



## **OCEACT Annual Statewide Conference 2015 Presentation Summaries**

Provided below is a brief summary of the keynote and breakout sessions for the 2015 OCEACT Conference. The three keynote presentations and the associated breakout sessions provided by Dr. Kim Mueser, Dr. Phil Shapiro and Dr. Peggy Swarbrick are listed first. The remaining sessions are presented in chronological order as they appear on the conference schedule.

### **Keynote 1**

#### **New Developments in the Treatment of Trauma and PTSD in People with SMI**

Presenter: Kim T. Mueser, Ph.D

This presentation will begin with a review the high rates of trauma and PTSD in people with major mental illness, and the associated personal, clinical, and functional costs to individuals. A theoretical model will be presented for understanding how trauma and PTSD interact to worsen the course of serious mental illness through both direct and indirect effects. The limitations of PTSD treatment research conducted in the general population will be briefly summarized, followed by a brief description of the development and feasibility testing of a model for treating PTSD in persons with serious mental illness: the Cognitive Restructuring Program. Controlled research on this treatment program will be presented, and future directions for the field will be discussed.

#### **Cognitive Behavioral Treatment of PTSD in Vulnerable Populations (Breakout Session)**

Presenter: Kim T. Mueser, Ph.D

This break-out session will describe the Cognitive Restructuring Program for PTSD. The assessment of trauma and PTSD in people with serious mental illness will first be discussed. This will be followed by an overview of the program, and logistical considerations for providing the intervention. The bulk of the session will be spent going through the core components of the program, including: Orientation, Breathing, Retraining, Psychoeducation, the Common Styles of Thinking, the 5 Steps of Cognitive Restructuring, and Generalization and Termination. Case examples will be used. Questions will be encouraged, as well as participant practice of selected skills.



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### **Keynote 2**

#### **Spiritual Healing in Clinical Settings**

Presenter: Phil Shapiro, MD

Dr. Shapiro is an Integrative Psychiatrist with a specialty in Mind-Body Medicine. His practice includes biopsychosocial and spiritual elements. He will present a model he uses himself and teaches his students and clients. He will focus on the highly neglected topic of spiritual healing in clinical settings.

He will discuss:

- Transpersonal Psychiatry
- The power and importance of belief systems in disease and healing
- The connection between personal spiritual history and universal spiritual principles
- The scientific method in metaphysics
- The model: "Healing Power: Ten Steps to Pain Management and Spiritual Evolution" Rev. 2010
- Introduce The Universal Healing Wheel: the essential healing principle of all psychosocial and spiritual belief systems
- How to activate spiritual healing safely, efficiently, and effectively in clinical settings
- Introduce 15 methods we can use to manage our pain skillfully and heal
- Stage disease and recovery

#### **Clinical Applications of "Healing Power" (Breakout Session)**

Presenter: Phil Shapiro, MD

Dr. Shapiro will:

- Discuss applications of the "Healing Power" model in clinical settings
- Demonstrate how he conducts his groups and classes using his book: "Healing Power: Ten Steps to Pain Management and Spiritual Evolution Revised 2010"
- Read poems on pain and healing from the world's sacred literature



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### **Keynote 3**

#### **A Wellness Model for Personal & Professional Practice**

Presenter: Peggy Swarbrick, Ph.D, FAOTA, CPRP

The wellness model is a paradigm for understanding health, and encompasses eight dimensions: 1) social, 2) emotional, 3) intellectual, 4) occupational, 5) environmental, 6) financial, 7) spiritual, and 8) physical, with six domains in the physical dimension: habits and routines, physical activity, sleep and rest, medical self-care and screenings, healthy food choices, and stress management and relaxation. Many people with mental and substance use disorders face challenges impacting many of these dimensions and domains, as do staff providing services. Professional and peer providers are poised to promote wellness through engagement in meaningful occupation and through developing good health habits and routines. This keynote will outline how to examine what we are doing now to create and sustain a wellness lifestyle as an effective means of personal self-care. Wellness and whole health models will be outlined, including peer delivered strategies. Practitioners and peer providers will learn to apply an emerging dimensional wellness model to enhance services and environments that will benefit the people they serve and the larger society.

#### **Wellness in Action (Breakout Session)**

Presenter: Peggy Swarbrick, Ph.D, FAOTA, CPRP

Building on the keynote session, this hands-on workshop will empower participants to examine personal wellness status in order to set and pursue health habits and routines conducive for personal self-care and professional success. Participants will examine how to build wellness into daily work and life routines and will learn what is needed to become wellness champions within their team or agency.



