



**ALABAMA COUNCIL OF
COMMUNITY MENTAL HEALTH BOARDS**

“Making a Difference Together”

34th Annual Conference

**May 14– 15, 2008
Birmingham Jefferson Civic Center
Birmingham, Alabama**

www.accmhb.org

A Special Thanks to our 2008 Exhibitors and Sponsors

- ❖ **Alabama Department of Mental Health/Mental Retardation**
- ❖ **AIMHS Center & AL Coalition for Healthier Black Belt**
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 - ❖ **Comprehensive NeuroScience, Inc.**
 - ❖ **Contact: WINGS Across Alabama**
- ❖ **Dementia Education and Training Program (DETA)**
 - ❖ **Drug Education Council**
 - ❖ **Duke University**
 - ❖ **Eli Lilly Company**
 - ❖ **Essential Learning, LLC**
 - ❖ **Genoa Healthcare**
 - ❖ **Glenwood, Inc.**
 - ❖ **Harmony Information Systems, Inc.**
 - ❖ **Hillcrest Behavioral Health Services**
 - ❖ **Infinity/Civerex, LLC**

A Special Thanks to our 2008 Exhibitors and Sponsors

- ❖ Inner Harbour
- ❖ Janssen Pharmaceutica
- ❖ Jefferson Leasing
- ❖ Laurel Oaks Behavioral Health Center
- ❖ Lavender & Wyatt Systems, Inc. (LWSI)
 - ❖ NAMI Alabama
 - ❖ Negley Associates
- ❖ Netsmart Technologies, Inc.
- ❖ Non Profit Resource Center of Alabama (NRCA)
 - ❖ Norix Group, Inc.
 - ❖ Northeast Pharmaceuticals
- ❖ Oakleigh, Fowlkes & McPherson, Inc.
- ❖ Office of Deaf Services, AL DMH/MR
 - ❖ Options For Hope
 - ❖ Pfizer, Inc.
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 - ❖ Qol Meds
 - ❖ Qualifacts Systems, Inc.
- ❖ SafetyNet Youth Systems
 - ❖ SCATTC
 - ❖ Scioto
- ❖ Social Security Administration (PASS Cadre)
 - ❖ Southern Pharmaceutical Services
 - ❖ Staff Care
 - ❖ UNI/CARE Systems, Inc.
- ❖ Windsor Health Group, Inc.

Mission Statement

The **Alabama Council of Community Mental Health Boards** represents its members in the planning, development, and implementation of a comprehensive system of public mental health care. Our members are public providers responsive to the mental health needs of our community dedicated to achieving the highest standards of providing service.

Continuing Education

This activity is co-sponsored by the Alabama Council of Community Mental Health Boards and The Institute for Continuing Education. This conference offers up to 10.00 contact hours for most disciplines and up to 9.50 continuing education credits for Nursing Home Administrators. Continuing education credit is offered for the mental health disciplines listed below. Credit is awarded on a session-by session basis, with full attendance required at the sessions attended. Application packets for continuing education credit will be available at the Continuing Education Desk, located adjacent to the Conference registration area. If you have questions regarding continuing education, the program, presenters, or for a listing of learning objectives by session, please call 251-990-5030; Fax: 251-990-2665 or Diane Dill at 205-664-2114; Fax: 205-278-5380.

Counseling: The Alabama Council of Community Mental Health Boards is an NBCC approved continuing education provider and may offer NBCC approved clock hours for events that meet NBCC requirements. The Alabama Council of Community Mental Health Boards is solely responsible for all aspects of this program. NBCC Provider No. 5846.

Social Work: The Alabama Council of Community Mental Health Boards is approved as provider for social work continuing education by the Alabama Board of Social Work Examiners. Provider No. 008

Marriage/Family Therapy: The Alabama Council of Community Mental Health Boards is a recognized provider of continuing education activities by the Alabama Board of Marriage/Family Therapy.

Alcohol/Drug Abuse: The Alabama Council of Community Mental Health Boards is recognized by the Alabama Alcohol and Drug Abuse Association to provide continuing education for alcohol and substance abuse counselors. The Institute for Continuing Education is an approved provider of drug-alcohol continuing education by the **National Association of Alcoholism and Drug Abuse Counselors**. NAADAC Provider No. 00243.

Nursing: The Institute for Continuing Education is accredited as an approved provider of continuing education in nursing by the Alabama Board of Nursing, Provider No. 1124.

