

INTEGRATED HEALTH SYSTEMS: HELPING FAMILIES ACROSS THE LIFESPAN.

Hofstra University's Sondra and David S. Mack Student Center, North Campus

The Nassau County Department of Human Services, Office of Mental Health, Chemical Dependency and Developmental Disabilities Services and the Mental Health Association of Nassau County are pleased to offer another major conference for Long Island professionals on the challenging and major issues facing them with regard to integrating mental health, health and chemical dependency treatment. Held in association with Hofstra University, this one day conference is intended to provide health service professionals with the opportunity to increase their awareness of best practices that can be made available to families across the lifespan by offering ways to implement integrated care into their work in the field of substance use, mental health, and physical health.

PROGRAM DETAILS

(6 OASAS credits)

8:15 Registration and Continental Breakfast

9:00 Welcome:

Lisa A. Murphy, Commissioner, Department of Human Services

James R. Dolan, Jr., DSW, LCSW, Director of Community Services

Award Presentation

9:15 AM KEYNOTE PRESENTATION

Presenter: Anthony Zenkus, LMSW

Topic: The ACE Study: Making the case for a system of integrated care.

10:15 Break

10:30 Breakout Session A

11:45 Gourmet Lunch

12:30 PM KEYNOTE PRESENTATION

Presenter: M. Elizabeth Reardon, MPH

Topic: Putting the "Person" into the "Person-Centered Health Care Home":
Strategies for Real People

1:30 Breakout Session B

2:45 Break

3:00 Breakout Session C

4:15 Submit evaluations and pickup attendance certificates

KEYNOTE SPEAKERS

AM KEYNOTE: The ACE Study: Making the Case for a System of Integrated Care

In the late 90's, the Centers for Disease Control and Prevention authored a landmark study showing significant and undeniable links between childhood trauma from abuse and neglect to a host of negative health outcomes throughout the lifespan. The implications for integrated care are significant: addictions, mental illness, suicidality, obesity, violence, as well as general negative health effects were all more likely to occur when a person had suffered multiple adversities (abuse, neglect, trauma) as a child. The presence of low socioeconomic status made these adversities even more likely. The study is a game changer, as it informs us that much of what was thought about addiction and mental illness being genetically predetermined wasn't true. The environment in the early years of life is the single biggest influence on a host of sequela from depression to injection drug use and more, and low socioeconomic status is one of the single biggest correlates with these adversities.

PRESENTER: Anthony Zenkus, LMSW, Director of Education for The Safe Center, has trained thousands of professionals and community members on the issues of child abuse, domestic abuse, sexual assault, trauma, and the effect of chronic stress and poverty on children and families. He has worked in the field of substance abuse treatment with both teens and adults, was the director of a runaway and homeless youth program through the Huntington Youth Bureau, has provided counseling for children, teens and families, and has served as the Director of Children's Mental Health Services for the Coalition Against Child Abuse and Neglect (now known as The Safe Center). He is also an adjunct professor in the Graduate School of Social Work at Adelphi University.

PM KEYNOTE: Putting the "Person" into the "Person-Centered Health Care Home": Strategies for Real People

Integrated Care is not just about making primary care and behavioral health providers work together. It's also about informing and empowering people on how to achieve their own wellness in a way that meets their cultural, spiritual, and personal needs. Its goal is to break through stigma and discrimination to achieve equal care and caring for everyone, regardless of the diagnostic label they carry. The keynote will provide an overview of the development of the integrated care model and how peer support and community education such as Mental Health First Aid can complement and enhance integrated care models.

PRESENTER: M. Elizabeth Reardon, MPH, has 30 years of experience in health care, from direct service to administration and public policy development. She is nationally recognized as an expert in the areas of quality improvement and chronic illness/disability program design, and has worked with a wide variety of consumers, providers and policymakers as a facilitator and trainer. As the Managed Care Director for Vermont Medicaid, she directed the Vermont Community Depression Initiative, which facilitated primary care and community mental health partnerships to serve low-income Vermont residents, with a particular emphasis on Veterans. In 2000, she was appointed by Governor Howard Dean to the Legislative Commission on Psychological Trauma, and served on the task force that implemented the Commission's recommendations in Vermont's Agency of Human Services. She has been a National Mental Health First Aid Trainer since 2008. She holds a Master of Public Health from Columbia University and a Bachelor of Arts from McGill University.

BREAKOUT SESSION A 10:30 - 11:45 AM

1. **Beyond ACES: How Understanding Childhood Trauma and Chronic Stress can Serve as a Foundation for Developing a System of Integrated Care.** We will explore how a better understanding of where disease, disorder and maladaptive behaviors come from through the ACE study and how its findings can have a positive impact on treatment outcomes by creating a level of knowledge that underlies an effective system of integrated care.

Room: Theatre

PRESENTER: Anthony Zenkus, LMSW

2. **Integrating Psychological Services into Medical Treatment: Perspectives from Pediatric Specialty and Adult Primary Care.** This workshop will review models of interdisciplinary collaboration, describe challenges and successes with program development and implementation, and use case vignettes to help participants apply conceptual models of collaboration in real world settings.

Room: 141

PRESENTER: Daniel J. Coletti, PhD

3. **Tailoring Integrated Care Models to the Needs of Culturally Diverse Clientele.** In this workshop, we will review the intricacies of integrated care models, discuss the need for culturally competent integrated care models and review three examples of successful integrated care models in the United States.

Room: 145

PRESENTER: Norissa Williams, PhD, MSW

4. **Responding to Warning Signs: Suicide Prevention is Everyone's Business.** This workshop will cover evidence-based warning signs of suicidal thoughts and behaviors. The presenter will propose a plan for responding to various levels of threat that incorporates family, community, and healthcare resources with a focus on utilization of outpatient treatment options.

