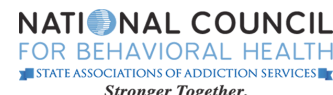


TRANSFORMING CARE CONFERENCE: EVIDENCE-BASED MEDICINE AND THE FUTURE OF BEHAVIORAL HEALTH AND INTELLECTUAL DEVELOPMENTAL DISABILITIES CARE JULY 29-30, 2015 • ASHEVILLE NC

Jointly provided by



With the support of



Time: Registration: 8:00 am - 8:30 am each day
Program: 8:30 am - 4:45 pm each day

Place: MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Rd.
Asheville, NC, 28803

Early Registration Fee through July 22nd:
\$125 per person for both days
\$75 per person for Day 2 only

\$80 for Supporters*/Peer Support/ Students
for both days

Group Rate:

\$110 per person for both days when 5 or more
from the same agency register at the same time

* See Supporter/Exhibitor Form on last page for details.

OBJECTIVES

Upon completion of this program, the participant will be able to:

- Identify current innovative evidence based practices for treatment of children and adults with mental illness, substance abuse, and intellectual and developmental disabilities and how providers can implement with expertise and a patient centered, collaborative approach
- Engage participants in the collaborative transformation of health care in the region to embrace a Whole Person Care approach
- Describe trauma-informed approaches to treatment and service delivery across disabilities and identify "next steps" in becoming a trauma-informed provider
- Implement Evidence Based Medicine to meet the Triple Aim of improving patient care and outcomes while reducing cost of care

DESCRIPTION

Practicing evidence-based medicine (EBM) incorporates provider expertise, clinical evidence and the values, culture and needs of the person receiving care. To help build strong and healthy communities all three components of EBM are needed to effectively support people with mental illnesses, substance use disorders and/or Intellectual Developmental Disabilities (I/DD).

The aim of the Transforming Care Conference is to increase participants' competence in delivering truly patient-centered, collaborative care while implementing evidence based treatment in a way that improves care and outcomes for individuals and reduces the per capita costs of care. The conference will highlight how team-based, whole-person and trauma informed care can transform healthcare. Introductory and advanced level sessions on evidence based models like CBT, DBT, Seeking Safety, Motivational Interviewing, Prolonged Exposure Therapy, Trauma Focused CBT and Ethical Issues in I/DD treatment will build provider knowledge, skills and competency to provide effective whole person collaborative care.

AUDIENCE

Mental health professionals including substance abuse counselors, social workers, psychologists, marriage and family therapists, school counselors, I/DD professionals and others interested in this subject.

SCHEDULE AT A GLANCE

Wednesday July 29, 2015

Registration 8:00 - 8:30 am

Plenary and Breakout Sessions 8:30 am - 4:45 pm

Thursday July 30, 2015

Registration 8:00 - 8:30 am

Plenary and Breakout Sessions 8:30 am - 4:45 pm

Light continental breakfast provided both mornings.

Lunch is on your own. Try one of the food trucks that will be open for lunch in the MAHEC parking lot!



WEDNESDAY, JULY 29TH 8:40–10:10

Trauma-Informed Behavioral Health Care

Cheryl Sharp, Senior Advisor for Trauma-Informed Services with the National Council will share her journey and recovery, highlighting her connections with the region, her lived experience and her thorough understanding of peer support, its benefits and how to integrate this model into an organization. She will also speak about the fundamental necessity to engage peers in a trauma-informed workforce.

Trauma-informed approaches suggests clinicians, organizations and whole systems of care are in an active and reflective process of engaging consumers with histories of trauma and implies individual and collective systems recognize that trauma can have broad and penetrating effects on a client's personhood.

Cheryl Sharp holds the unique perspective of a person who has recovered from significant mental health challenges, a trauma survivor, a family member of a loved one who died as a result of mental illness, and a provider of substance abuse and mental health services. Sharp has worked with adult trauma survivors for over 28 years and trains and speaks nationally on trauma-informed care. She is a Master WRAP Trainer, Mental Health First Aid USA instructor, and trainer of Intentional Peer Support. Sharp is also an ordained minister. She has worked as a hospice/medical social worker and as a director of social services for a skilled nursing facility. She received the Lou Ann Townsend Courage Award for her contributions to persons with psychiatric disabilities. As the leader of the National Council's Trauma-Informed Care Learning Communities, Sharp has led many behavioral health organizations in preparing to offer trauma-informed care.

THURSDAY, JULY 30TH 8:30–10:00

Integrating Medical and Behavioral Healthcare: Vermont Experiences

Donna Izor will discuss her experience co-locating a behavioral health provider into a primary care practice and her work on a HRSA grant funded program co-locating a FQHC primary care provider into a community mental health center.

Donna Izor, MS, FACMPE has more than 25 years of experience as a medical practice executive working with academic and community hospitals, private practices, and local and state organizations. As the VP for Physician Services for Central Vermont Medical Center, she oversaw primary care and specialty practices, the Emergency Department and Inpatient Psychiatry physicians and the hospitalist program. She has also worked extensively with behavioral health/primary care integration, working with leaders of the Vermont Department of Mental Health, Vermont Program on Quality, several hospitals, several Community Mental Health Centers and the Behavioral Health Network of Vermont. She is the founder and Sr. Management and operations consultant of West Pinnacle Consulting, LLC. Donna began her career as an LPN, and then obtained a BS in Business Management and MS in Business Administration. She is a Fellow in the American College of Medical Practice Executives.

