose and Principles of Strength-based Recovery Oriented Practice

In his opening keynote address Dr. Kisthardt highlights key concepts that serve to guide and direct strengths-based, person centered case management. These include the promotion of normal interdependence, citizenship, partnership, mutual expectations, reciprocity, collaboration and shared decision making. He will also share alternative concepts for the traditional understanding of “motivation”, “problem”, and “change.” Examples of evidence based practice will be shared and he will incorporate his original poetry and songs from his book “You Validate My Visions” and his CD “On Your Case” to illustrate key points in a creative and entertaining manner. Dr. Kisthardt will review the growing empirical evidence regarding the importance of humor, laughter, joy and hope in the recovery process. The six principles of strengths-based case management will also be reviewed.

Learning Objectives

- Gain a deeper understanding of the key concepts related to the purpose of helping in strengths-based case management.
- Learn the particulars of the Strengths Assessment and how to effectively utilize it in their work with people.
- Learn about the emerging field of “psychoneuroimmunology” and seek to integrate opportunities for joy, laughter and a spirit of celebration into each person’s individualized recovery and wellness plan.

Presenter

Walter E. Kisthardt, PhD

Dr. Kisthardt has been involved in the research, dissemination and training of the strengths model of case management for the past twenty-five years. He has worked with state policy makers and direct service providers in 43 states, England and New Zealand. Dr. Kisthardt has provided training and technical assistance in Missouri with several mental health programs, and provided statewide training in Missouri’s FUTURE’s program. He has also consulted with the Division of Children’s Services in Jackson County. He also provided training, technical assistance and researched the impact of strengths-based case management with the homeless in the Greater Kansas City area.

He is currently providing training for substance abuse counselors, mental health therapists, case managers, and Community Corrections in Kansas in work with people who struggle with co-occurring disorders. Dr. Kisthardt is the Chair and BSW Program Director at Park University.

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Thursday, 1A, 2:30 to 3:45 pm

WRAP™, Recovery and Person-Centered Planning: A Success Formula for Community Reintegration

The Hope Center was a culture change project funded by the CMS Person-Centered Planning Grant. The purpose of the project was to help transform all aspects of the Hope Center to be more person-centered – from treatment planning to hiring personnel. WRAP™, PATH, and other tools were used to help train and educate staff members in this transformation process.

Learning Objectives

- Understand different approaches that can be used to facilitate a person-centered culture change

- Enhance programming with persons with dual diagnoses and multi-system involvement
- Utilize a unique philosophy in hiring and training program staff members.

Presenters

Nicole Saltzman, LCSW, is the Program Director for the Hope Center, a transitional housing program administered by the Arthur Center in Fulton, Missouri.

Tish Thomas, MS, is the Project Director for the CMS Person-Centered Planning Grant

Stacey Williams, BA, is the Residential Manager for the Hope Center, a transitional housing program administered by the Arthur Center, Fulton, Missouri.

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Thursday, 1B, 2:30 to 3:45 pm

Staying Positive in a Rapidly Changing Environment

Three fourths of Americans describe their jobs as "stressful." Individuals working in the mental health field experience stress that affects our physical health, emotions, family and how we deal with clients, peers and supervisors. This program will focus on areas outside of work which are stressful, sources of work stress, how negativity affects our behavior and what happens when team don't work together.

Learning Objectives

- Define symptoms of a workplace with high stress
- Describe what is stressful about working in a mental health setting
- Understand how negativity affects our behavior, feeling, and the consequences of remaining negative.

Presenter

Chuck Johnson, NCC, ACS, LCPC, is the Administrative Coordinator of Behavioral Health Services at Blessing Hospital in Quincy, Illinois. He is a licensed clinical professional counselor in Illinois, Iowa and Wisconsin. He is a national board certified counselor and board certified approved clinical supervisor. He has 36 years of experience in the mental health field. He is the Chairman of the Mental Health Authority of West Central Illinois Education Committee, President of the Board of Directors of the Woodland Center, Chairman of the Adams County Work Group for Justice Involved People with Mental Illness, member of the Illinois Hospital Association Behavioral Health Constituency Committee Steering Committee and member of the Illinois Department of Public Health Suicide Prevention Coalition.