Room: 143

PRESENTER: Shane Gregory Owens, PhD, ABPP

BREAKOUT SESSION B 1:30 – 2:45 PM

1. **An Introduction to Mental Health First Aid: How To Make Community Connections For Integrated Care.** Mental Health First Aid is a community education program that began in Australia in 2001 and has since spread to over 26 countries. In the US, Mental Health First Aid USA, which began in 2008, now has over 250,000 people certified to help their neighbors, family and friends, get the support they need. The workshop will introduce the key concepts of Mental Health First Aid, and offer opportunities for discussion on how MHFA can support integration efforts.

Room: Theatre

PRESENTER: M. Elizabeth Reardon, MPH

2. **Parent Empowerment (PEP) Training for Family Peer Advocates.** This workshop will provide an overview of the Parent Empowerment Program Training which was developed to enhance the competencies of Family Peer Support Services (FPSS) providers. This workshop will share the FPSS definition, talk about the role of PEP Training in advancing the core competencies and consistencies of practice and explain the requirements and process for obtaining the Family Peer Advocate Credential.

Room: 145

PRESENTERS: Susan Burger and Anne Kuppinger, Med

3. **The Changing Face of Seniors: Current trends and issues in working with older clients who struggle with substances.** The workshop will address current trends in the aging population and the impact on treatment needs of those older individuals who abuse licit and illicit substances. Changes within this age group including increased use of illicit substances, the impact of the changing economy and the role of trauma, including military experience will be addressed. Evidenced based treatment modalities will be reviewed.

Room: 141

PRESENTER: Loretta Hartley-Bangs, LCSW

4. **Transcranial Magnetic Stimulation: Evidence for the Treatment of Major Depressive Disorder, Anxiety Disorders, and Substance Abuse Disorders In Adolescents and Adults.** This presentation will familiarize the audience with this type of neuromodulation: its history, mechanism of action, side effect profile, and the evidence for safety and efficacy for a number of psychiatric disorders.

Room: 143

PRESENTER: Andrea R. Carlsen, MD

BREAKOUT SESSION C 3:00 - 4:15 PM

1. **Children, Families and Communities: Putting it all Together.** Strong families are core to the development of healthy children, youth, schools and communities. This workshop will briefly explore key elements of family and community engagement (with emphasis on the “early years”), why it is important to interdisciplinary practice, and some effective ways to engage families.

Room: Theatre

PRESENTER: Angela M. Zimmerman, MPA

2. **Demystifying the Complexities of Eating Disorders: Helping Clinicians Help Families.** Dr. Jeffrey DeSarbo will discuss several aspects of understanding and treating patients with eating disorders such as anorexia nervosa, bulimia nervosa, binge-eating disorder and other dysfunctional eating patterns with a multimedia presentation providing patient insight.

Room: 145

PRESENTER: Jeffrey DeSarbo, DO

3. **Mindful Treatment Planning for Child and Adolescent Anxiety Disorders.** This workshop will provide information to providers about recent advances in evidence-based psychotherapy for child and adolescent anxiety disorders. We will discuss a framework to thoughtfully integrate “traditional” with “third wave” interventions.

Room: 141

PRESENTER: Meredith Cori Owens, PhD

4. **Addictions and Substance Abuse in Persons with Intellectual and Developmental Disabilities: Recognizing the Issues and Meeting Their Complex Needs.** This workshop will provide technical information about symptoms and criteria of substance use disorders, developmental and intellectual disabilities as per DSM-5; information about OPWDD applications for eligibility; risk factors of substance use and the ID/DD population; and treatment tips.

Room: 143

PRESENTERS: Susan Weigele, ACSW, Barry Donowitz, PhD and Beth Peterson, MSW

REGISTRATION FORM:

(Approved for 6 OASAS credits)

RETURN REGISTRATION INFORMATION with payment or purchase order by *Friday, December 5, 2014* to:

School of Education, Health and Human Services – Office of Professional Development Services
120 Hagedorn Hall
119 Hofstra University
Hempstead, NY 11549-1190
Telephone: (516)463-5750 Fax: (516) 463-6006

REGISTRATION FEES: \$40 per person

(Includes registration, continental breakfast, gourmet luncheon and afternoon coffee)

Name: (Please **PRINT** exactly as you want it written on certificate):

Agency / School: _____

Address: _____

Work Phone _____ Cell Phone: _____

EMAIL: _____

(REQUIRED IN ORDER TO RECEIVE YOUR CONFIRMATION)

Method of Payment:

[] Check for \$_____ (payable to Hofstra University) is enclosed. [NOTE: \$40 per person.]

[] Purchase Order # _____ for the amount of \$_____ is enclosed/attached.

[] Visa/Master Card is accepted. To pay by credit card and register by phone, please call:
(516) 463-5750.

Breakout Session A (10:30 – 11:45) Choices:

(Please circle one): 1 2 3 4

Breakout Session B (1:30 - 2:45) Choices:

(Please circle one): 1 2 3 4

Breakout Session C (3:00 – 4:15) Choices:

(Please circle one): 1 2 3 4



December 12,
2014

NASSAU COUNTY'S 5TH ANNUAL CONFERENCE ON CO-OCCURRING DISORDERS

**We would like to extend a special thank you to
the Behavioral Health Training and Conference Committee
for their contribution to this year's conference.**

Susan Burger, Keith Gerber, Melanie Ginsberg, David Hymowitz, Melissa
Jennings, Nina Karl, Yvonne Lyon, Felicia Schneberg, Meg Tippy