THURSDAY, JULY 30TH 3:30–4:45

Whole Person Care

Courtney M. Cantrell, PhD

Director of the Division of Mental Health, Developmental Disabilities & Substance Abuse Services,
Department of Health and Human Services

AGENDA

DAY ONE: WEDNESDAY JULY 29TH

Sessions marked with * have a Part 1 and Part 2. You must attend both parts to complete the session and receive credit.

8:30–8:40 **Welcome & Introductions**

8:40–10:10 **Plenary: Trauma-Informed Behavioral Health Care** | Cheryl Sharp, MSW, ALWF

10:10–10:30 **Break**

10:30–12:00 **Breakout 1** (*Choose one*)

- If you choose 1B * then choose 2B
- 1A. Evidence Based Approaches to Capacity Building and Community Engagement | Genny Pugh, MA, HSP-PA, moderator
 - *1B. Acceptance and Commitment Therapy 101: Theoretical Foundations (**Part 1 of 2**) | R. Trent Codd, III, EdS
This is a two-part session; you must also attend 2B to complete the session and receive credit.
 - 1C. Seeking Safety and Trauma-Informed Care | Sarah Gentry
 - 1D. Mad MI Skills Lab: Advanced Motivational Interviewing Intensive Skills Practice Session One: OARS + Agenda Mapping
Annie Fahey, RN, LCSW
 - 1E. Keys to Whole Person Care & I/DD | Rhonda Cox, HSP-PA
 - 1F. The Treatment of Adolescent Substance Use Disorders Is the Glass Half Empty or Half Full? | Paul D. Nagy, MS, LPC, LCAS, CCS

12:00–1:15 **Lunch** *on your own / Food Trucks open in MAHEC parking lot*

1:15–3:15 **Breakout 2** (*Choose one*)

- If you choose 2A * then choose 3A
- If you choose 1B * then choose 2B
- If you choose 2C * then choose 3C
- *2A. Managing the Pain: An Overview of Treating Trauma in Children through Trauma-Focused Cognitive Behavioral Therapy (**Part 1 of 2**)
Becca E. Edwards-Powell, MSW, LCSW
This is a two-part session; you must also attend 3A to complete the session and receive credit.
 - *2B. Acceptance and Commitment Therapy 101: Clinical Interventions | R. Trent Codd, III, EdS (**Part 2 of 2**)
This is a two-part session so participants must have also attended 1B to complete the session and receive credit.
 - *2C. Champions, Supervisors, Mentors, and Clinicians—Advanced Work in Implementing Seeking Safety (**Part 1 of 2**) | Sarah Gentry
This is a two-part session; you must also attend 3C to complete the session and receive credit.
 - 2D. Mad MI Skills Lab: Advanced Motivational Interviewing Intensive Skills Practice Session Two: EARS + SMART PLANNING
Annie Fahy, RN, LCSW (*Limit 15*)
 - 2E. Implementation of Trauma-Informed Care | Cheryl Sharp
 - 2F. The Treatment of Adolescent Substance Use Disorders Is the Glass Half Empty or Half Full? (*repeat of 1F*)

3:15–3:30 **Break**

3:30–4:45 **Breakout 3** (*Choose one*)

- If you choose 2A * then choose 3A
- If you choose 2C * then choose 3C
- *3A. Managing the Pain: An Overview of Treating Trauma in Children through Trauma-Focused Cognitive Behavioral Therapy (**Part 2 of 2**)
This is a two-part session so participants must have also attended 2A to complete the session and receive credit.
 - 3B. Down and Dirty with the DSM 5 | Martha Teater MA, LMFT, LPC, LCAS
 - *3C. Champions, Supervisors, Mentors, and Clinicians—Advanced Work in Implementing Seeking Safety (**Part 2 of 2**)
This is a two-part session so participants must have also attended 2C to complete the session and receive credit.
 - 3D. Mad MI Skills Lab: Advanced Motivational Interviewing Intensive Skills Practice Session Three: TAPING for Proficiency
Annie Fahy, RN, LCSW (*Limit 15*)
 - 3E. Keys to Whole Person Care & I/DD | Rhonda Cox, HSP-PA (*repeat of 1E*)

4:45 **Adjourn**

DAY TWO: THURSDAY JULY 30TH

8:30–10:00 **Plenary: Integrating Medical and Behavioral Healthcare: Vermont Experiences** | Donna Izor, MS, FACMPE

10:00–10:20 **Break**

10:20–11:50 **Breakout 4** (*Choose one*)

- If you choose 4C * then choose 5C
- If you choose 4E * then choose 5E
- If you choose 4F * then choose 5F
- 4A. Kids on Meds: Navigating Psychiatric Medication Use in Children | Heather Cree, PharmD
 - 4B. Mindfulness-Based Stress Reduction (MBSR): From Hype to Evidence to Practice | Scott MacGregor, MS, LPCA, CFLE
 - *4C. Ethics and I/DD Session (**Part 1 of 2**) | Susie Egue, MAEd
This is a two-part session so participants must also attend 5C to complete the session and receive credit.
 - 4D. Mad MI Skills Lab: Advanced Motivational Interviewing Intensive Skills: Tape Review and Coaching for Proficiencies
Annie Fahy RN, LCSW (*Limit 8*)
 - *4E. Dialectical Behavior Therapy for Borderline Personality Disorder and Co-occurring Substance Use Disorders (**Part 1 of 2**)
Andrada D. Neacsiu, PhD
This is a two part session so participants must also attend 5E to complete the session and receive credit.
 - *4F. An Overview of Prolonged Exposure Therapy for PTSD (**Part 1 of 2**) | John Bigger, LPC
This is a two-part session so participants must also attend 5F to complete the session and receive credit.