Nursing Home Administrators: Alabama Board of Examiners of Nursing Home Administrators has approved this program for a total of 9.5 hours. The Alabama Council of Community Mental Health Boards is recognized by the Alabama Board of Examiners of Nursing Home Administrators to provide continuing education for nursing home administrators.

Other Disciplines: Upon request and completion of the Conference, participants will be given a certificate of attendance, which they may submit, along with the course outline, to their respective professional organization for credit.

Learning Objectives: A listing of learning objectives by session will be available at the Conference. If you wish to review a listing prior to the Conference, please contact The Institute for Continuing Education at: 251-990-5030; FAX: 251-990-2665.

Skills Level: Beginner/Intermediate/Advanced

Non-Credit Events: Continuing education credit is not offered for luncheon, reception, or dinner events. If you have questions regarding activities for which continuing education credit is offered, please call Diane Dill at: 205-664-2114; or The Institute for Continuing Education at: 251-990-5030.

Schedule at a Glance

Wednesday, May 14th

8:30 am	Registration Opens [Exhibit Hall Open]
9:00 am – 10:15 am	Opening/Keynote Session* [Exhibit Hall Closed]
10:15 am – 10:30 am	Break [Exhibit Hall Open]
10:30 am – 11:45 am	Workshop Session I
12:00 pm – 12:45 pm	Box Lunch [Foyer/Exhibit Hall open]
12:45 pm – 2:00 pm	Workshop Session II
2:00 pm – 2:15 pm	Break [Exhibit Hall Open]
2:15 pm – 3:30 pm	Workshop Session III
3:30 pm – 3:45 pm	Break [Exhibit Hall Open]
3:45 pm – 5:00 pm	Workshop Session IV
5:00 pm – 6:30 pm	Reception

Thursday, May 15th

8:00 am	Registration Opens [Exhibit Hall Open]
8:30 am – 9:45 am	Workshop Session V
9:45 am – 10:00 am	Break [Exhibit Hall Open]
10:00 am – 11:15 am	Workshop Session VI
11:15 am – 11:30 am	Break [Exhibit Hall Open]
11:30 am – 1:00 pm	Awards Luncheon
1:15 pm – 2:30 pm	Workshop Session VII

Conference Objective

To provide a comprehensive training program for professionals, consumers, families, advocates, and others interested in mental health services and mental health programs in Alabama.

**The 2008 conference is co-sponsored by
THE CONTINUING EDUCATION
ASSOCIATES OF THE SOUTHEAST**

Conference Tracks

This year's conference includes seven (7) tracks:

Note: Key for Workshop Tracks:

(AD) Administrative (ACOD) Adolescent Co-Occurring*

(CH) Child Mental Health (CL) Clinical**

(C/R) Consumer/Recovery (GR) Geriatric***

(SA) Substance Abuse

*The Adolescent Track was coordinated by Gateway; Glenwood; UAB Department of Psychiatry, Substance Abuse Programs; Southern Coast ATTC; Alabama Youth Justice Coalition; Southern Juvenile Defender Center at the Southern Poverty Law Center; Jefferson, Blount, St. Clair Mental Health Authority; Creative Wellness; Family Court of Jefferson County; and the AL Department of Mental Health.

**The Children's Track was coordinated by the Child and Adolescent Division of the Alabama Department of Mental Health and Mental Retardation.

***The Geriatric Track was coordinated and co-sponsored by the Alabama Geriatric Mental Health Coalition.

Conference Committee

Ms. Robin Riggins, LCSW, Conference Chair
Executive Director, Baldwin County Mental Health Center

Ms. Marie Hood, LGSW, President, Alabama Council
Executive Director, Mental Health Center of North Central Alabama

Dr. Jim Dill, Executive Director, Alabama Council of
Community Mental Health Boards

Mr. Brian Davis, MSW
Executive Director, Mental Health Center of Madison County

Ms. Beverly Francis, LCSW
Executive Director, Eastside Mental Health Center

Mr. Chris Van Dyke, M.A.
Executive Director, Mental Healthcare of Cullman

Ms. Diane Baugher, CPA, CFO, Mental Health
Center of North Central Alabama

Ms. Linda Lakeman, President,
Continuing Education Associates of the Southeast

Ms. Diane Dill, Meeting Coordinator,
Alabama Council of Community Mental Health Boards

Wednesday, May 14, 2008

Registration

8:30 a.m.

Opening Session

9:00 a.m. ~ 10:15 a.m.

