



OCEACT Annual Statewide Conference 2016 Presentation Summaries

Provided below is a brief summary of the keynote and workshop / breakout sessions for the 2016 OCEACT Conference. The three keynote presentations and the associated workshops provided by Eric Granholm, Ellis Amdur and Stacy Smith are listed first. The remaining sessions are presented in chronological order as they appear on the conference schedule.

Presenter:

Eric Granholm, Ph.D.

Keynote:

Cognitive Behavioral Social Skills Training (CBSST) and Recovery from Schizophrenia

Cognitive Behavioral Social Skills Training (CBSST) is a psychosocial rehabilitation intervention for consumers with schizophrenia or other forms of serious mental illness. In CBSST, consumers set very specific recovery goals related to living, learning, working, and socializing in their community of choice, and then learn cognitive, communication, and problem-solving skills to help them achieve these goals. CBSST can be delivered as a group therapy, individual therapy, or in the context of case management and assertive community treatment. The evidence supporting the efficacy of CBSST for improving functioning in consumers with schizophrenia and mechanisms of change in treatment will be reviewed at the Keynote presentation.

Workshop:

Cognitive Behavioral Social Skills Training (CBSST): A Practical Workshop

The practical workshop will provide a basic overview of cognitive behavior therapy (CBT) and social skills training (SST) interventions used in CBSST, as well as how to deliver these interventions in the context of standard team-delivered ACT visits in the community. The primary goal of this workshop is to provide novice to intermediate providers with a foundation in CBSST and practical clinical guidance on delivering CBSST interventions.



OCEACT Annual Statewide Conference 2016 Presentation Summaries

Presenter:

Ellis Amdur, NCC

Keynote:

Grade Under Fire: Effective Strategies with Individuals with Aggression and Mental Illness

Our society is becoming increasingly violent, and sadly, individuals with mental illness are not immune to this trend. With substance abuse and poverty compounding problems, agencies must become increasingly concerned to assist their employees in maintaining their own safety. Aggressive behavior often occurs with no advanced warning. It can occur in a client's home, out on the street, or in an agency office.

Ellis Amdur's keynote presentation will focus on centering and calming ourselves. We can say and do all the right things, but if we are off-center ('out of true'), none of these techniques will be of benefit to either ourselves or our patients. If we wish the best for our clients, we must bring the best of ourselves.

Workshop:

The workshop will concentrate on safety in the field, as well as clinically oriented verbal de-escalation techniques. This will include of spacing, stance, the eyes and voice to calm an individual or establish control, as well as specific communication strategies which offer the best chance of calming volatile individuals. Establishing lines of communication with individuals with mental illness, based on their behavioral and verbal presentation.



OCEACT Annual Statewide Conference 2016 Presentation Summaries

Presenter:

Stacy L. Smith, M.Ed., LPC, NCC

Keynote:

Embracing the Motivational Interviewing Spirit

Compassion, acceptance, empathy, partnership; these elements in relationships outside of our work can also be embraced within our professional roles. Using music, art and humor, Stacy will make a case for MI Spirit and displaying such spirit for those we serve; exploring how we can provide active compassion, when personal and professional boundaries are important, and how we can begin and even end our professional relationships with empathy and full acceptance.

Workshop:

Motivational Interviewing: Focus on Engagement and Focusing

Motivational Interviewing embraces the individual's internal capacity for growth. It is used by professionals in many disciplines to assist people find their own reasons for change. This session will focus on the values and characteristics necessary to conduct Motivational Interviewing (MI) effectively. There will be many opportunities for audience participation and our vignette practice sessions will center on Supported Employment, Substance Use Treatment, and Psychiatric Rehabilitation examples. Attendees will leave with exposure to at least three skills related to MI. This session is recommended for those who have had at least a primer in MI (although complete "newbies" to MI are also welcome!)



OCEACT Annual Statewide Conference 2016 Presentation Summaries

Vicarious Trauma: Triggers, Self-Care, and Collective Care (Breakout Session)

Presenter: Fumiyo Nishimoto

Through a combination of short lectures, guided discussions and interactive exercises, this workshop highlights an overview of the definitions and symptoms of compassion fatigue, burnout, vicarious trauma, and secondary post-traumatic stress disorder. The workshop will include an interactive exploration of self-care techniques and strategies for recognizing symptoms of vicarious trauma.

Participants will:

- Define trauma, vicarious trauma, compassion fatigue, burnout, and secondary post-traumatic stress disorder;
- Explore the prevalence of vicarious trauma in peer support;
- Discuss implications and contributing factors of vicarious trauma;
- Explain how to recognize and understand the symptoms of vicarious trauma;
- Identify trauma recovery resources;
- Explore self-care methods and collective care.

Team Leader Roundtable (Breakout Session)

Facilitator: Heidi Herinckx

This breakout session will provide an opportunity for ACT Team Leaders to participate in a roundtable discussion about topics impacting their work.

Peer Support Specialist Roundtable (Breakout Session)

Facilitators: Jeff Krolick, Tom Elliott

This breakout session will provide an opportunity for ACT Peer Support Specialists to participate in a roundtable discussion about topics impacting their work.



OCEACT Annual Statewide Conference 2016 Presentation Summaries

Equity in ACT: Practical Applications (Breakout Session)

Presenter: Leticia Sainz

This presentation will define culture, cultural humility, and why it is important to bring to our work. There will be information on the difference between equity and equality. Participants will be asked to examine their own privilege and how that impacts their delivery of ACT services. There will be a facilitated discussion on the practical application of cultural humility within ACT— including how we interact with consumers and families, how we support and/or shift team culture, and who we are in our personal communities.

ACT Funding (Breakout Session)

Presenters: Mitch Elovitz, Wendy Chavez

Mitch Elovitz and Wendy Chavez from the Health Systems Division will provide an opportunity for providers to ask questions related to funding and sustainability for ACT services. HSD will provide a written FAQ from questions sent in advance of the conference.

Portland Hearing Voices (Workshop)

Presenter: Kate Hill

In this workshop, Kate will discuss the phenomenology behind hearing voices, seeing visions and experiencing other extreme or unusual states of mind. She will also introduce the Hearing Voices Movement including its history, philosophy and what is happening presently, as well as cover cross-cultural psychological and anthropological research around these topics. We will also make time for a Q and A.



OCEACT Annual Statewide Conference 2016 Presentation Summaries

Trauma Informed Cultural Intervention Using an Assertive Community Treatment Model (Workshop)

Presenters: Terry Ellis, Myldred Silvia, Sheila Henrickson-Davis

NARA will be providing perspectives related to using ACT to work on cultural issues around trauma (including systems trauma), attachment, and chronic stress presentations.

Never Giving Up Takes Courage

Presenter: Tim Johnson

Tim's speech will consist of the beginning of his disorder through adulthood, living with manic highs and daily living with schizophrenia. He will discuss what it is like to be in a manic high. The most important things in his recovery have been to get the level of medication to the proper amount and his Community and Health Department supports. The ACT team is essential to his process of recovery. It is a process. Never giving up takes courage.

Recovery and Community Integration Panel Discussion

Presenters: Benton County & Marion County

The panel discussion will focus on recovery-orientation and community integration. Benton and Marion counties will have speakers from their ACT teams sharing about their approach and discussing strategies for community integration.