11:50–1:15 * **Lunch** *on your own / Food Trucks open in MAHEC parking lot*

1:15PM–3:15 **Breakout 5** (*Choose one*)

- If you choose 4C * then choose 5C
- If you choose 4E * then choose 5E
- If you choose 4F * then choose 5F
- 5A. Demystifying Ethical Issues in Integrated Collaborative Care | Cathy Hudgins
 - 5B. Evidence Based Approaches to Capacity Building and Community Engagement | Genny Pugh, MA, HSP-PA, moderator (*repeat of 1A*)
 - *5C. Ethics and I/DD (**Part 2 of 2**) | Susie Egue, MAEd
This is a two-part session so participants must have also attended 4C to complete the session and receive credit.
 - 5D. Mad MI Skills Lab: Advanced Motivational Interviewing Intensive Skills: Tape Review and Coaching for Proficiencies
Annie Fahy RN, LCSW (*Limit 8*)
 - *5E. Dialectical Behavior Therapy for Borderline Personality Disorder and Co-occurring Substance Use Disorders (**Part 2 of 2**)
Andrada D. Neacsiu, PhD
This is a two-part session so participants must have also attended 4E to complete the session and receive credit.
 - *5F. An Overview of Prolonged Exposure Therapy for PTSD (**Part 2 of 2**) | John Bigger, LPC
This is a two-part session so participants must have also attended 4F to complete the session and receive credit.

3:15–3:30 **Break**

3:30–4:45 **Closing Plenary: Whole Person Care** | Courtney M. Cantrell, PhD

4:45 **Evaluation and Adjourn**

BREAKOUT SESSION DESCRIPTIONS

BREAKOUT 1: July 29TH 10:30am - 12:00pm

1A. Evidence Based Approaches to Capacity Building and Community Engagement

Panel presentation featuring development of Behavioral Health Competencies in a Community Paramedic Program, Community Integration Focused Approach to the Transition to the Community Living Initiative, Segmented Approach to Crisis Intervention Team Training in Rural Settings, and a Community Education Program delivering evidence based programs to local communities with emphasis on resiliency.

1B. Acceptance and Commitment Therapy 101: Theoretical Foundations (Part 1 of 2)

ACT is an evidence-based approach that balances mindfulness and acceptance processes with commitment and behavior change in the service of living a more vital life. ACT has been shown to increase effective action; reduce dysfunctional thoughts, feelings, and behaviors; and alleviate psychological distress for individuals with a broad range of mental health issues (including DSM-V diagnoses, coping with chronic illness, and workplace stress). This workshop will use lecture and active student responding methods.

1C. Seeking Safety and Trauma-Informed Care

This presentation explores general principles of treating traumatized clients in a variety of contexts (e.g., substance abuse, mental health, medical, etc.). Basic information on trauma, posttraumatic stress disorder (PTSD) and co-occurring disorders will be provided, such as definitions, rates, and clinical presentation. In addition key themes relevant for this population will be discussed, including dissociation, self-injury, reenactments, stage-based models of treatment, emotional responses by staff, staff self-care, and diversity issues. Trauma-informed versus trauma-specific treatment will also be highlighted, with the idea that all staff can become trauma-informed, and a smaller number may be providing actual trauma counseling. The workshop will be highly clinically-oriented and offer opportunity to role-play client scenarios. Real-world challenges are emphasized, including power struggles, threatened harm self or others, reenactment of classic trauma roles, etc. Assessment and resources will also be provided.

1D. Mad MI Skills Lab: Advanced Motivational Interviewing Intensive Skills Practice: OARS + Agenda Mapping

Working issues of a behavior or lifestyle change with patients takes flexibility and innovation as well as solid skills in Motivational Interviewing (MI) and health coaching. This workshop will offer skills and practice opportunities to think and speak Motivational Interviewing. Using practice opportunities to work through difficult presentations and stuck places that patients operate from, improves skills and resiliencies in the worker. Additionally observed practice, coaching with feedback is recognized in research as the best practice method for creating full implementation culture change to MI as well as a higher level of confidence in the skills (Miller, W. R., et al., 2004 Fixsen, D.L., et al., 2009). This is an advanced session and requires completion of a “MI basics” two day or five part series workshop. Supervisors using and developing MI protocols will gain many great ideas for implementing MI culture in a variety of health care settings. Incorporating MI into practice and work settings provides professionals with ways to address behavior change in a “patient/client centered” way.

Participants can attend one or all MI sessions.

MI activities and practice will address issues such as,

- Smoking cessation
- Medication adherence
- Job and lifestyle skills
- Safer sex practices
- Chronic health diseases like asthma, diabetes and heart problems
- Abuse and Addiction
- Organizational Change

1E. Keys to Whole Person Care & I/DD

Individuals with an intellectual and or developmental disability are underrepresented in preventative medical and behavioral health care as well as the clinical treatment continuum across the health care system This session will discuss associated co-morbid health conditions impacting individuals with an intellectual and or developmental disability; review common co-occurring mental health treatment needs associated with an IDD diagnosis and identify methods to improve the development of integrated person- centered care plans in the context of medical health homes and other health home models.

1F. The Treatment of Adolescent Substance Use Disorders Is the Glass Half Empty or Half Full?