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Thursday, 1C/2C, 2:30 to 3:45; 4:00 to 5:15 pm

Functional Skills Assessment: PSR Interventions based on Stages of Change

Functional deficit in Activities of Daily Living and in Social Engagement is the mark of clients in a CPRP program. Assessing the person's functional deficits requires more than just finding out what the deficits are. Understanding from where the deficit originates, the client's stage of readiness to address the so-called deficit, and forming interventions that are appropriate to both the deficit and the client's stage of readiness for change are key components in treatment planning. This presentation will demonstrate how to assess functioning using motivational interviewing techniques, determining the client's stage of

readiness to change, and forming appropriate CPRP interventions based on the deficit and the client's stage of change.

Learning Objectives

1. Use motivational interviewing techniques in assessing functional deficits
2. Assess the client's stage of readiness to change specific identified deficits
3. Develop appropriate CPRP interventions based on the identified deficit and the client's stage of change

Presenter

James M. Smith, MEd, is currently a CPRP Supervisor in Jefferson City, MO for Pathways CBH, Inc. He also supervises the IDDT program within the context of CPRP services. He is credentialed with the MSAPCB as a Certified Co-Occurring Disorder Professional-Diplomate (CCD-D), and is in his provisional licensure period in order to obtain his LPC. He has worked in an adolescent substance abuse residential program and as a Community Support Specialist in Pathways's CPRP services prior to becoming a supervisor.

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Thursday, 2A, 4:00 to 5:15 pm

Lessons Learned from the Kansas City Learning Collaborative: A Review of Person-Centered Individual Planning

A Learning Collaborative was created in Kansas City as a project with the CMS Person-Centered Planning Grant. Three mental health centers and one state agency were invited to participate. The purpose of the collaborative was to provide selected teams from each agency with information on person-centered planning for persons with mental illness and to field test survey tools that would help determine the level of involvement in planning of persons served along with a review of documentation.

Learning Objectives

- Scrutinize and field test the survey tools used in the Learning Collaborative project in their own programs
- Understand the importance of enhancing the involving of persons served and family members in planning
- Reinforce the importance of person-centered planning in recovery for persons with mental illness

Presenters

Tish Thomas, MS, is the Project Director for the CMS Person-Centered Planning Grant.

Jean Schweer is the Program Leader for Adult and Family Services at ReDiscover in Lee's Summit, Missouri.

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Thursday, 2B, 4:00 to 5:15 pm

Achieving Recovery Through Creativity (A.R.T.C.): Using the arts to heal hearts and foster recovery

Participants will be given a snapshot of what one behavioral health agency, Preferred Family Healthcare, Inc. has done to incorporate the arts into their substance abuse and mental health programming in an effort to engage consumers, provide an alternative treatment tool, and reduce both internal and

external stigma. This presentation will provide an overview of the Achieving Recovery through Creativity (A.R.T.C.)® program. Basic program description, implementation and benefits, and qualitative outcomes data will be presented via lecture. In addition a multimedia presentation of the program in action will be shown.

Learning Objectives

- Participants will gain an understanding of the importance of implementing a strengths and interest based alternative treatment approach to mental health and substance abuse consumers.
- Participants will 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.
- Participants will gain information on how they can creatively engage the consumers with whom they work.

Presenter

Kasey M. Harlin, MA CSAC I, CCDP-D, is the agency-wide A.R.T.C. Program Director for Preferred Family Healthcare, Inc.. She received her Bachelor's Degree in Psychology from Northeast Missouri State University in 1993 and Master's Degree in Counseling from Truman State University (formerly Northeast Missouri State University) in 1998. She is a Certified Substance Abuse Counselor I and a Certified Co-occurring Disorders Professional in the State of Missouri and has been working in the substance abuse and mental health field for 17years. She has been employed at PFH for 17 years and has held several positions, including Therapist Aid, Associate Counselor, Therapist, Lead Therapist and Clinical Supervisor. Through her own personal journey of recovery, Ms. Harlin discovered the profound impact of the arts. A self taught artist, Ms. Harlin turned her own experiences into a tool to assist the consumers with whom she has worked for over a decade. Tapping into personal experience coupled with a realization that substance abuse and mental health consumers often need a less direct, safer means of expression to truly reach their full potential, she developed A.R.T.C.

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Friday, General Session, 8:45 to 10:00 am

The Seven Core Functions of Evidence-based Community Care

In Friday's plenary address Dr. Kisthardt identifies and discusses the seven core functions of Strengths-Based, Person-Centered Community Care. Strategies to promote effective "engagement" will be shared. In addition, the helping tools of the Person-Centered Strengths Assessment and Personal Wellness and Recovery Plan will be discussed. The critical role for "advocacy" will be explored and characteristics of the effective advocate will be presented.

