


Holiday Inn Select Executive Center
2200 I-70 Dr., SW
Columbia, Missouri
OCTOBER 17-18, 2007

22nd
Annual

Missouri Psychiatric Rehabilitation Association (MOPRA) Conference



This comprehensive mental health educational program is designed for community support workers, social workers, psychologists, 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.

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

A MESSAGE FROM THE PRESIDENT OF MOPRA...

MOPRA is pleased to announce our 22nd Annual Conference to be held in Columbia on October 17-18. As is our tradition, we promise a varied program that highlights exceptional programs, creative solutions, and inspirational calls to action. Working from feedback provided at last year's conference, we have paid special attention to providing content for CPRP Supervisors, Case Managers, and Consumers. We believe we offer a program that will be beneficial to all of these audience members, as well as staff members from other agencies involved in the care and treatment of people with serious mental illnesses, family members, and staff of government or regulatory programs.

With expert planning assistance from the Missouri Institute of Mental Health, MOPRA has secured a top-notch team of talented teachers, nationally recognized experts and engaging speakers from programs across Missouri, the nation and the continent. Highlighting the bill are Victoria Maxwell of Sechelt, British Columbia and Bill Hobson of Seattle, Washington.

In most work settings, choosing who attends a two-day conference involves considering the best and brightest, the most hard-working and deserving of many, many talented and dedicated staff members. If you are reading this message, it is likely that you are considered a member of this elite group. On behalf of the MOPRA Board, Conference Planning Committee, and membership, I hope you find this year's conference inspiring, rejuvenating, and stimulating.

Sincerely,

Jan Heumann

MOPRA President

OBJECTIVES

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

- Describe new cost-benefit research regarding chronic homelessness.
- Define spirituality and how it can be helpful or harmful.
- Describe the factors which influence stigmatizing attitudes towards mental illness.
- Understand medical causes of excess mortality in persons with severe mental illness and the advantages of co-locating primary care and mental health services.
- Identify some causes for non-adherence to treatment and medication.
- Recognize common stress reactions in professionals after a disaster and describe three strategies for self-care.
- Describe the various manners of classifying drugs of abuse.
- Describe five of the eight National Alliance on Mental Illness (NAMI) Signature Programs and how they complement each other for a supportive recovery environment.
- List two informal learning activities that are used in the case management job that have assisted with learning the job.
- Explain how physicians make drug selections, and describe how to make suggestions about medications to physicians.
- Explain the principles underpinning Seattle's Housing First model of permanent supportive housing.
- List the A.B.C.Rs of crisis intervention, and explain the difference between stress and stressors.
- List what should be included in a short personal safety plan regarding your home, vehicle, or workplace.