The treatment of substance involved adolescents is an increasingly challenging issue given the complexity and severity of the problem and the limited array of evidence based treatment options. However, recent science based advances have increased our understanding of the problem while also demonstrating the promise of evidence based interventions such as those examined in the Cannabis Youth Treatment Project (Dennis, 2002). This presentation will provide an overview of the issues, current trends and perspectives on adolescent substance abuse as well as a specific review of the evidence for pharmacological, behavioral and system based treatments. Principles of best practice for treating adolescent substance use disorders will also be discussed. This session will be repeated in Breakout 2.

BREAKOUT 2: July 29TH 1:15pm - 3:15pm

2A. Managing the Pain: An Overview of Treating Trauma in Children through Trauma-Focused Cognitive Behavioral Therapy (Part 1 of 2)

Treating trauma and traumatic-grief in children can be a complex task. Effective treatment requires the use of an approach that is supported by research such as Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). Providers and caregivers often wonder what is involved in TF-CBT and how does it differ from “traditional” CBT? What children and caregivers are appropriate for this model? This program will answer those questions as well as covering recommended assessments, goals of treatment, and information about how to become trained. The second half of the program will provide direct and specific strategies for assisting children and their parents with managing the symptoms related to PTSD. This will include cognitive, emotional, and behavioral approaches. This is a two part session so participants must also attend 2A to complete the session and receive credit.

2B. Acceptance and Commitment Therapy 101: Clinical Interventions (Part 2 of 2)

ACT is an evidence-based approach that balances mindfulness and acceptance processes with commitment and behavior change in the service of living a more vital life. ACT has been shown to increase effective action; reduce dysfunctional thoughts, feelings, and behaviors; and alleviate psychological distress for individuals with a broad range of mental health issues (including DSM-V diagnoses, coping with chronic illness, and workplace stress).

This workshop will use a combination of lecture, modeling and experiential practice.

2C. Champions, Supervisors, Mentors, and Clinicians—Advanced Work in Implementing Seeking Safety

Seeking Safety is a 25-topic integrated psychotherapy for substance abuse and /or trauma. It is an evidence-based model that is present-focused and coping skills oriented. In this advanced training, we providing a brief refresher; explore how Seeking Safety is going for attendees (successes and obstacles, clinical dilemmas, case examples); do a role-play conducted by an attendee with feedback based on the Seeking Safety Adherence fidelity scale; and other advanced topics. To help participants make the most of the follow-up training it is suggested, but not required, to bring (1) A list of any

clinical dilemmas, case scenarios, and positive/negative feedback about how their work using Seeking Safety thus far. (2) The Seeking Safety feedback form, filled out (from the last chapter of the book). The training is highly clinically-oriented and offers opportunities to role-play client scenarios and discuss implementation issues that have arisen in using the model. It is assumed that participants have already attended a prior initial training on Seeking Safety and/or implemented it in their practice. This is a two part session so participants must also attend 3C to complete the session and receive credit.

2D. Mad MI Skills Lab: Advanced Motivational Interviewing Intensive Skills Practice Session Two: EARS + SMART PLANNING

See Session 1D for details.

2E. Implementation of Trauma-Informed Care

Cheryl Sharp, Senior Policy Advisor for Trauma-Informed Care, will share the National Council's Seven Domains of Trauma-Informed Care and how over 300 organizations have implemented the National Council model

2F. The Treatment of Adolescent Substance Use Disorders Is the Glass Half Empty or Half Full?

Repeat. See 1F for details.

BREAKOUT 3: July 29TH 3:30pm - 4:15pm

3A. Managing the Pain: An Overview of Treating Trauma in Children through Trauma-Focused Cognitive Behavioral Therapy (Part 2 of 2)

Continuation. See 2A for details. This is a two part session so participants must have also attended 2A to complete the session and receive credit.

3B. Down and Dirty with the DSM 5

The DSM-5 was launched amid controversy and confusion. Implementation is upon us, yet few clinicians feel confident in using the manual. Love it or hate it, it's here to stay and we need to become familiar with it and use it well.

Come to this session and get updated on what's new and different and what corrections you need to know about. We'll cover controversial changes, mistakes, and what diagnosis will look like under this new and dramatically different diagnostic system.

3C. Champions, Supervisors, Mentors, and Clinicians—Advanced Work in Implementing Seeking Safety Part 2 of 2.

Continuation. See 2C for details. This is a two part session so participants must have also attended 2C to complete the session and receive credit.

3D. Mad MI Skills Lab: Advanced Motivational Interviewing Intensive Skills Practice Session Three: TAPING for Proficiency

See Session 1D for details.

3E. Keys to Whole Person Care & I/DD

Repeat. See Session 1E for details.

BREAKOUT 4: July 30TH 10:20am -11:50am

4A. Kids on Meds: Navigating Psychiatric Medication Use in Children

In this session we will discuss relevant issues that occur when navigating use of psychiatric medications in the pediatric population. We will cover appropriate pre-treatment "rule outs", when pharmacologic intervention is indicated, general considerations for pediatric psychotropic dosing and side effects, long term effects of psychotropic use, when to start asking questions about psychotropics and how best to organize and use the answers.

4B. Mindfulness-Based Stress Reduction (MBSR): From Hype to Evidence to Practice

Mindfulness appears to be every place these days: business, education, media, sports, and healthcare. The popular hype makes Mindfulness-Based Interventions (MBIs) sound like a quick fix to nearly any mental or physical health challenge, and an easy pathway to flourishing. This presentation will explore some of the large body of scientific evidence supporting MBSR/MBIs, and offer pragmatic insights on the role of mindfulness in medicine and behavioral health..

