

# ACT Recovery Conference

**Wednesday, August 14, 2013**

Registration and light breakfast 8:00 am Taylor Building, CSI Campus, 315 Falls Ave, Twin Falls

**Welcome and Opening Remarks ~ Gina Westcott – Rooms A and C**

**Keynote Session:**

**Mental Illness Stigma in Healthcare and Mental Illness Treatment ~ Ann Kirkwood, MA**

This presentation will provide an overview of mental illness stigma and address stigma in the treatment environment. The speaker will offer strategies for providers, people with mental illnesses and their families to reduce stigma as a barrier to treatment success and recovery.

*Breakout Sessions 10:30 to Noon Look for the Rooms with Signs A, B, and C for location*

**A. Assertive Community Treatment 101: The Philosophy and Provision of ACT Team Services ~**

**Brian Frasure, LMSW**

A discussion of the history of the Program of Assertive Community Treatment and the implementation in the State of Idaho along with what makes an ACT Team successful is the focus of this breakout session.

**B. Addressing Mental Illness Stigma in your Work Environment ~ Ann Kirkwood, MA**

This workshop will guide providers, people with mental illnesses and their families through a step-by-step process to address stigma in their work environment. Participants will identify how stigma in their workplace impacts treatment and recovery and design a plan to address it.

**C. Voc Rehab as a Recovery Strategy ~ Kent Ireton, MS, CRC**

How can Voc Rehab be used as a Recovery Strategy? Attend this session to hear tips for navigating the system and the wide variety of work opportunities that can support your clients. This session is presented by the Regional Manager with Idaho Division of Vocational Rehabilitation in Twin Falls.

*Breakout Session 1:30 to 3:00 pm Look for the Rooms with Signs A, B, and C for location*

**A. Phase 4 Recovery Based Interventions ~ Frances Wright, EdD, LCPC and Cecil Gailey**

Individuals look forward to the freedom from programming when they reach Phase 4 in Mental Health Court. However, once there, they begin to struggle with finding personal grounding and consistent implementation of their recovery skills. Our review of what might be missing from Phase 4 programming resulted in the development of a group session that precedes WRAP and emphasizes utilization of recovery thinking while urging planning for the future. This presentation explores the thinking behind this programming and provides hands-on experience with one of the groups.

**B. Cultivating Recovery ~ Cindy Miller, RN-BC**

This session will be an overview of recovery principles, the role of the treatment team and incorporating these principles in your professional practice.

**C. Cultural Competency LGBTQ Issues (Part 1) ~ Teresa I. Shackelford, LCSW; Ellie Merrick, LCSW and Emilie Jackson-Edney**

Part 1 of this 2-part session that will expand knowledge, increase understanding, and give specific tips in order to help providers improve their cultural and ethical competency when working with clients who identify as lesbian, gay, bisexual, transgender, and/or queer, as well as those who are questioning their sexual orientation and/or gender identity. Part 2 is from 3:30 to 5:00 pm; it is a continuation, not a repeat of the topic.

*Breakout Sessions 3:30 to 5:00 pm Look for the Rooms with Signs A, B, and C for location*

**A. Positive Sanctions in Mental Health Court ~ Judge G. Richard Bevan**

This session provides an overview perspective of the judicial process as it applies to changing behavior. Attendees will gain an understanding of the judicial process and how Mental Health Courts fit within the mission of the Judiciary. Judge Bevan will address how sanctions and incentives are viewed by the court and offer insight to the decision making process of a Judge in applying them.

**B. Whole Person Centered Care ~ Carolyn Corbett, PMHNP**

This session will focus on sharing ideas and stories of recovery that go beyond tolerability and effectiveness of medication. The speaker and participants will explore, through stories and discussion, our roles in discovering, supporting, and celebrating the humanity in each person we serve.

**C. Cultural Competency LGBTQ Issues (Part 2) ~ Teresa I. Shackelford, LCSW; Ellie Merrick, LCSW and Emilie Jackson-Edney**

Part 2 of this 2-part session - see description in previous breakout timeframe. This is a continuation, not a repeat of the topic.

**Thursday, August 15, 2013**

Registration and light breakfast 8:00 a.m. Taylor Building

*Breakout Session 8:30 to 10:00 am Look for the Rooms with Signs A, B, and C for location*

**A. ACT Roundtable ~ Brian Frasure, LMSW**

Join this open forum with ACT Teams from all Regions to discuss problems and pitfalls in running and supervising ACT Programs as well as to discuss successes and opportunities for growth and development.

**B. Peer Support Panel Peer Support: Mapping Our Progress in Idaho ~ Lisa Koller, Libertie Potts, Michael Armand and Cecil Gailey; facilitated by Kathy Blamires**

As service providers, our panel of Peer Support Specialists features a wealth of expertise on the unique needs of the consumers and the system. Our panel members will enlighten the audience with their unique stories, their experiences and a personal look at the Peer Support Specialist role in the Mental Health field. There will be a question and answer period for the last 15 minutes of this presentation.

### **C. Women's Issues and Treatment – Sherrie Davis, MA**

This session will teach participants tools to engage women in treatment in new and unique ways. This session will also review trauma informed practices to include evidence-based best practices and how to incorporate these in ACT programs.

*Breakout Sessions 10:30 to Noon Look for the Rooms with Signs A, B, and C for location*

### **A. Grief Issues In ACT ~ Miranda Hedges, LCW**

Grief is a complex process. This session will discuss grief emotions and how grief can get complicated, which is especially seen in mental health clients.

### **B. Recovery Coaching in Idaho--We Can Make a Difference ~ Kathy Blamires and Mary Beth Kraemer, LSW**

This presentation will give a brief introduction and overview of the history and training curriculum from the Connecticut Community for Addiction Recovery (CCAR) Coaching Academy. The presenters will describe how the CCAR Recovery Coaching model is currently being utilized by the Idaho Division of Behavioral Health to form and sustain a peer support system in the addiction recovery field in this State.

### **C. Trauma Informed Care ~ Amy Jeppesen, LCSW, ACADC**

SAMHSA defines Trauma-informed care is an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives. Trauma includes physical, sexual and institutional abuse, neglect, intergenerational trauma, and disasters that induce powerlessness, fear, recurrent hopelessness, and a constant state of alert. Trauma impacts one's spirituality and relationships with self, others, communities and environment, often resulting in recurring feelings of shame, guilt, rage, isolation, and disconnection. Healing is possible.

Traumatic experiences can be dehumanizing, shocking or terrifying; singular or multiple compounding events over time; and often include betrayal of a trusted person or institution and a loss of safety. Trauma can result from experiences of violence. Although exact prevalence estimates vary, there is a consensus in the field that most consumers of mental health services are trauma survivors and that their trauma experiences help shape their responses to outreach and services.

This presentation will cover trauma informed care: what is, why it is so important, and some techniques for practical application. Participants will be invited to share their successful techniques for trauma informed care and brainstorm future options with other professionals.

Closing General Session – Rooms A and C

### **General Session:**

### **Treatment-resistance, Pseudo Treatment-resistance and Relapse Prevention: How the Essential Nature of Schizophrenia May Guide Optimal Treatment~ Noel Gardner, MD**

This session will discuss the use of long acting injectable therapy earlier in the disease state of schizophrenia to improve outcomes and to help protect patients from relapse.

This education session is sponsored by Otsuka Pharmaceuticals.