

2019 CREATING COMMUNITY CONNECTIONS BEHAVIORAL HEALTH CONFERENCE

Crowne Plaza Airport Expo Center
Louisville, KY
October 29-30, 2019



Convened by:

Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities and
Eastern Kentucky University Training Resource Center



29

TUESDAY

AGENDA

7:30am-10:30am

On-Site Check In

8:30am-10:00am

Plenary: Attitude is Everything

Presenter: Sam Glenn

Location: Crowne A Ballroom

10:00am-10:30am

Exhibits and Networking

10:30am-12:00pm

Session I

12:00pm-1:30pm

Buffet Lunch

Location: Crowne A Ballroom

1:30pm-4:30pm

Session II

Exhibit Hall Hours: 8:00am-5:00pm

Visit the TRIS Cafe in the Elliott room during your breaks!

Additional information on Page 4.

30

WEDNESDAY

AGENDA

7:30am-10:30am

On-Site Check In

8:30am-10:00am

Plenary: US 2020 Census: Why it Matters So Much!

Presenters: Claudia Peralta-Mudd, Carolyn S. Franklin and Rachele Seger

Location: Crowne A Ballroom

10:00am-10:30am

Exhibits and Networking

10:30am-12:00pm

Session I

12:00pm-1:30pm

Buffet Lunch

Location: Crowne A Ballroom

1:30pm-4:30pm

Session II

Exhibit Hall Hours: 8:00am-5:00pm

Visit the TRIS Cafe in the Elliott room during your breaks!

Additional information on Page 4.

CONFERENCE MOBILE APP

Download the mobile conference app to make your experience better!

1. On your mobile device visit: <http://my.yapp.us/CCC2019>
2. Click Download- this will take you to the App store where you download the YAPP (free app)
3. Click "Add an Existing Yapp"
4. The CCC App should appear



2019 CCC App Features: Conference Schedule, Exhibitor Information, Event Notifications, Photo Gallery (for you to post and share memories throughout the conference).

CEU INFORMATION

All offerings are approved for continuing education hours for the three professional types, certified in Kentucky by the KY Department for Behavioral Health, Developmental and Intellectual Disabilities (DBHDID): Targeted Case Managers, Community Support Associates and Peer Support Specialists. Individuals wishing to obtain KY Professional Licensure Board CEUs for this event will be responsible for requesting approval from the Boards on their own. Each day will offer a full 6 credit hours as long as the participant attends the Morning Plenary, and Session I and Session II workshop selections.

SELECTED WORKSHOPS

In the space provided below write your selected workshops and locations to help you plan your day(s) at the conference.

Tuesday, October 29

Plenary: Attitude is Everything, Sam Glenn

Location: Crowne A Ballroom

Session I: _____

Location: _____

Session II: _____

Location: _____

Wednesday, October 30

Plenary: US 2020 Census: Why it Matters So Much! Panel Presentation

Location: Crowne A Ballroom

Session I: _____

Location: _____

Session II: _____

Location: _____

CONFERENCE EXHIBITORS

Our Lady of Peace

2020 Newburg Road, Louisville, KY 40205
kentuckyonehealth.org/ourladyofpeace
502-432-2011

New Vista

1351 Newtown Pike, Lexington, KY 40511
www.newvista.org
800-928-8000

WellCare

13551 Triton Park Blvd., Ste. 1800
Louisville, KY 40223
www.wellcare.com
502-253-5101

KVC Behavioral HealthCare Kentucky, Inc.

2250 Thunderstick Drive, Suite 1104
Lexington, KY 40505
www.kvcky.org
859-254-1035

LifeSkills, Inc. Premium Healthcare Services

380 Suwannee Trail St., Bowling Green, KY
www.lifeskills.com
270-901-5000

Kentucky Partnership for Families and Children, Inc./TAYLRD

207 Holmes Street, Frankfort, KY 40601
kypartnership.org or taylrd.org
502-875-1320

Anthem Medicaid

13550 Triton Park Blvd., Louisville, KY 40223
www.anthem.com/kymedicaid
855-690-7784

Passport Health Plan

5100 Commerce Crossings Drive, Louisville, KY
www.passporthealthplan.com
502-585-7900

Pathways, Inc.