SCHEDULE OF EVENTS

WEDNESDAY, OCTOBER 17			
10:00 am	Registration and Conference check-in		
1:00 pm	Welcome and Opening Remarks General Session: Funny... You Don't Look Crazy Keynote Speaker: Victoria Maxwell, BFA, BPP		
2:30	1A Spirituality and Mental Health <i>Willie Shields, Jr., MA, DM</i>	1B Mental Illness Stigma in Missouri: What It Is, Who It Affects, and How We're Fighting It <i>Michelle Patterson, MA;</i> <i>Rita McElhany, BS</i>	1C RESPECT Institute: Consumer-Driven Stigma Buster <i>Chaplain Jane Smith, DMin,</i> <i>along with panel of three consumers</i>
3:45	Refreshment Break		
4:00	2A Integrating Primary Care and Mental Health <i>Joseph J. Parks, MD</i>	2B Helping Those Who Help Others <i>Victoria Maxwell, BFA, BPP</i>	2C Keeping Your Mental Health Healthy <i>Janice Iseminger, PhD</i>
5:15 pm	Reception		
THURSDAY, OCTOBER 18			
7:30 am	Continental Breakfast and Announcements		
8:30	3A Psychological First Aid in the Aftermath of Disaster, Part I <i>Jenny Wiley, MSW, LCSW</i>	3B Drugs of Abuse, Part I <i>Isaiah Cummings, MA, LPC</i>	3C Ending Poverty One Step at a Time: The Missouri Valley Pettis County Circles™ Program <i>Larry Billingsley;</i> <i>Scott Ridgeway</i>
9:45	Refreshment Break		
10:00	4A Psychological First Aid in the Aftermath of Disaster, Part II <i>Jenny Wiley, MSW, LCSW</i>	4B Drugs of Abuse, Part II <i>Isaiah Cummings, MA, LPC</i>	4C NAMI Signature Programs in a Supportive Recovery Environment <i>Donna Kay Rittenhouse, EdD</i>
11:15	Luncheon and General Session General Session: New Approaches to the Problem of Chronic Homelessness Keynote Speaker: Bill Hobson, MA		
12:45 pm	5A What Makes an Excellent Case Manager <i>Janice Iseminger, PhD</i>	5B Psychotropic Medications 101, Part I <i>Daniel Strode, MD</i>	5C Housing First: The 1811 Eastlake Project <i>Bill Hobson, MA</i>
2:00	Refreshment Break		
2:15	6A The A.B.C.Rs of Crisis Intervention <i>Scott Bayliff, MS</i>	6B Psychotropic Medications 101, Part II <i>Daniel Strode, MD</i>	6C Staying Safe in a Dangerous World <i>Paul Schmitz; Larry Elliott</i>
3:30 pm	Conference Adjourns		

COURSE DESCRIPTIONS

KEYNOTE SESSIONS

Opening Keynote, Wednesday

Funny...You Don't Look Crazy

Victoria Maxwell, BFA, BPP

This is a high energy, irreverent one woman show of Victoria's bipolar escapades, capturing the world of work before, during and after bipolar disorder, anxiety and psychosis. 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. Audience members walk away with an expanded vision not of what's improbable, but instead of what is possible.

Luncheon Keynote, Thursday

New Approaches to the Problem of Chronic Homelessness

Bill Hobson, MA

The recent national emphasis on ending chronic homelessness has caused many communities to re-examine and modify their approach to homelessness. Research has shown the excessive expense chronic homeless individuals present to taxpayers in communities across the country. At the same time, a new housing model designed for this population has emerged as a promising practice and is seen by some as the principle tool for ending chronic homelessness.

BREAKOUT SESSIONS

1A Spirituality and Mental Health

Willie Shields, Jr., MA, DM

This presentation will show the relevance of spirituality to mental health, explain what it is/is not, how it can help or harm, and how to discuss spirituality with the client.

1B Mental Illness Stigma in Missouri: What It Is, Who It Affects, and How We're Fighting It

Michelle Patterson, MA; Rita McElhany, BS

In the summer of 2006, the Missouri Institute of Mental Health with the assistance of the Health and Behavioral Risk Research Center at the University of Missouri-Columbia conducted a random telephone survey of 1,001 adult Missourians. The survey was sponsored by the Missouri Department of Mental Health and the Federation of Missouri Advocates for Mental Health and Substance Abuse Services. The goal of the survey was to learn more about Missourians' attitudes toward persons with mental

illness, and to use the findings to inform a statewide anti-stigma campaign. Both the findings from the survey and the resultant anti-stigma campaign will be discussed.

1C RESPECT Institute: Consumer-Driven Stigma Buster

Chaplain Jane Smith, DMin, along with panel of three consumers

Consumers telling stories about their lives and struggles with mental illness helps to increase understanding in the community, institutions, and services. It opens doors to dialogue, understanding, and action with persons with mental illness. The RESPECT Institute, by providing opportunities for others to hear these varied and often poignant stories, encourages mental health professionals and family members towards more compassionate, dignified, and respectful care, and provides entry toward a fuller and more meaningful place in our communities.

2A Integrating Primary Care and Mental Health

Joseph J. Parks, MD

This presentation will address the issues of premature morbidity and mortality among persons coping with mental illness and/or chemical dependency problems and the opportunity to improve consumers' health and well-being.