- **Welcome** **Ballroom B**
Marie Hood, LCSW, ACSW, President, Alabama Council
Executive Director, Mental Health Center of North Central Alabama

- **Keynote Presentation** **Ballroom B**

**Self-Improvement Through Precision Communication:
Using Your *Mind* for a Change**

~ Clifton Mitchell, Ph.D., Professor, Author, and National Speaker

Dr. Mitchell has a love for teaching and over 19 years experience as a trainer and motivational speaker. In his keynote address, he will deliver practical information in a uniquely entertaining, fast-paced style that is filled with examples from his years of experience in mental health. Dr. Mitchell will present the best cutting-edge approaches available for managing resistance which are highlighted in his book, *Effective Techniques for Dealing with Highly Resistant Clients*.

Thank you for turning off your cell phone during the conference sessions.

Workshop Session I

10:30 a.m. ~ 11:45 a.m.

- **(CL) Effective Techniques for Dealing with Highly Resistant Clients, Techniques for Managing Resistance – Part I** **Ballroom B**
Presenter: Clifton Mitchell, Ph.D., Professor, Author, & National Speaker

This is Part I of a III part session that will lead the participant to understand resistance control, stress control, conventional definitions, alternative perspectives, and the positive side of resistance.

- **(GR) OBRA Compliance & Update for Psychopharmacology** **Room N**
Presenter: Richard E. Powers, M.D., Geriatric Psychiatry, UAB

Persons in the mid-stage of dementia often have dangerous behavioral problems sometimes requiring psychotropic medications. This program focuses on key issues encountered in long-term care and during the survey process including appropriate management of dangerous behavioral problems and use of psychopharmacology in the elderly patient.

- **(CH) Why Try? Innovative Interventions That Provide Hope and Motivate Youth to Overcome Poverty, Violence, and Failure Room C**

Presenter: Christian Moore, MSW, LCSW, Founder, The Why Try Organization

This presentation provides the audience with several methods to teach emotional intelligence and life skills. This workshop emphasizes a strength-based approach to helping youth overcome their challenges using “multiple intelligence” methods emphasizing the youths’ learning styles, to teach in ways that youth will understand and remember.

- **(AD) Just Exactly What is a Conflict of Interest? Room A**

Presenter: Diane Baugher, MBA, CPA, Mental Health Center of North Central AL

The Internal Revenue Service has a question on Form 990 asking if you have a Conflict of Interest Policy. Do you want to answer NO on a document that could cost you your tax exempt status?

- **(ACOD) Creating a Culture of Positive Practices: Ballroom A
How Schools and Other Service Systems Make and Maintain a
Commitment to Respectful and Safe Practices (Part I)**

**Presenter: Sharon Lohrmann, Ph.D., Assistant Professor of Pediatrics,
New Jersey Positive Behavior Supports in Schools**

The purpose of this presentation is to build a case for educators, juvenile justice professionals, health/mental health professionals, etc. to adopt positive behavior support (PBS) as an integral part of the process used with youth who have behavior support needs. An overview of the PBS problem solving process along with key considerations for implementation will be shared.

- **(SA) Questions & Answers on Addiction Room B**

Presenter: Howard Wetsman, M.D., Chief Medical Officer, Townsend Recovery

This presentation takes a simple yet scientifically based approach to defining the disease of addiction and explaining the biological process that plagues today’s society. The presentation will outline the biological brain disease of addiction in an easy to understand format. The presenter will explain the role that dopamine levels play in addiction.

- **(C/R) The Role of Recovery in Inpatient Setting Room O**

**Presenter: Laura Van Tosh, Director, Consumer Affairs
Western State Hospital, Tacoma, WA**

Psychiatric hospital systems are gaining ground by adopting recovery-oriented programming and services for persons with severe mental illness. But, it is the sea-change experienced by patients and staff which support a Recovery Model's implementation. Recovery is a way of life. Western State Hospital has embarked upon a journey of recovery that has transformed patient care and quality.

Box Lunch Noon ~ 12:45 p.m. (Exhibit Hall)

Lunch 'n Learn ~

Pick up a box lunch in the foyer area & meet us for these presentations or network with your friends.

- "The Legacy of Charlie Pell" ... A Film Presentation by John Ziegler, Ph.D. Room O
- Come hear information on the transition of ALLKids Insurance & Blue Cross Ballroom A
- Clinical Directors Meeting Room N

Workshop Session II

12:45 P.M. ~ 2:00 p.m.