Bath Ave., Ashland, KY 41105-0790
pathways-ky.org
606-784-4161 or 800-562-8909

Kentucky Autism Training Center

1405 E. Burnett Avenue, Louisville, KY, 40217
www.kyautism.org
502-852-4631

Southeast Addiction Technology Transfer Center (Southeast ATTC)

720 Westview Drive SW, Atlanta, GA, 30310
www.attcnetwork.org/southeast
404-752-1016

St. Joseph Children's Home

2823 Frankfort Avenue, Louisville, KY 40206
www.sjkids.org
502-893-0241

Short Stuff Gifts--Gifts for All Occasions

Division of Family Resource & Youth Services Centers

275 East Main Street, 3CG, Frankfort, KY 40621
<https://chfs.ky.gov/agencies/dfrcvs/dfrysc>
502-564-4986

EXHIBIT HALL OPEN

8:00AM-5:00PM DAILY

MORNING PLENARY SESSIONS

TUESDAY PLENARY - OCTOBER 29, 8:30AM-10:00AM

Attitude is Everything

Presenters: Sam Glenn

Room: Crowne A Ballroom

With Sam Glenn, attitude changes everything. At one time, Sam Glenn was barely getting by working odd jobs at night. He was negative, depressed and sleeping in his car or on borrowed floor space. It was a series of positive events from knocking over the legendary Zig Ziglar at a buffet to simple cups of coffee with good friends that gave Sam what he calls a KICK IN THE ATTITUDE to turn his life around. Sam changed his negative outlook and began working on developing a more positive attitude. As Sam's attitude changed, everything changed. He discovered renewed purpose, happiness and humor. For the past 20 years, Sam has become regarded as one of the most fun, entertaining and inspirational conference speakers. In addition, Sam is gifted artist and author of 23 books that focus on personal and professional development.

WEDNESDAY PLENARY - OCTOBER 30, 8:30AM-10:00AM

US Census 2020: Why it Matters So Much!

Presenters: Claudia Peralta-Mudd, Carolyn S. Franklin and Rachelle Seger

Room: Crowne A Ballroom

A panel of guests who will share information about why the 2020 Census is so importance to KY and how we can all become involved in making it a successful count.

Did you know...

We are offering a special opportunity for anyone who may have questions or need assistance with their DBHDID TRIS account. The DBHDID TRIS Cafe can assist with: questions about your account, help with getting your account set up, ensure your account is currently meeting regulation compliance, and assist DBHDID Training Providers.

TRIS Cafe | Location: Elliott

Hours: Monday and Tuesday Evening from 5:00-6:30pm

Tuesday and Wednesday: 7:30-8:30am, 10:00-10:30am, 12:00-1:30pm

Session I - 6 Workshop Choices
10:30am-12:00pm | 1.5 Credit Hours Each

**Psychotropic Medications 101:
 What you Need to Know**

*Presenter: Jeanne Keen, RN, M.S., ICADC
 Nurse Service Administrator*

Room: Crowne B

This session is a repeat of the session offered on Wednesday morning.

This workshop will focus on the common mental health illnesses seen in adults and children, Bipolar, Schizophrenia, Anxiety Disorders, PTSD and Attention Deficient Disorder. Their symptoms and treatment will be discussed along with an emphasis on the classes of psychotropic medications used their treatment and possible side effects or drug interactions. professional and personal setting.

Trauma Informed Care: An Overview

Presenter: Beck Whipple, B.S.

Room: Crowne C

This is an introductory level training aimed at educating participants about the continuum of Trauma-Informed Care and the pervasiveness of trauma in our communities. Participants will learn about types of trauma, its pervasiveness, and long-term outcomes from the effects of trauma, particularly as it relates to individuals receiving behavioral health services.

IPS Supported Employment: A Label Does Not Define Me or Who I Am Meant to Be!

Presenters: Lori Norton & Margaret Lopresto

Room: Whitley

This presentation will include an overview of the Individual Placement and Support (IPS) model for Supported Employment. IPS is an evidence-based practice that helps people with behavioral health conditions work at jobs of their choosing. Participants will learn about the role of work in a person’s recovery as well as the eight core principles that guide the model. This session will include information on what is happening with IPS in Kentucky.

Ethical Dilemmas in the Digital Age

Presenter: Ed Johnson, LPC, LAC, MAC, CCS

Rooms: Russell/Shelby

Social networking sites, text messages, Google, email and the Internet: digital media have become ubiquitous in the everyday life of addiction professionals and the people they serve. Incorporating digital media Professional Ethics were not covered when the majority of addiction professionals were in graduate school, and they open up multiple issues with respect to self-disclosure and professional boundaries. This didactic and experiential training will allow participants to gain an increased understanding of the dynamics of these various digital media and how to safely navigate them in a professional and personal setting.