2B Helping Those Who Help Others

Victoria Maxwell, BFA, BPP

Drawing on personal experience of living with bipolar disorder, anxiety and psychosis, Victoria will share what both inspired and annoyed her in relationships with her healthcare workers, as well as the tools that helped her accept the diagnosis and medication and enhanced her recovery. Particularly highlighted are actions and means health providers can offer to improve therapeutic alliance and ways to explore non-adherence and methods to overcome it. These "take-home," proactive strategies are applicable to care providers and mental health consumers alike, who are looking to increase the effectiveness of recovery plans and maximize the consumer-provider relationship.

2C Keeping Your Mental Health Healthy

Janice Iseminger, PhD

This session uses Maslow's Hierarchy of Needs as the basis to analyze activities to use in order to be healthy in the four quadrants of a person's holistic health. The quadrants are the spiritual, emotional, psychological, and physical domains.

3A-4A Psychological First Aid in the Aftermath of Disaster

Jenny Wiley, MSW, LCSW

This presentation will introduce the concepts of Psychological First Aid to attendees. Psychological First Aid is designed to reduce the initial distress caused by traumatic events, and to foster short and long-term adaptive functioning for persons who have survived a disaster or other event.

3B-4B Drugs of Abuse

Isaiah Cummings, MA, LPC

This presentation is geared to provide a foundation of knowledge and understanding of common drugs of abuse. Included within this framework is a focus on substance abuse and addiction terminology, drug classification, drug facts, drug statistics, and potential treatment options and considerations.

3C Ending Poverty One Step at a Time: The Missouri Valley Pettis County Circles™ Program

Larry Billingsley; Scott Ridgeway

The Missouri Valley Pettis County Circles™ program was started in October 2004 to end poverty in Pettis County by bringing agencies, faith-based organizations, civic groups, clubs, and mentors together. The Circles™ program works with families who are trying to transition from welfare to work. Our strength is through our allies. The role of each ally is to build community involvement, set goals for education, and to help the family budget their money.

4C NAMI Signature Programs in a Supportive Recovery Environment

Donna Kay Rittenhouse, EdD

NAMI Signature Programs address support, education and advocacy for family members, loved ones with a mental illness, the professionals who help them, and the community at large. Eight different NAMI Signature Programs are complementary so that persons experiencing several can expect the cumulative outcomes. Committed volunteers train to present the programs in areas throughout Missouri.

5A What Makes an Excellent Case Manager

Janice Iseminger, PhD

This program is based upon the research done by Dr. Iseminger's dissertation for her PhD and looks at the relationships between learning activities, domains of competence, and learning categories. Informal learning activities proved to be the best contributor to professional competence development.

5B-6B Psychotropic Medications 101

Daniel Strode, MD

This informative session on Psychotropic Medications is an important workshop for those interested in learning more about the role of drugs in treatment options. Dr. Strode will cover general characteristics and side-effects of antipsychotics, antidepressants, anxiolytics, and other medications used in psychiatry. He will focus on the factors that contribute to poor compliance including attitude, side-effects, and dosing regimen; discuss drug selection and how physicians are influenced and informed now and in the future; and will offer ideas about how to make suggestions to physicians about medical selection.

5C Housing First: The 1811 Eastlake Project

Bill Hobson, MA

This session will describe the fundamental principles underpinning the Housing First model of permanent supportive housing and examine how these principles are put into practice by examining the 1811 Eastlake Project in Seattle, Washington. It will also include a brief overview and preliminary data from a Robert Wood Johnson Foundation evaluation of the project's first year of operation.

6A The A.B.C.Rs of Crisis Intervention

Scott Bayliff, MS

A crisis can be any sort of immediate need that a person does not have—or believes that they do not have—the coping skills to meet. Crisis Intervention staff are told that they must be available and helpful to any of their clients at any time about any matter. Yet they cannot know everything—every coping skill that might be needed. This causes crisis intervention workers to have a crisis of their own and thus be less helpful to their clients in need. This overview will teach the way to conceptually organize and prepare oneself to be helpful anyway.