- **(CL) Effective Techniques for Dealing with Highly Resistant Clients, Techniques for Managing Resistance – Part II** Ballroom B

Presenter: Clifton Mitchell, Ph.D., Professor, Author, & National Speaker

This is Part II of a III part session that will lead the participant to understand resistance control, stress control, conventional definitions, alternative perspectives, and the positive side of resistance.

- **(GR) Prevention of Dementia** Room N

Presenter: Richard Powers, M.D., Geriatric Psychiatry, UAB

The lay press is filled with tips on preventing dementia. This seminar discusses the accepted and proposed risk factors for dementia and outlines the ten commandments of dementia prevention associated with health behaviors and lifestyle changes.

- **(AD) It Pays to Work** Room A

Presenter: Wanda Berry, Senior Community Work Incentive Coordinator, Alabama Work Incentive Network

Receive updated information regarding Social Security, Supplemental Security Income, Disability Programs, and Work Incentives. There are many services available to clients to advise them regarding employment; Ticket to Work, Alabama Work Incentive Network, and Career One Stop Offices. Receive a folder of helpful information with updated 2008 amounts.

- **(SA) Process Improvement Strategies for Engaging Clients In Substance Abuse Treatment** Room B

Presenter: Tammy Peacock, LCSW, Coordinator of Adolescent Services, Alabama Department of MH/MR Substance Abuse Services Division

Participants will learn tools which allow them to evaluate barriers that may interfere with their clients accessing and engaging in treatment. Participants will develop skills to enhance their client's engagement in the therapeutic process. Participants will gain a stronger understanding of how process improvements can significantly impact outcome measures.

Session II continued on Page 6.

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- **(C/R) Supporting Recovery and Community: Integration for People Leaving State Psychiatric Centers through the NYAPRS Peer Bridger Project** **Room O**

**Presenter: Mathew Mathai, CPRP, Deputy Director,
New York Association of Psychiatric Rehabilitation Services**

In this session, the participant will understand the basic structure of the Peer Bridger approach and model. The New York Association of Psychiatric Rehabilitation Services (NYAPRS) Peer Bridger Project has demonstrated the powerful impact of peer support when offered to people in six different state psychiatric centers across the state for over a decade. The project specializes in successfully supporting people who have high levels of recidivism or long periods of hospitalization to make the transition from hospital to living in the community.

- **(ACOD) Cutting & Non-Suicidal Self-Injurious Behavior In Adolescence and Young Adults** **Room C**

**Presenter: Dale Wisely, Ph.D., Clinical Psychologist
and Director of Student Services, Mountain Brook City Schools**

Rising in prevalence among young people in the last 15 years, self-injurious behavior, such as cutting, has spread from the most severely psychiatrically ill patients to young people who are higher functioning. This workshop will define the behavior, make critical comparisons and distinctions with suicidal behavior, and discuss common methods of working with and advocating for these young people.

- **(ACOD) Creating a Culture of Positive Practices: How Schools and other Service Systems Make and Maintain a Commitment to Respectful and Safe Practices (Part II)** **Ballroom A**

**Presenter: Sharon Lohrmann, Ph.D., Assistant Professor of Pediatrics,
New Jersey Positive Behavior Supports in Schools**

The purpose of this presentation is to build a case for educators, juvenile justice professionals, health/mental health professionals, etc. to adopt positive behavior support (PBS) as an integral part of the process used with youth who have behavior support needs. An overview of the PBS problem solving process along with key considerations for implementation will be shared.

- **(CL) Effective Techniques for Dealing with Highly Resistant Clients, Techniques for Managing Resistance – Part III** **Ballroom B**
Presenter: Clifton Mitchell, Ph.D., Professor, Author, & National Speaker
This is Part III of a III part session that will lead the participant to understand resistance control, stress control, conventional definitions, alternative perspectives, and the positive side of resistance.
- **(GR) Recognizing Delirium in the Elderly Client** **Room N**
Presenter: Yvonne Higdon, MSN, CRNP, Bureau of Geriatric Psychiatry
Delirium, a common problem in older patients, is present in 10-20% of elderly hospital admits. Most delirium is not recognized during hospital admission. Unrecognized or untreated delirium increases mortality and institutionalization of older patients. This seminar discusses recognition, treatment and prevention of delirium.
- **(CL) Protection & Advocacy Systems and the Ticket to Work and Work Incentives Act of 1999** **Room A**
Presenters: Alethea Pittman, J.D., Staff Attorney, Alabama Disabilities Advocacy Program; Nicolas A. Carlisle, J.D., Staff Attorney/Equal Justice Fellow, Alabama Disabilities Advocacy Program
The Alabama Disabilities Advocacy Program staff attorneys will provide a brief overview of the types of work incentives that are available to social security disability insurance and/or supplemental security income recipients per federal law. Emphasis will be placed on the role of protection and advocacy systems (P&As).
- **(C/R) Forensic Peer Specialists: An Emerging Workforce In Criminal Justice Programs** **Room O**
Presenter: LaVerne D. Miller, Esq. J.D., Director, Howie the Harp Peer Advocacy Center, New York, NY
This presentation will provide an overview of Howie the Harp Peer Advocacy Center's nationally recognized Forensic Peer Specialist Training Program. The lecture will discuss the rationale for developing the training program, essential elements of the program design, outcomes for both program recipients and consumers receiving services and funding strategies. The workshop will also discuss some of the challenges and strategies for overcoming these challenges.