Title: What it CIT? (Crisis Intervention Team)

Presenters: Denise Spratt & Ryan Wilfong

Room: Coronet A

This session will provide an overview of the history and current implementation of CIT in KY. This will include a discussion of the CIT Boards developed across KY. Anyone working with individuals with mental health or substance use disorders should know about CIT and this is your chance.

ADA Compliance and What You Need to Know

Presenters: Michelle Niehaus, LCSW & Jennifer Hicks

Room: Coronet B

Do you work with individuals covered under the Americans with Disabilities Act (ADA)? If so, do you understand it? Or how to explain the rights it provides to the individuals on your caseload? During this session we will provide an overview of the law. Specific examples will be provided of how ADA can be used to advocate for access and stories of where denied access affected individuals' lives. You will leave with resources to help better understand the ADA and identify community partners who provide accommodations or can help you advocate.

Session II - 6 Workshop Choices

1:30pm-4:30pm | 3 Credit Hours Each

Person Centered Recovery Planning: A Behavioral Health Overview

Presenter: Melissa Runyon, M.S.

Room: Crowne B

This workshop will provide an overview of the concept of Person Centered Recovery Planning as a process and will promote a greater understanding of using person first language and actions. The contrast between the traditional "medical model" and a person centered model of care will be explored.

If Addiction is not Willful Bad Behavior, then What is it?

Presenter: James Campbell, LPC, LAC, MAC, CACII

Room: Crowne C

Science is clear: addiction is a chronic medical condition. Most social services providers, however, treat it like bad behavior that enough punishment will correct. By comparing addiction to other chronic medical conditions, participants will explore more effective ways of working with people with substance use disorders to achieve better outcomes.

Motivational Interviewing (MI) & Open Ended Questions

Presenter: Jeremy M. Byard

Room: Whitley

This session will explore the method of Motivational Interviewing and discuss how to incorporate these skills into your daily work. MI can be an extraordinary tool for practitioners as we enhance our ability to listen and communicate with those we serve while allowing them the opportunity to make their own decisions. This presentation is based on the definition used by Miller and Rollnick (2013): "Motivational interviewing is a style of communication that involves strategic use of questions and statements to help clients find their own reasons for change." It is an "evidence based, person-centered method for addressing the common problem of ambivalence about change." Session will offer the following: Brief history of Motivational Interviewing; Basic and fundamental principles of MI; MI skill building; and Interactive experiences to illustrate the facilitation of MI.

Substance Use Disorders 101

Presenters: Heath Dolen, B.A. and Maggie Schroeder, M.A., LCADC

Rooms: Russell/Shelby

This session will provide an overview of Substance Use Disorders and the treatment modalities available to address them. It is intended for those who may be more experienced working with individuals with mental health disorders but all are welcome.

Self-Care & Personal Safety

Presenter: Beck Whipple, B.S.

Room: Coronet A

This workshop provides good information for all behavioral health staff working in the community (homes, schools, on the road). Learn about ways to keep yourself mentally healthy and physically safe. Presenter will share information and will encourage participants to share their own lessons learned with each other.

Engaging Transition Age Youth for Improved Outcomes

Presenters: Donnah Clark, Amanda Salyers, Harley Nolan

Room: Coronet B

This workshop is designed to support providers in delivering a culturally and developmentally appropriate range of services to meet the needs of transition age youth within the context of helping relationships. Additionally, a variety of engagement tools will be reviewed including the Search Institute's 40 Developmental Assets.

Session I - 6 Workshop Choices

10:30am-12:00pm | 1.5 Credit Hours Each

Psychotropic Medications 101*Presenter: Dr. William D. Lohr***Room: Crowne B****This session is a repeat of the session offered on Tuesday morning.**

This workshop will focus on the common mental health illnesses seen in adults and children including Depression, Bipolar, Schizophrenia, Anxiety Disorders, PTSD and Attention Deficient Disorder. Their symptoms and treatment will be discussed along with an emphasis on the classes of psychotropic medications used in their treatment and possible side effects or drug interactions.

Working with Gender Creative Youth and their Communities*Presenter: Beck Whipple, B.S.***Room: Crowne C**

The purpose of this training is to educate and raise awareness about Gender Identity and how communities can support transgender and gender non-conforming individuals. Participants will have an opportunity to learn, share and grow in their own awareness.

Suicide Prevention and Safety Planning*Presenter: Adam Trospen, MSW***Room: Whitley**

Crisis can happen to anyone, at any time. Individuals dealing with challenges related to behavioral health diagnoses are at increased risk to encounter a crisis that exceeds their ability to cope. The collaborative process of developing a crisis plan prior to a crisis occurring can help to ensure that individuals have the knowledge and skills to better navigate such occurrences. This course will focus on increasing participants' ability to aid clients in developing crisis plans, and identify the essential components of such a plan. Additional, considerations related to substance use and suicide will be discussed.