Learning Objectives

- Learn the seven core functions of The Strengths Model of Case Management.
- Learn the format for documenting their helping efforts using the Personal Wellness/Recovery Plan in their work, and become aware of the many potential advantages in using this tool in their work.

Presenter

Walter E. Kisthardt, PhD

Dr. Kisthardt has been involved in the research, dissemination and training of the strengths model of case management for the past twenty-five years. He has worked with state policy makers and direct service providers in 43 states, England and New Zealand. Dr. Kisthardt has provided training and technical assistance in Missouri with several mental health programs, and provided statewide training in

Missouri's FUTURE's program. He has also consulted with the Division of Children's Services in Jackson County. He also provided training, technical assistance and researched the impact of strengths-based case management with the homeless in the Greater Kansas City area.

He is currently providing training for substance abuse counselors, mental health therapists, case managers, and Community Corrections in Kansas in work with people who struggle with co-occurring disorders. Dr. Kisthardt is the Chair and BSW Program Director at Park University.

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Friday, 3A, 10:15 to 11:30 am

Peer Specialist Panel

The mental health system is moving to a wellness model that empowers service participants to establish their personal mental health goals and manage both their mental health and plan of care through education and supports. One strategy in transforming the system is to recognize the power of consumers as providers. Emerging evidence strongly supports the need for peer support services as a cost-effective and complementary adjunct to professional mental health services and supports. Peer support services can move the system to focus less on illness and disability and more on wellness. A Peer Specialist can share lived experiences of recovery, share and support the use of recovery tools, model successful recovery behaviors and help consumers connect with other consumers and with their community at large. This session will present how peer support services are being implemented in Missouri.

Objectives

- learn about the Certified Missouri Peer Specialist initiative.
- understand the five stages of recovery.
- understand how to implement peer support services in their organization.

Presenters

Rosie Anderson-Harper, Moderator

Rosie Anderson-Harper is a Staff Training and Development Coordinator for the Missouri Department of Mental Health. She has championed the use of Certified Peer Specialists in the Missouri mental health system. Her belief is that recovery is possible and that peer support services can be a vital part of person-centered treatment.

Panel Members:

John Higgins, MSW, Community Alternatives, St. Louis

Sarah Earll, St. Louis Empowerment Center, St. Louis

Crystal Rodriguez, ReDiscover, Kansas City

Friday, 3B, 10:15 to 11:30 am

Enhanced PSR

A panel comprised of the Missouri Department of Mental Health Director of Office of Transformation and a representative from three affiliate agencies will discuss Illness Management and Recovery as the source of the PSR enhanced rate option and will delineate how each of the agencies implemented IMR programming within the PSRC.

Learning Objectives

- Identify at least two characteristics of Illness Management and Recovery (IMR)
- List at least two differences between IMR groups with non-IMR groups
- Describe why Mo. Dept. of Mental Health is promoting IMR as a program billing option

Presenters

Virginia Selleck, Ph.D., is the Director of the Office of Transformation, Missouri Department of Mental Health, and also serves as Clinical Director for the Comprehensive Psychiatric Services Division of DMH.

Previously, she was Supervisor of the Minnesota Department of Human Services, Adult Mental Health, responsible for policy direction, technical assistance, mental health grants management, and diverse liaison services between the counties, Tribes, provider organizations, and the state.

Prior to moving to Minnesota in 1992, Virginia worked at Thresholds in Chicago, Illinois, a psychiatric rehabilitation program that seeks to enable people with serious mental illness to live and work in the community. Virginia worked in all facets of the program, as well as supervising Thresholds' federally funded Research and Training Institute.

Her early career was spent in Southern Illinois as a “circuit riding” community mental health counselor with the Egyptian Public and Mental Health Department.

Virginia has worked in the rehabilitation field for over 30 years. She has experience in psychiatric rehabilitation program development, implementation, funding issues, legislation, and policy. She has a Ph.D. in Counseling Psychology from the School of Education and Social Policy, Northwestern University, and a Masters Degree in Rehabilitation Counseling from the Rehabilitation Institute, Southern Illinois University.

Mark Brennan, MA, is Director of Recovery Services, managing the Psychosocial Rehabilitation Center at Places for People, a non-profit agency founded in 1972 that provides individualized, high-quality and cost effective services to more than 480 adults with serious and persistent mental disorders. Mark, who holds a Masters degree in Human Development Counseling from the University of Illinois at Springfield, has been providing direct and non-direct care mental health services in inpatient and outpatient settings for 30 years. Prior to joining PFP in 2005, Mark developed community-focused educational programming at Missouri Institute of Mental Health in St. Louis and served as Director of Staff Development for St. Louis Psychiatric Rehabilitation Center in St. Louis, Missouri.