Session III continued on Page 8.

- **(SA) Establishing a Recovery Oriented Substance Abuse Service Delivery System in Alabama** **Room B**

**Presenters: Sarah Harkless, M.Ed.,
Director of SA Community Programs, AL Department MH/MR;
Thomas Mike McLemore, M.S., President,
Alabama Voices of Recovery**

Alabama's Substance Abuse Services Delivery System sits at the brink of transformation to a recovery oriented system of care. The planned outcome is a system that is more responsive to the needs of people in or seeking recovery and their families. This workshop will examine the principles guiding this transformation and the policies and services planned to support it.

- **(ACOD) Substance Abuse as Co-Occurring Disorder and Contributor to Adolescent Morbidity** **Room C**

**Presenter: Dale Wisely, Ph.D., Clinical Psychologist and
Director of Student Services, Mountain Brook City Schools**

As with adults, substance abuse is a major source of, and complicating factor in, behavioral, psychological, and health status in adolescents. In this presentation, the relation of substance abuse to major psychological disorders, and to early death of adolescents will be summarized.

- **(ACOD) Trauma Informed Care (Part I)** **Ballroom A**

**Presenter: Lee A. Underwood, Psy.D., Licensed Clinical Psychologist, USA
Consulting Group, Virginia Beach, VA**

Gender specific and trauma informed care within the context of personal empowerment provides youth with necessary skills to develop a move forward attitude. Case studies will demonstrate difficult cases through the integration of gender specific, trauma informed care and personal empowerment to manage past and current painful emotional experiences of youth. Special treatment issues including substance abuse, depression, PTSD, personality and eating disorders will be examined.

- **(AD) Organizing A Successful Community Education Event** **VIP Room**

Presenter: Woodfin Gregg, MA, LPC, Therapist, NW AL Mental Health Center

Key ingredients of a mental health focused training event and more will be covered: site selection, publicity as an education tool, outreach to stakeholders, minimizing expenses, speaker recruitment, and getting CEU's approved for professionals.

- **(C/R) In Our Own Voice (IOOV)**

Room O

**Presenter: Mike Autrey, Director, DMH/MR Consumer Relations;
Allison Mosher, Peer Specialist, UAB Psychiatry;
Sylvia Richey, Advocate, WINGS and NAMI Alabama**

In Our Own Voice (IOOV) is a unique education program through the National Alliance on Mental Illness (NAMI). It offers insight into the recovery that is now possible for people with severe mental illness. Presenters will give personal testimonies.

- **(GR) What Good Will Just Talking Do?**

Room N

Presenter: Jeremy Couch, MA, LPC, Mountain Lakes Behavioral Health Care

This presentation will review documentation on the effectiveness of psychotherapy with the geriatric population. Common barriers encountered when providing services to the geriatric population will be addressed. Expected demographic trends of the “boomer” population and implications for providers of mental health services will be discussed.

- **(CH) Deaf Children and Mental Health**

Room C

**Presenter: Liz Hill, LGSW, Coordinator of Deaf Services, Region III
Alabama Department of MH/MR**

Because of a variety of factors, deaf children are more at risk for developing a serious emotional disturbance. To overcome these challenges, deaf children must be afforded culturally affirmative and linguistically accessible mental health services.

- **(SA) You Get What You Mold: Leading through Supervision, Coaching, & Mentoring**

Room B

**Presenters: Maranda Brown, M.S., Counseling & Psychology,
Adult Service Coordinator, SA Division, AL Department of MH/MR**

This workshop will focus on the supervisor’s role in shaping staff through development utilizing supervision, coaching and mentoring. This session is designed to help the supervisor to have an interactive dialogue with staff members to achieve positive outcomes increasing the employee’s sustainability.