4C. Ethics and I/DD (Part 1 of 2)

This workshop will provide an overview of ethics, ethical dilemmas and a framework for resolving the dilemmas in regards to work with children and adults with intellectual and developmental disabilities (I/DD) and their families. As the system of services and resources available to individuals with I/DD changes, families and guardians who once looked to the system for providing care to loved ones are looking for new ways of supporting their family member at home as long as possible. Discussion will include the roles that professional and para-professional staff play in their lives as decisions are made. Through hands-on group activities, this workshop will facilitate discussion and provide participants with opportunities to formulate resolutions to ethical dilemmas. This is a two part session so participants must also attend 5C to complete the session and receive credit.

4D. Mad MI Skills Lab: Advanced Motivational Interviewing Intensive Skills: Tape Review and Coaching for Proficiencies

See Session 1D for details.

4E. Dialectical Behavior Therapy for Borderline Personality Disorder and Co-occurring Substance Use Disorders (Part 1 of 2)

The overarching purpose of this training is to discuss issues related to the assessment and treatment of adults who are multi-diagnostic and meet criteria for substance use disorders (SUDs). Men and women with complex presentations often meet diagnostic criteria for borderline personality disorder (BPD), and can be extraordinarily difficult to treat given the range of treatment targets and the emotional, interpersonal, cognitive and behavioral problems that may occur during sessions. This training will focus on one treatment, Dialectical Behavior Therapy for Substance Abuse Disorders (DBT-SUD), as a comprehensive approach to treating adults with BPD and co-occurring SUDs. The theory, philosophy, structure, process and modes of DBT-SUD will be introduced. To facilitate learning, the training will include experiential exercises designed to help highlight the specifics of DBT-SUD skills, including mindfulness, emotional regulation, distress tolerance and interpersonal effectiveness skills. This is not a comprehensive and intensive DBT-SUD training but is instead a general introduction to this treatment approach. This is a two part session so participants must attend 5E to complete the session and receive credit.

4F. An Overview of Prolonged Exposure Therapy for PTSD (Part 1 of 2)

This workshop will provide a brief overview of the Prolonged Exposure (PE) Therapy model for the use in the treatment of Post-Traumatic Stress Disorder. The program will include a review of effective treatments of PTSD, and the advantages of using Prolonged Exposure Therapy. There will be a description of the components of the PE Therapy model including Breathing Retraining, In Vivo Exposure,

Imaginal Exposure, and Education about Trauma Reactions. In addition, class exercises will occur for participants to conduct exposure hierarchies and other techniques associated with PE Therapy. This is a two part session that requires participants to sign up for both. This is a two part session so participants must also attend 5F to complete the session and receive credit.

BREAKOUT 5: July 30TH 1:15pm - 3:15pm

5A. Demystifying Ethical Issues in Integrated Collaborative Care

Navigating ethical quandaries that emerge in team-based, multidisciplinary Integrated Care systems can be confusing and even contentious. Policies and best practices are evolving so that providers can collaborate with each other to meet the comprehensive needs of their patients. This presentation will provide current state and national guidance along with strategies developed by Integrated Care experts for making ethical decisions when the path is not clear.

5B. Evidence Based Approaches to Capacity Building and Community Engagement

Repeat. See 1A for details.

5C. Ethics and I/DD (Part 2 of 2)

Continuation. See 4C for details. This is a two part session so participants must have also attended 4C to complete the session and receive credit.

5D. Mad MI Skills Lab: Advanced Motivational Interviewing Intensive Skills: Tape Review and Coaching for Proficiencies

See Session 1D for details.

5E. Dialectical Behavior Therapy for Borderline Personality Disorder and Co-occurring Substance Use Disorders (Part 2 of 2)

Continuation. See 4E for details. This is a two part session so participants must have also attended 4E to complete the session and receive credit.

5F. An Overview of Prolonged Exposure Therapy for PTSD (Part 2 of 2)

Continuation. See 4F for details. This is a two part session so participants must have also attended 4F to complete the session and receive credit.

BREAKOUT SPEAKER BIOS

John Bigger received his undergraduate degree in psychology from the University of Alabama and his Master's in Clinical Psychology in 1985. He has worked in a variety of clinical settings ranging from an outpatient state mental health program to a private in-patient treatment center. John's specialty areas include the treatment of chemical dependency, identification and treatment of eating disorders, and crises intervention. He is also a Licensed Professional Counselor.

John is currently the Administrator of Mental Health Continuing Education for Southern Regional AHEC and the Project Director for the North Carolina Evidence Based Practices Center in Fayetteville, NC. John has been with Southern Regional AHEC since 2002 where he has been responsible for assessing, planning, coordinating, and conducting continuing education activities for mental health professionals in a nine county region. He is also the president of the Behavioral Health Professionals Association of Cumberland County. He received training in Prolonged Exposure Therapy from the Center for the Treatment of and Study of Anxiety at the University of Pennsylvania.

R. Trent Codd, III, EdS, is the president and founder of the Cognitive-Behavioral Therapy Center of WNC, P.A. He specializes in delivering and disseminating cognitive and behavioral treatments, including Beckian Cognitive Therapy and Clinical Behavior Analytic approaches such as Acceptance and Commitment Therapy (ACT) and Functional Analytic Psychotherapy (FAP). He treats Anxiety, Mood and Substance Use Disorders. He has particular interest in OC-Spectrum Disorders including Tic Disorders, Tourette's Disorder, Trichotillomania and chronic skin picking. He works with children, adolescents and adults. He's a Fellow of the Academy of Cognitive Therapy, maintains professional membership in the Association for Behavior Analysis International, the Association for Contextual and Behavioral Science and the Association for Behavioral and cognitive Therapies.