Jennifer Higginbotham, MSW, LCSW, received her Bachelor's degree in Psychology from Millikin University and her Master's degree from the George Warren Brown School of Social Work at Washington University. She is a Licensed Clinical Social Worker in the State of Missouri. Jennifer has 25 years of experience in the mental health field. She is currently the Assistant Director of Independence Center, an innovative psychiatric rehabilitation program serving adults with serious and persistent mental illnesses in the St. Louis community. The Center was founded in 1981 by a group of parents and concerned friends of people with mental illnesses who wanted to create a place where their loved ones could get assistance to live and work in the community, independently and with dignity. In her role as Assistant Director, she manages the clubhouse model program, which is the second largest clubhouse world-wide, serving over 240 members per day. In addition, she currently serves as a member of the Faculty for the International Center for Clubhouse Development, completing certification visits for clubhouse model programs.

Lynn Mercurio, MA, MS.Ed, CCMHC, NBCC, RTC, has been CEO of Comprehensive Health Systems, Inc., in Hannibal, for five years. She came to CHS from Illinois where she worked as a clinician and administrator in community mental health, child welfare, and in a private psychiatric group for a total of over 30 years, as well as establishing her own private practice which she continues on a part time basis. Lynn received a Masters Degree in Counseling from Western Illinois University, and began in the field as a high school counselor for three years before moving to the Community Mental Health Center of Fulton-McDonough Counties. Later she worked at Newman Clinic and Chaddock in Quincy, Illinois. Lynn is a Licensed Professional Counselor in the state of Missouri and a Licensed Clinical Professional Counselor in the state of Illinois.

Renee McNutt, MA, MSE, PLPC, NBCC, has been working at Comprehensive Health Systems, Inc., since 2000. She worked as a community support worker for four years. She has been supervising PSR for the past six years. In 2009, Renee graduated from Quincy University located in Quincy, ILlinois with a Master's of Science in Education degree in community counseling. In addition to being the PSR supervisor, she is currently a case manager supervisor. Renee is currently a provisionally licensed professional counselor in the state of Missouri and is a National Board Certified Counselor.

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Friday, 3C 10:15 to 11:30 am

PSYCHOTROPICS MADE SIMPLE

Psychotropic medications have had a dramatic effect on illnesses once thought hopeless and untreatable. People with these illnesses have been allowed to live healthy, productive lives. Case managers, social workers, psychologists, counselors, nurses, aides, and other front line mental health care staff are 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. The workshop will review some of the newer strategies and challenges managing major psychiatric illnesses, the recent advances in medication treatment, and preview some of the future drug prospects.

Learning Objectives

- Identify new treatment guidelines for managing psychiatric illness
- Review the newest psychotropic medications on the market
- Briefly discuss medications in the developmental pipeline for psychiatric illnesses

Presenter

Roger W. Sommi, PharmD, FCCP, BCPP, received his Bachelors in Pharmacy from the University of Wisconsin-Madison, his Doctor of Pharmacy from the University of Utah in 1985, and completed a Clinical Sciences Fellowship in Psychiatric Pharmacy Practice at the University of Texas at Austin and Austin State Hospital. He is currently Professor of Pharmacy Practice and Psychiatry at the Schools of Pharmacy and Medicine, University of Missouri-Kansas City, and Research Director of the Psychopharmacy Research and Education Program at the Center for Behavioral Medicine (formerly Western Missouri Mental Health Center).

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Friday Luncheon Presentations:

12:15 to 12:45 pm: Recovery Stories

12:45 to 1:15 pm: Mental Health: Past, Present and Future: Keith Schafer, EdD

Keith Schafer, EdD: The Missouri Mental Health Commission announced the appointment of C. Keith Schafer, Ed.D., as the director of the Missouri Department of Mental Health effective February 1, 2007. Schafer's appointment was confirmed by the State Senate on January 31, 2007.

Schafer, 60, of Jefferson City, previously served as director of the Department of Mental Health from 1986 to 1994. He most recently served as director of program development and senior account manager for Comprehensive NeuroScience, Inc.'s Behavioral Pharmacy Management Program and Medical Risk Management Program. Other experience includes Senior Vice President of Program Development for Value Behavioral Health/ Value Options, Executive Director of the National Child Welfare Leadership Center at the University of North Carolina at Chapel Hill, and Deputy Director of the Missouri Department of Social Services.