- **(SA) 360° Client Care – The Future of Addiction Treatment**

Room A

Presenter: Michael Handley, Executive Director, Townsend Recovery

Addiction is a chronic disease and today’s treatment providers must adapt operations to the necessity of a lifetime continuum of care. Treatment of the future will require seamless movement through the continuum of services delivered by a multi-disciplinary team and true bio-psycho-social protocol which is the concept of treating the whole person, no matter where they are in the life cycle of their disease.

Session IV continued on Page 10.

- **(AD) Planning for the Future: Succession Plan Development**

Ballroom B

Presenter: Diane Baugher, MBA, CPA, Chief Financial Officer,
Mental Health Center of North Central Alabama

Are you ready to continue business without interruption after losing a strong and effective leader in your organization? A careful and considered plan of succession ensures the least possible disruption to the successor's responsibilities and therefore the organization's business and efficiency.

- **(ACOD) Trauma Informed Care (Part II)**

Ballroom A

Presenter: Lee A. Underwood, Psy.D., Licensed Clinical Psychologist,
USA Consulting Group, Virginia Beach, VA

Gender specific and trauma informed care within the context of personal empowerment provides youth with necessary skills to develop a move-forward attitude. Case studies will demonstrate difficult cases through the integration of gender specific, trauma informed care and personal empowerment to manage past and current painful emotional experiences of youth. Special treatment issues including substance abuse, depression, PTSD, personality and eating disorders will be examined.

Reception/Entertainment

Wednesday, May 14th ~ 5:00 p.m. - 6:30 p.m.

Exhibit Hall, East Meeting Rooms

Join us for Door Prizes, Hors d'oeuvres,

& Music from the past and present by JAMM Entertainment.

Thursday, May 15, 2008

Workshop Session V

8:30 a.m. ~ 9:45 a.m.

- **(C/R) The Alabama Association of Peer Specialists: Room O**
Reaching Across in Our Communities, Hospitals, and Lives

Presenters: Jon Brock, MPA, Peer Support Specialist, JBS MHA;
Shelia Scott, MSW, Peer Support Specialist, Eastside MHC;
Steve Puckett, B.S., Peer Support Specialist, UAB Psychiatry;
Allison Mosher, B.A, Peer Support Specialist, UAB Psychiatry;
Jo Sherer, M.Div., Peer Support Specialist, JBS MHA

Several peer support specialists will give objective and personal views about their work and statewide organizations – and dialogue with audience members about person central recovery, systems reform, and the future of Alabama’s public mental health services. Audience participation is encouraged.

- **(CL) Case Management for Adults –Refresher Course Room N**

Presenters: Karen Fowler, LCSW, Clinical Director, JBS MHA;
Nancy Payne, LCSW, Director MH Outreach & Supportive
Services, JBS MHA;
Robin Hunter, LPC, Inpatient Hospital Liaison, JBS MHA

This refresher course is for case managers who serve adults with serious mental illness. We will review the roles and functions of case managers, Medicaid eligibility requirements, documentation schedules, and discuss tips for balancing it all.

- **(AD) The Journey Toward Excellence: A Presentation Ballroom B**
by the Council on Quality and Leadership (CQL)

Presenter: Anne Buechner, B.A., Project Leader,
The Council on Quality and Leadership

The Council on Quality and Leadership (CQL) is the standard in quality in our field, the most credible and experienced voice for supports and services. If innovation, credibility, quality, and change mean something to you, we invite you to join CQL’s session. Discover how through the Basic Assurances® and Shared Values Alignment®, we can provide real solutions for your journey toward excellence.

- **(SA) Substance Abuse Adult Screening and Room B**
Placement Training

Presenter: Bob Wynn, M.A. Counseling Treatment
SA Division, Alabama DMH/MR

The workshop will focus on the training of adult direct care staff on how to use the UNCOPE and MINI screening instruments, in addition to training staff on the appropriate use of the adult placement assessment.

Session V continued on Page 12.

- **(ACOD) Practical Applications for Motivational Interviewing /Motivational Enhancement Therapy (Part I)** **Ballroom A**

Presenter: Thomas Welsh, M.A., VP, Training & Clinical Supervision, Operation PAR, Inc.

This presentation is designed to introduce participants to the principles and philosophy of Motivational Interviewing and Motivational Enhancement Therapy.