Rhonda Cox, HSP-PA, is the Senior Director of Care Coordination for Smoky Mountain Center, a position she has held since June 2008. Rhonda has 17 years of experience in the mental health, substance abuse and intellectual/developmental disabilities services in a variety of settings. After graduating UNC-Chapel Hill with a BS in Biology and Psychology, she provided personal care, worked as a rehabilitation therapist and an adult basic education instructor to individuals residing in John Umstead Hospital and compensatory education instructor for individuals residing in the Murdoch Center. Upon graduation from Appalachian State University in 1998 with a Master's in Clinical Psychology, she worked for six years as a staff psychologist in multiple youth and adult prison units across western NC working with individuals with mental health, substance abuse and intellectual disabilities. She also ran the sex offender treatment programs. Rhonda joined SMC in 2004 as a care manager and then went on to develop the Care Coordination Department. Currently, she oversees the Mental Health/Substance Abuse and Intellectual and/or Developmental Disabilities Care Coordination Teams in 23 counties. Rhonda also works closely with stakeholders and providers to develop continuums of care for specialty populations; reduce gaps and improve service integration; and develop and implement strategies for disease and risk management for high risk populations.

Dr. Heather Cree received her doctor of pharmacy degree from The University of Tennessee College of Pharmacy, Memphis and completed a post-doctoral Psychiatric Pharmacy Practice residency with the University of Tennessee at Memphis Mental Health Institute. She has worked as a clinical pharmacist at Broughton Hospital state psychiatric facility in Morganton, North Carolina and as a consultant

clinical pharmacist providing services to retirement communities and skilled nursing facilities in the Asheville area. Heather is currently with Community Care of Western North Carolina and contracted with Smoky Mountain LME/MCO, providing clinical services including medication reviews and recommendations for patients transitioning to and from the hospital.

Becca E. Edwards-Powell, MSW, LCSW is currently the Training Director and DBT Program at Carolina Outreach, LLC., where she trains and supervises clinical staff in CBT and DBT, provides case consultation, and clinical quality management. She is intensively trained in DBT through the Behavioral Tech and participates in an ongoing Intensive team. She oversees all DBT services, consultation teams, and development for 40 therapists and over 100 clients participating in DBT. She is also nationally certified in Trauma-Focused Cognitive Behavioral Therapy. Previously, she worked as an intensive in-home specialist, client services director at the Orange County Rape Crisis Center, and support group coordinator at the Family Violence Prevention Center.

Susie Equez, MAEd, is an alumni of East Carolina University earning a Bachelor of Science in Special Education and a Master of Arts in Education, Special Education. Susie has worked in the field of developmental disabilities since 1983 in various capacities in local communities in the private and public sector working at the county level in the Medicaid waiver for individuals with I/DD before moving into regional and state positions within the Division of MH-DD-SAS. Susie also founded and served as Executive Director for a private, non-profit organization partnering with individuals with developmental disabilities and their families in developing preferred supports. Susie has provided training and technical assistance to numerous organizations throughout the years in several areas of service delivery and including as a certified trainer and assessor for CQL Personal Outcome Measures and Supports. Susie has been in the role of Clinical Instructor with the Developmental Disabilities Training Institute since February 2009. Her current work with the Institute involves curriculum development, training, technical assistance and consultation.

Annie Fahy is an RN and an LCSW. She works as behavior change specialist with expertise in substance abuse, high-risk lifestyle behaviors, harm reduction, trauma, compassion fatigue, and mind body disorders. Annie offers training and professional skills development translating and implementing evidence-based practices into real life practice. She currently runs her consulting and training business out of her home in Asheville, NC and offers training and consultation to health and behavioral healthcare entities that want to create client centered practice. Some of her recent clients are Community Care Partners of Greater Mecklenburg, The Asheville VA, Housing First programs in Asheville and Charlotte.

Sarah Gentry, Licensed Mental Health Counselor and Certified Addiction Professional specializes in working with clients and families with chemical dependency, eating disorders, co-dependency, trauma, and family of origin issues. She has extensive experience in the treatment industry with areas of concentration ranging from trauma treatment and chemical dependency, to gender-specific issues, creative healing and dual diagnosis treatment. She is a noted therapist and manager with broad experience in chemical dependency rehabilitation, program development, individual, couples and group counseling. Sarah has presented nationally on gender specific issues and addiction treatment, creative healing techniques, as well as, passion, purpose and ethics in counseling and treatment. She is well known in the industry as a leader for her integrity, ethical treatment and clinical excellence. Sarah is also a Certified Clinical Supervisor for Mental Health Counselors and enjoys assisting new therapists in developing their skills. She has worked

with Treatment Innovations since 2014 and with Seeking Safety for many years.

Dr. Cathy Hudgins is the Director of the Center of Excellence for Integrated Care under the North Carolina Foundation for Advanced Health Programs. Dr. Hudgins has experience in Integrated Care practice, management, and development; as well as crisis assessment and intervention, community-based and college-based outpatient counseling, in-patient assessment and intervention, and community mental health consulting. She received her doctorate in Marriage and Family Therapy from Virginia Tech and has practiced in community mental health agencies, hospital and healthcare settings, and in private practice. She has also held a variety of posts in higher education administration and student affairs. Dr. Hudgins is a co-founder and prior Director of the Radford University Center for Integrated Care Training and Research. Through this post, she trained and developed integrated systems and participated in research and grant writing initiatives. Her research interests and publications include Integrated Care policy, ethics, workforce development, and evidence-based practice models. Dr. Hudgins is the Chair of the NC Integrated Care Steering Committee and is an active member of the Collaborative Family Health Association.