Schafer earned his bachelor's degree in education from Oklahoma Christian College in Oklahoma, City; a master's degree in education from Drury College in Springfield, Mo.; and a Doctor of Education-Administration degree from the University of Missouri at Columbia.

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Friday, 4A/5A, 1:15 pm to 2:30 pm; 2:45 pm to 4:00 pm

Teaming with...Tomorrow: Skills to Build a High Performance Team

One of the assets of a non-profit organization is its "people pool." When there is not enough in the budget to provide for new office furniture, programs or buildings, non-profits can always count on the value of the staff. This presentation will provide the rationale, skills and methods to build the "people asset" into a highly synergistic collection of human beings who are all committed to the same goals.

Learning Objectives

- Identify the affect characteristics in a potential team member which will guarantee cooperation and commitment to a work of a team.
- Use specific interpersonal strategies to mitigate the negativity of an outlier on a work team.
- Consistently lead, not manage, a work team to grow in scope of work and positive working relationships.

Presenter

Dr. Cal LeMon, President of Executive Enrichment Inc., in Springfield, Missouri is a professional speaker and organizational consultant. Dr. LeMon is known for his thorough audience research, dynamic platform presence, natural humor and his 25 years of experience coaching and training corporate leadership all over the world. Dr. LeMon has been designated by the Washington, D.C. international office of the Society of Human Resource Management, "...one of the ten best speakers in America today."

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Friday, 4B/5B, 1:15 to 2:30; 2:45 to 4:00 pm

Motivational Interviewing: Preparing People to Change- A Skill Building Training

We will assist in the development of an understanding of the fundamental concepts and skills of Motivational Interviewing (MI) and stages of change for use with individuals diagnosed with co-

occurring psychiatric, substance use and medical issues. Motivational Interviewing is a style and spirit which allows the helping professional to join and engage the pre-contemplative and contemplative individual in the change process. During this presentation, practitioners will learn motivational interviewing principles and techniques designed to process ambivalence, to elicit and strengthen responses for change, and to build a commitment to a change plan.

Learning Objectives

- Understand Motivational Interviewing in the framework of stages of change
- Implement the Motivational Interviewing Spirit, Principles and Strategies
- Build basic skill application of Motivational Interviewing

Presenters

Craig S. Miner, MA, LPC, CASAC, CCDP-D, received his MA degree in Counseling Psychology from Ball State University. He is a Licensed Professional Counselor, a Certified Advanced Substance Abuse Counselor, and a Certified Co-Occurring Disorders Professional - Diplomate in Missouri. Craig works full-time for Places for People as their Integrated Treatment Director. Additionally, Craig works as an Adjunct Assistant Professor at Saint Louis University teaching a course in substance abuse interventions.

Lauren Moyer, MSW, LMSW, CCDP-D, CCGC, received her MSW from UMKC. She is a Licensed Social Worker, a Certified Co-Occurring Disorders Professional – Diplomate, and a Certified Compulsive Gambling Counselor in the state of Missouri and Kansas. Lauren is the Special Projects Director for ReDiscover in Kansas City, Missouri.

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Friday, 4C/5C, 1:15 to 2:30; 2:45 to 4:00 pm

Discovering Your Inner Potion.

Embracing change in our lives is one of the most difficult things to do for ourselves and our clients. We may look too long for a pill, place or person outside ourselves for solutions. But if we could also stir our inner images, instincts and intuitions, we may discover our own “potion” there. The presenters demonstrate how fun it can be to connect both our internal and external clues and resources. The result can be better skills for coping, as well as for life meaning, direction and creativity. They will share traditional and personal stories that feed our imagination, information and practices to connect with the body’s wisdom, and film clips from a documentary made on synchronicity to help build bridges between mind, body and beyond.

Learning Objectives

- Describe how changes can be opportunities to make meaningful connections between thoughts, images, the body and beyond.
- Discover the value of holding inner tension to allow your “inner potion” to emerge.
- Understand the value of uncertainty.

Presenters

Michael Art, MSW, LCSW, is presently Team Leader in a CPRC program at ReDiscover Mental Health. He has been a therapist for 24 years. He has done study in alternative holistic healing approaches, including energy healing, working with chakras, EFT, which are supplemental for traditional psychotherapy.

David Strabala: LCSW, is a therapist working mostly with teens. He is also a storyteller, using a djembe drum to tell tales of heroes and tricksters, and a budding filmmaker.