- **(CL) Providing Real Solutions for People with Medicare** **Room A**

Presenter: Robyn L. James, BSBM, Program Director, Alabama Department Senior Services

Information will be presented on how to provide the most optimum counseling and assistance to people with Medicare, information on the Medicare scams targeting them, and Alabama's new statewide initiative to better assist and protect their health insurance benefits. The SHIP and SMP Programs are Alabama's local face for people with Medicare.

- **(ACOD) Mental Health Needs of LGBTQ Adolescents: New Research into Best Practices** **Room C**

Presenter: Caitlin Ryan, Ph.D. ACSW, Director Adolescent Health Initiatives

This workshop will discuss the Best Practices in educational, correctional, and healthy systems as well as in family settings. Recent innovative work on the powerful effects of acceptance/rejection behavior on outcomes for LGBTQ youth will be provided.

Workshop Session VI

10:00 a.m. ~ 11:15 a.m.

- **(GR) Art Appreciation: Answering the Call of Care Giving** **Room N**

Presenter: Daniel Potts, M.D., Alabama Neurology and Sleep Medicine, P.C.

The focus of this seminar is to increase awareness of the need for respite for caregivers of dementia patients, and to emphasize the need to identify and develop talents and gifts that remain in dementia patients, so that a sense of self-worth can be maintained. Dementia daycare centers will be highlighted as a model through which to deliver such care.

- **(C/R) Peers Leading the Way, Transforming Strategies and Tools** **Room O**

Presenter: Paolo del Vecchio, MSW, Associate Director for Consumer Affairs, Center for MH Services, SAMHSA

This session will review various Federal resources available to promote mental health systems transformation with a focus on peer-led efforts. The President's New Freedom Commission on Mental Health called for recovery to be the expected and shared goal for all involved in mental health care delivery and that transformation to this end should be consumer and family-driven. Updates on Federal activities in this area will be shared.

Session VI continued on Page 13.

- **(CL) Reflections of Alabama’s Mental Health System** **Room A**

Presenter: Danielle Rowe, RN, DPA, Director, Office of Performance Improvement, Alabama Department MH/MR

This is a data sharing workshop that will introduce and review various sources of data and reports that are available and relevant to Alabama’s Mental Health System. It will include data from the Uniform Reporting System (URS Tables), the National Outcome Measures, the NAMI Scorecard and from other Consumer and Family Satisfaction surveys unique to Alabama.

- **(SA) What’s New that Helps: Integrating New Medications into Traditional Substance Abuse** **Ballroom B**

**Presenters: Anne Penney, Ed.D., East Alabama Mental Health Center;
Heather Rowe, M.D., East Alabama Mental Health Center;
Steve Smith, M.S., LPC, East Alabama Mental Health Center**

Substance addiction has long been recognized as a bio-social disease. Finally the field has access to medications that help treat the biological aspects of the disease. This panel will discuss the new medications and how to integrate them with traditional treatment; psychological, environmental, social, and spiritual components of recovery.

- **(ACOD) Sexual Promiscuity/Victimization of Adolescent Females (Part I)** **Room C**

Presenter: Denise Bray, M.S., President, Bray Associates

This workshop will present a national perspective on girls in the juvenile justice system, focusing on the profile of girls who get involved and their pathway into the system. The presenter will examine the importance of mental health concerns in creating gender responsive services, and examine girl’s six developmental domains as related to trauma and recovery.

- **(AD) Electronic Medical Records; if we could do it over again we would** **Room B**

**Presenters: Steve Dolan, B.S, CIO, AltaPointe Health Systems;
Mickey Turner, M.S., Executive Director, Calhoun-Cleburne MHC;
Mike Clark, Information System Manager, Calhoun-Cleburne MHC;
Bryan Libell, M.Ed., Executive Director, Riverbend Center for MH;
Alana Spampneto, Ph.D., Electronic Record Coord., Riverbend CMH;
Joanne Santos, MSSW,LGSW, South Central MHC**

This panel will share their experiences, good and bad, encountered during the transition to an electronic medical records system.

- **(ACOD) Practical Applications for Motivational Interviewing /Motivational Enhancement Therapy (Part II)** **Ballroom A**

Presenter: Thomas Welsh, M.A., VP, Training and Clinical Supervision, Operation PAR, Inc.

This presentation is designed to introduce participants to the principles and philosophy of Motivational Interviewing and Motivational Enhancement Therapy system.