The Language of Recovery: How to Share the Reality of Recovery with Others*Presenter: Ed Johnson, LPC, LAC, MAC, CCS***Rooms: Russell/Shelby**

Persons in recovery and allies routinely talk more about the "what it was like" than recovery. Using inaccurate words perpetuates the stigma of addiction. This session will help attendees learn how to share the reality of recovery so that people not in recovery can hear and understand it.

**Work Incentives and Assistance Programs/
DB101 on Line Portal**

*Presenters: Donna Mundy, Work Incentives
Planning and Assistance (WIPA) Program
Director*

Room: Coronet A

This session will provide an easy to understand presentation about the two main types of Social Security benefits for persons with disability. Whether you are receiving disability yourself or are working with clients that are receiving disability, this workshop will provide information about work incentives and tools available to persons receiving disability and what happens if you are seeking employment or already working.

**Human Trafficking: Street Signs and
Recruitment Methods**

Presenter: Allyson Taylor

Room: Coronet B

This workshop will provide insight into what human trafficking really is and how you can help identify victims and get them help.

Session II - 6 Workshop Choices

1:30pm-4:30pm | 3 Credit Hours Each

**Becoming Recovery Champions: From
Addiction to Recovery**

Presenter: Amanda Foley-Byard, Ph.D.

Room: Crowne B

This is an introductory workshop for anyone who would like to become more recovery-oriented in their practice serving individuals with substance use disorders. Beginning with the neurobiology of addiction and ending with Recovery-Oriented System of Care, participants will develop the understanding and tools necessary to become champions for recovery in the agencies for which they work as well as their own communities.

Engaging Families in Treatment and Recovery

*Presenter: James Campbell, LPC, LAC, MAC,
CACII*

Room: Crowne C

Families are our first teachers for how to interact with the world. Not all families, however, are equally equipped to socialize their children in healthy ways. This session explores the continuum between dysfunctional and functional families, roles within those families, and how we carry those family roles from childhood into adult relationships. Codependency and its impact both on the person with an active substance use disorder as well as those who love them is specifically examined. Participants will also gain practical interventions to use in aiding families in their recovery.

Natural Supports: Do They Really Need to be Involved in Treatment?

Presenters: Brittany Roberts & Barbara Greene

Room: Whitley

This workshop focuses on supports for services with children and youth but many of the ideas are useful when working with anyone. Participants will gain a greater awareness of the benefits of Natural Supports and will how to build them for your clients and families.

The Peer Voice

Presenters: Sharon Jenkins Tucker, Roslind Hays and Chris Johnson (Sponsored by the MHTTC)

Rooms: Russell/Shelby

This training will instruct **mental health** peers on ways to gather data from large and small community groups and build support for mental health recovery. Participants will gain an understanding of how individuals, communities, and organizations can work collaboratively to produce successful mental health recovery outcomes. After completing the training, participants should be able to: Discuss the importance of the peer voice in developing and delivering services in the behavioral health community; Describe the benefits of collaborating with allied organizations; Discuss the role of the behavioral health peer community in providing diverse perspectives; Identify strategies for including the peer voice in adapting data collection tools; and Create a plan to develop a system of information gathering for peer populations.

Reaching for their Dreams: Using Recovery Capital as the Foundation for Recovery Planning

Presenter: Sharon Hesselstine, B.A.

Room: Coronet A

This 3-hour session will focus on the key function of recovery planning for Peer Support Specialists. We know that *“increases in recovery capital can spark turning points that end addiction careers, trigger recovery initiation, elevate coping abilities, and enhance quality of life in long-term recovery”* (Laudet, Morgan, & White, 2006) In this session participants will have an opportunity to build the skills to assess Recovery Capital and support those in early recovery to develop person centered recovery plans that include attainable goals to support the growth of recovery capital. This will be a hands-on session that will include practice using the recovery capital scale and tools designed to support recovery planning.

Criminal Justice Interface: Discussion of Expungement, Community Re-Entry & Employment

Presenters: Jarvis Livingston, Courtney Ham & Jason Merrick

Room: Coronet B

This workshop is designed to demonstrate how justice involved individuals with substance use disorders can overcome barriers to successful reintegration into our communities. Topics will highlight Kentucky initiatives to reduce recidivism and save lives by providing evidence based therapeutic treatment, aftercare and recovery support services; as well as empower individuals to secure and retain employment upon release.