## OCEACT Annual Statewide Conference 2015 Presentation Summaries

### **Assertive Community Treatment as a Culturally Specific Approach (Breakout Session)**

Presenter: Terry Ellis

The focus of this presentation will be to speak to the use of Assertive Community Treatment and Family Assertive Community Treatment services as a culturally specific approach. The primary mode for mental health intervention in the American Indian and Alaskan Native community, as in many indigenous communities, is reestablishing and maintaining cultural values and practices within the context of modern day existence. Historical and multigenerational traumas have eroded the traditional community base of support for those with unique presentations and needs. This presentation will speak to the role of Assertive Community Treatment in the active efforts to end the transmission of multigenerational pathology and trauma.

### **PreManage for ACT Teams (Breakout Session)**

Presenters: Laureen O'Brien, Barb Day, Dr. Sharon Meieran, Susan Kirchoff, Justin Keller

Join representatives from OHA, the Oregon Health Leadership Council, and Collective Medical Technologies (CMT) for a discussion of PreManage. PreManage is a web-based tool that allows ACT teams and other subscribers to get real-time alerts when their clients experience a hospital event – in any hospital in Oregon or Washington. OHA is sponsoring a pilot for PreManage that is free to ACT Teams through February 2016. Join two exciting panel discussions on PreManage: a user panel which will include Dr. Sharon Meieran, Kaiser Permanente Physician and EDIE Utility Governance Committee member, as well as one of your ACT colleagues to discuss their experiences in using the Emergency Department Information Exchange (EDIE) and PreManage. In addition, we will feature a panel of consultants and CMT representatives to discuss next steps for PreManage, learn about promising practices, and engage in larger process improvement efforts underway at the state.



## OCEACT Annual Statewide Conference 2015 Presentation Summaries

### **Engagement Strategies (Breakout Session)**

Presenters: Cory Suratt, Ben Yoder, Christina Lindsey, Bridget Brown, Erica Stockdale, Danielle Nash

Laurel Hill and Wallowa Valley Center for Wellness will facilitate a panel discussion on engagement strategies. Each program will present a case example of an individual that the team used creative engagement strategies with. There will be a discussion of common engagement issues that arise and ways to overcome them during which participants will be invited to ask questions and share strategies.

### **Examining the Meetings of ACT (Breakout Session)**

Presenters: Heidi Herinckx, Kris Anderson, Raina Wickham, Monica Cowan, Stacy Marinelli, Sara Kaye, Travis Sammon, Mo Mitchell, Whitney Brenizer, Rob Prentice

This session will take time to look at the three primary types of meetings that are utilized by ACT teams. We will role play and explore the structure and share tools to use in the daily team meeting. The Deschutes County team will share real world examples of using individualized treatment teams (ITTs) to promote communication and individualized problem solving. The Benton County team will demonstrate self-determination in an annual Individualized Service Plan (ISP) meeting.

### **Roundtable Discussion by Specialty (Breakout Session)**

This breakout session will provide an opportunity for ACT team members to group by specialty to participate in roundtable discussions about topics impacting their work. The first few minutes will be spent generating discussion topics. The group will select 3 - 4 topics and spend 15 - 20 minutes discussing each topic. Notes will be kept and shared back with the group. Remember to bring business cards!



## OCEACT Annual Statewide Conference 2015 Presentation Summaries

### **Safety Panel Discussion**

Presenters: Megan Chaloupka, Heidi Herinckx

Central City Concern and OCEACT will partner to discuss safety in the context of providing community based mental health services. Megan will share the experience of Central City Concern as they have expanded their safety policies. This will also be an opportunity to ask questions and share strategies with the group at large.

### **ACT Funding & Sustainability (Breakout Session)**

Presenters: Chad Scott, Wendy Chavez

Chad Scott (MAP) and Wendy Chavez (AMH) will provide an opportunity for providers to ask questions related to funding and sustainability for ACT services. MAP will provide a written FAQ from questions sent in advance of the conference.

### **Facilitators and Barriers to ACT Implementation: A Conversation (Breakout Session)**

Presenter: Jeff Krolick

Jeff Krolick, Options of Southern Oregon's Special Projects Director, will facilitate a discussion of factors that help organizations implement the ACT model and address some of the challenges that hinder implementation. Topics discussed will include organizational leadership; funding and the allocation of adequate resources; hiring qualified staff; dedication of staff FTE; the importance of integrating substance abuse services and mental health services provided by the ACT team; communication and more. There will be opportunities to network, brainstorm and learn from one another.

### **Benefits Planning Overview for Clinicians (Breakout Session)**

Presenter: Gene Rada

Gene will provide a brief overview discussing the basics of work incentives and the impact employment has on benefits. This session may be ideal for clinicians who have concerns about individuals they serve losing benefits when returning to work.



## OCEACT Annual Statewide Conference 2015 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.