Scott MacGregor, MS, LPCA, CFLE teaches Mindfulness-Based Stress Reduction (MBSR) at Mission Health Systems, and retirement communities in Asheville. Additionally, he teaches mindfulness at the VA's Veterans Integrative Pain Management Clinic, to the Asheville Fire Department, businesses, churches, schools, and universities. He received his training at the UMASS Medical's Center for Mindfulness. He has worked as a behavioral health clinician in primary care, as a substance abuse counselor, and as a hospice therapist. He lives in Asheville, is married, and has three teenage daughters.

Paul Nagy is an Assistant Professor in the Duke University School of Medicine where he has served as Program Director of the Duke Addictions Program and Director of Substance Abuse Clinical Training and Consultation in the Duke Department of Psychiatry and Behavioral Sciences for the past 25 years. Mr. Nagy has over 30 years of clinical, administrative and teaching experience and conducts seminars and workshops to audiences throughout the United States. Mr. Nagy has also worked as an Expert Content Director overseeing the development of Treatment Improvement Protocols and Technical Assistance Publications for the Center for Substance Abuse Treatment and is a member of the Motivational Interviewing Network of Trainers (MINT).

Andrada D. Neacsiu, PhD has completed her doctoral degree (with distinction) in Clinical Psychology at the University of Washington under the mentorship of Dr. Linehan and did her internship training in behavioral medicine at Harborview Medical Center in Seattle. She completed a postdoc at Duke University Medical Center under the mentorship of Dr. Rosenthal. She is currently a Clinical Associate in the department of Psychiatry at Duke. Her research focuses on Dialectical Behavior Therapy (DBT), borderline personality disorder (BPD), and treatment development for emotion dysregulation. Clinically, Dr. Neacsiu specializes in cases that are complex and difficult to treat, such as cases where there are multiple comorbidities, cases combining psychological and medical problems, and BPD-SUD cases.

Genny Pugh, MA, HSP-PA, served on the faculty at the Medical University of SC, was Director of the Black Mountain Neuro Medical Center, held leadership roles in community based and residential treatment programs, served as CEO of a statewide I/DD provider organization, and is currently Senior Director of Community Collaboration at Smoky Mountain Center. Genny is a past national board member of the American Association of Intellectual and Developmental Disabilities and is an AAIDD Fellow.

Martha Teater, MA, LMFT, LPC, LCAS

[Bio coming soon.]

CREDIT

NAADAC: MAHEC is a Provider approved by NAADAC Approved Education Provider Program. Provider #647. Full attendance is required to receive credit from NAADAC. 12.5 hours for both days. 6.25 hours for Day Two only.

NBCC: MAHEC is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP is solely responsible for all aspects of the program. 12.5 hours for both days. 6.25 hours for Day Two only.

NCSAPPB: Application has been made for "General Skill Building" credit from the North Carolina Substance Abuse Professional Practice Board. 12.5 hours for both days. 6.25 hours for Day Two only.

Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved provider of Category A Continuing Education for North Carolina Licensed Psychologists. Full attendance at each part is required to receive credit from the NC Psychology Board. 12.5 hours for both days. 6.25 hours for Day Two only.

CEU: MAHEC designates this continuing education activity as meeting the criteria for CEUs as established by the National Task Force on the Continuing Education Unit. 1.3 CEUs for both days. 0.6 CEUs for Day Two only.

LODGING

Ask for the Smoky Mountain EBP Conference to receive the special rate at:

DoubleTree 828-274-1800

Biltmore Village Lodge 828-277-1800.

Reservations must be made by July 5, 2015.

Take a virtual tour of these facilities at BiltmoreFarmsHotels.com.

REGISTRATION

Early registration deadline: July 22, 2015

After the deadline, the total fee will be the registration fee + \$15.00.

Registration fee includes sessions and breakfast.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund. No refunds will be given for cancellations received less than 48 hours prior to the program date. Substitutes are welcome but please notify us in advance of the program. All cancellations must be made in writing (fax, mail, or email).

Full payment must accompany all registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Directions will be included with your confirmation letter.

Want to register?

Online Registration: www.mahec.net

Or use the registration form at right and return by fax or mail:

Fax Registration: 828-257-4768

Mail: MAHEC Registration
121 Hendersonville Rd., Asheville, NC 28803

Have a question?

Elizabeth Flemming, MA, LPC
CE Planner 828-257-4466
elizabeth.flemming@mahec.net

Registration Information: 828-257-4475

Special Services: 828-257-4481



TRANSFORMING CARE CONFERENCE JULY 29-30, 2015

☐ Updated contact info

Name _____

Credentials _____

Social Security #XXX-XX-____ (last 4 digits required)

Occupation _____

E-mail Address _____

Home Address _____

City _____ State _____ Zip _____

Home County _____

Home # _____ Work # _____

Employer _____

Department _____

Employer's Address _____

City _____ State _____ Zip _____

Work County _____

Program announcements will be sent to your email unless you opt out from receiving emails from MAHEC. We never share our mailing lists.

☐ Please remove my name from the MAHEC mailing list.