6C Staying Safe in a Dangerous World

Paul Schmitz; Larry Elliott

Oral presentation relative to safety measures one can utilize in three areas: Home/Residence, Vehicle/Transition Areas, and Workplace. Short presentation on simple physical escape techniques followed by Q & A.

SPEAKERS

Scott Bayliff, MS, Associate Executive Director, Places for People, St. Louis

Larry Billingsley, BS, Circles Coach, Missouri Valley Pettis County Circles™ Program, Sedalia

Isaiah Cummings, MA, LPC, Co-occurring Project Coordinator, New Horizons Community Support Services, Columbia/Jefferson City

Larry Elliott, President, Executive Defense Technology, St. Louis

William Hobson, MA, Executive Director, Downtown Emergency Service Center, Seattle, Washington

Janice Iseminger, PhD, Community Support Supervisor, Pathways Behavioral Health, Sedalia

Rita McElhany, BS, Community Development Director, Division of Comprehensive Psychiatric Services, Missouri Department of Mental Health, Jefferson City

Victoria Maxwell, BFA, BPP*, Mental Health Educator, Consultant, Actor and Writer, Crazy for Life Co., Sechelt, British Columbia

*Bachelor of Fine Arts/Bi-Polar Princess

Joseph J. Parks, MD, Chief Clinical Officer and Director, Division of Comprehensive Psychiatric Services, Missouri Department of Mental Health, Jefferson City

Michelle Patterson, MA, Research Specialist, Division of Child and Family Mental Health Services Research, Missouri Institute of Mental Health, St. Louis

Larry Ridgeway, Community Leadership Coordinator, Missouri Valley Pettis County Circles™ Program, Sedalia

Donna Kay Rittenhouse, EDD, previously Director of Volunteer Services and Family Support Specialist, National Alliance on Mental Illness (NAMI), St. Louis

Paul Schmitz, Vice President, Executive Defense Technology, St. Louis

Willie Shields, Jr., MA, DM, CSS Supervisor, Pathways Community Behavioral Healthcare, Warrensburg

Chaplain Jane Smith, DMin, Director of Mission Effectiveness, Fulton State Hospital, Fulton

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

Jenny Wiley, MSW, LCSW, Coordinator, Disaster Readiness, Missouri Department of Mental Health, Jefferson City

Register online:
www.MIMHTraining.com

GENERAL INFORMATION

Registration Fee

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.

MIMH will send you a written confirmation once your registration has been processed. If you do not receive a confirmation within 10 days, please contact MIMH at 314.877.6419.

Conference Location and Lodging

The conference will be held at the **Holiday Inn Select Executive Center, Columbia, Missouri**. Room rates are \$82.95. 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 **October 2, 2007**. Reservations will give you a confirmation number. Please keep for your records and give to hotel at check in. Directions to the hotel will be sent to you with your conference confirmation.

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 cancellations 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.

Accreditation

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 9.5 clock hours or 11.4 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. 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.

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

Online: www.MIMHTraining.com

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

Or FAX registration form along with purchase order to: 314.877.6428

22nd Annual Missouri Psychiatric Rehabilitation Association Conference (MOPRA)

#08001

October 17-18, 2007

Holiday Inn Select Executive Center
Columbia, Missouri

Registration Fee: \$160.00 for MOPRA members \$195.00 for non-members

Please register me for the following sessions:

Wednesday, 2:30 pm	Wednesday, 4:00 pm	Thursday, 8:30 am	Thursday, 10:00 am	Thursday, 12:45 pm	Thursday, 2:15 pm
1A _____	2A _____	3A _____	4A _____	5A _____	6A _____
1B _____	2B _____	3B _____	4B _____	5B _____	6B _____
1C _____	2C _____	3C _____	4C _____	5C _____	6C _____

NAME*		EMPLOYER	
HOME ADDRESS*		WORK ADDRESS	
CITY*		CITY	
STATE*	ZIP*	STATE	ZIP
DAYTIME PHONE ()		PROFESSION	
EMAIL ADDRESS		DEGREE	

*Required for Continuing Education Credit

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.

Register online at: www.MIMHTraining.com

Or mail to:

Missouri Institute of Mental Health (MOPRA)

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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