Sheraton Civic Center Hotel ~ Grand Ballroom

Welcome Ms. Marie Hood, Council President

Musical Invocation..... Ms. Layla Humphries, Violinist

Lunch

Speaker.....Paolo del Vecchio, MSW

Associate Director for Consumer Affairs,

Federal Center for Mental Health Services -SAMSHA

"Our Shared Journey of Recovery"

Special Presentations.....

~ Alabama Council Awards Presentations

~ Door Prizes

- **(SA) Resources of the Co-Occurring Center for Excellence (COCE) – The Overview Papers** **Room B**

Presenter: Barbara Jackson, Ed.D, Co-Occurring Services Coordinator,
AL Department of DMH/MR

This presentation is designed to highlight and give an overview of some of the resource materials that have been developed and distributed by the leading national resource in the field of co-occurring mental health and substance abuse disorders (COD).

- **(SA) Strength-Based Approach with Substance Abusing Offenders** **Room N**

Presenter: Ida Terry, M.A., Training Director, REACH Training and Consulting

This workshop will demonstrate how the strength-based approach can assist clinicians and offenders in uncovering competencies, skills, and interests needed to build present and ongoing pro-social solutions. By working collaboratively, offenders and clinicians achieve both positive behavioral and attitudinal outcomes.

- **(AD) PASS and Work Incentives for Self Sufficiency** **Room A**
Presenter: Patricia Dowdell, PASS Specialist, Social Security Administration

This presenter will address assisting persons with disabilities in their return to work efforts through clarification on how work affects benefits, recognizing when Plan for Achieving Self Support (PASS) is appropriate, and how it can be used in conjunction with a vocational Rehabilitation Employment Plan, and the Ticket to Work assignment.

- **(CL) Helping Obese Individuals Overcome Depression and Low Self-Esteem** **Ballroom B**

Presenter: Habiba N. Shaw, Ed.D., Health & Nutrition Specialist

The purpose of this presentation is to provide the attendees with the latest guidelines that address depression among obese/overweight individuals.

- **(ACOD) Sexual Promiscuity/Victimization of Adolescent Females (Part II)** **Room C**

Presenter: Denise Bray, M.S., President, Bray Associates

This workshop will present a national perspective on girls in the juvenile justice system, focusing on the profile of girls who get involved and their pathway into the system. The presenter will examine the importance of mental health concerns in creating gender responsive services, and examine girl's six developmental domains as related to trauma and recovery.

- **(ACOD) Practical Applications for Motivational Interviewing /Motivational Enhancement Therapy (Part III) Ballroom A**

Presenter: Thomas Welsh, M.A., VP, Training and Clinical Supervision, Operation PAR, Inc.

This presentation is designed to introduce participants to the principles and philosophy of Motivational Interviewing and Motivational Enhancement Therapy.

- **(CL) Identity Theft: Help the Individuals You Serve Protect Themselves Room O**

Presenter: Kimberly Sturdivant, Ph.D., Advocate, AL Department MH/MR Multiple Needs Child Office, DMH/MR

This program will present ideas and resources which professionals can utilize to help the individuals they serve protect themselves from the serious crime of identity theft. In addition, the question of what to do should one become a victim will be answered.

Special Thanks to those that Contributed Door Prizes

- **AIMHS Center & AL Coalition for Healthier Black Belt**
- **Gwen Adams**
- **ALL KIDS Children's Health (CHIP)**
- **AltaPointe Health Systems, Inc.**
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- **Drug Education Council**
- **East Alabama Mental Health Center**
- **East Central MH/MR Center**
- **Eastside Mental Health Center**
- **Glenwood, Inc.**
- **Greil Memorial Hospital**
- **Indian Rivers Mental Health Center**
- **JBS Mental Health Authority**
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- **Mental Health Center of Madison County**
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- **Mountain Lakes Behavioral Healthcare**
- **NAMI Alabama**
- **Northwest Alabama Mental Health Center**
- **Nonprofit Resource Center of Alabama (NRCA)**
- **Options for Hope**
- **Riverbend Center for Mental Health**
- **SafetyNet Youth Systems**
- **South Central Mental Health Center**
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Coordinators of the Children's Track: Child and Adolescent Division of the Alabama Department of MH/MR —Ms. Kim Hammick

Coordinators of the Geriatric Track: Alabama Geriatric Mental Health Coalition - Ms. Ashley Jones, Mental Health Center of Madison County, Huntsville, Alabama

Coordinators of the Consumer/Recovery Track:

Mr. Jon Brock, JBS MHA & Mr. Greg Carlson, Glenwood, Inc.

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