☐ Vegetarian meal requested. ☐ Gluten-free fare requested.

BREAKOUT SESSION SELECTIONS

Breakout 1 (Choose one)

- ☐ 1A. Evidence Based Approaches to Capacity Building and Community Engagement
- ☐ 1B. Acceptance and Commitment Therapy 101: Theoretical Foundations (Part 1 of 2) choose session 2B below
- ☐ 1C. Seeking Safety and Trauma-Informed Care
- ☐ 1D. Mad MI Skills Lab: Advanced Motivational Interviewing Intensive Skills Practice Session One
- ☐ 1E. Keys to Whole Person Care & I/DD
- ☐ 1F. The Treatment of Adolescent Substance Use Disorders Is the Glass Half Empty or Half Full?

Breakout 2 (Choose one)

- ☐ 2A. Managing the Pain: An Overview of Treating Trauma in Children through Trauma-Focused Cognitive Behavioral Therapy (Part 1 of 2) choose session 3A
- ☐ 2B. Acceptance and Commitment Therapy 101: Clinical Interventions (Part 2 of 2)
- ☐ 2C. Champions, Supervisors, Mentors, and Clinicians—Advanced Work in Implementing Seeking Safety (Part 1 of 2) choose session 3C below
- ☐ 2D. Mad MI Skills Lab: Advanced Motivational Interviewing Intensive Skills Practice Session Two
- ☐ 2E. Implementation of Trauma-Informed Care
- ☐ 2F. The Treatment of Adolescent Substance Use Disorders Is the Glass Half Empty or Half Full? (repeat of 1F)

Breakout 3 (Choose one)

- ☐ 3A. Managing the Pain (Part 2 of 2)
- ☐ 3B. Down and Dirty with the DSM 5
- ☐ 3C. Champions, Supervisors, Mentors, and Clinicians (Part 2 of 2)
- ☐ 3D. Mad MI Skills Lab: Advanced Motivational Interviewing Intensive Skills Practice Session Three: TAPING for Proficiency
- ☐ 3E. Keys to Whole Person Care & I/DD (repeat of 1E)

Breakout 4 (Choose one)

- ☐ 4A. Kids on Meds: Navigating Psychiatric Medication Use in Children
- ☐ 4B. Mindfulness-Based Stress Reduction (MBSR): From Hype to Evidence to Practice
- ☐ 4C. Ethics and I/DD Session (Part 1 of 2) choose session 5C below
- ☐ 4D. Mad MI Skills Lab: Advanced Motivational Interviewing Intensive Skills: Tape Review and Coaching for Proficiencies
- ☐ 4E. Dialectical Behavior Therapy for Borderline Personality Disorder and Co-occurring Substance Use Disorders (Part 1 of 2) choose session 5E below
- ☐ 4F. An Overview of Prolonged Exposure Therapy for PTSD (Part 1 of 2) choose session 5F below

Breakout 5 (Choose one)

- ☐ 5A. Demystifying Ethical Issues in Integrated Collaborative Care
- ☐ 5B. Evidence Based Approaches to Capacity Building and Community Engagement (repeat of 1A)
- ☐ 5C. Ethics and I/DD (Part 2 of 2)
- ☐ 5D. Mad MI Skills Lab: Advanced Motivational Interviewing Intensive Skills: Tape Review and Coaching for Proficiencies
- ☐ 5E. Dialectical Behavior Therapy for Borderline Personality Disorder and Co-occurring Substance Use Disorders (Part 2 of 2)
- ☐ 5F. An Overview of Prolonged Exposure Therapy for PTSD (Part 2 of 2)

EARLY REGISTRATION FEES thru JULY 22, 2015:

☐ \$125 per person for both days

☐ \$75 per person for Day 2 only

☐ \$80 for Supporters/Peer Support/ Students for both days

Group Rate: ☐ \$110 per person for both days when 5 or more from the same agency register at the same time

FEES after JULY 22, 2015:

☐ \$140 per person for both days

☐ \$90 per person for Day 2 only

☐ \$95 for Supporters*/Peer Support/ Students for both days

Group Rate: ☐ \$125 per person for both days when 5 or more from the same agency register at the same time

* See Supporter/Exhibitor Form on next page for details

PAYMENT

☐ Check is enclosed ☐ Credit card info provided

Account # _____

Exp _____ / _____ Code on back of card _____

Name on Card _____

Signature _____

Send completed registration form to:

MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803

Fax to 828-257-4768

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SUPPORTER AND EXHIBITOR AGREEMENT FORM

TRANSFORMING CARE CONFERENCE:
EVIDENCE-BASED MEDICINE AND THE FUTURE OF BEHAVIORAL HEALTH
AND INTELLECTUAL DEVELOPMENTAL DISABILITIES CARE
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Thank you for supporting the Western North Carolina Evidence-based Practices Conference.

Level of Support:

- ☐ \$6000 Platinum
- ☐ \$3000 Gold
- ☐ \$2000 Silver
- ☐ \$500 Exhibitor

A 50% deposit is needed to guarantee space. Sorry, no refunds for cancellations or no shows after July 1st.

Contact Person: _____

Organization: _____

City: _____

State/Zip: _____

Email: _____

Phone: _____

If paying by check please make payable to: MAHEC Regional Services.

To pay by credit card and for more information contact Karen Lambert (828) 257-4481.

Forms can be sent to MAHEC Regional Services

121 Hendersonville Road, Asheville, NC 28803

Fax: (828) 257-4768

Karen.lambert@mahec.net