



## OCEACT Annual Statewide Conference 2017 Presentation Summaries

Provided below is a brief summary of the keynote presentations, workshops and breakout sessions for the 2017 OCEACT Conference. The three keynote presentations provided by Luis Lopez, Kim Mueser and Mandy Davis are listed first. Next, the workshops and breakout sessions are presented in chronological order as they appear on the conference schedule.

### **Keynote 1**

#### **Cognitive Behavioral Therapy for Psychosis: A Research Update**

**Presenter: Kim T. Mueser, Ph.D.**

Cognitive behavioral therapy for psychosis (CBTp) is a widely recommended psychotherapeutic intervention for people with schizophrenia and other severe mental illnesses, but is not commonly provided on Assertive Community Treatment (ACT) teams. This presentation will begin by providing a definition of CBTp, the theoretical foundations underlying the intervention, and its core elements. Different models of CBTp will be described, followed by a review of research spanning over the past 25 years. The need for CBTp among persons treated on ACT teams will be discussed, as well as special challenges to embedding it within ACT services. Recent advances in research on CBTp will be highlighted, including preliminary findings from research on implementing CBTp on ACT teams.

### **Keynote 2:**

#### **Trauma Informed Care: *what it is and what it is not***

**Presenter: Mandy Davis, LCSW, PhD., Trauma Informed Oregon**

This keynote presentation will introduce the audience to Trauma Informed Care, an engaging approach to delivering services. Participants will learn about what trauma informed care is, why it is important, and examples of how to apply these principles in practice. The evidence that supports TIC will be reviewed, and participants will begin to identify how service systems, often unknowingly, re-traumatize survivors of complex trauma and begin to identify ways to reduce this impact on service recipients and the workforce.

### **Keynote 3:**

#### **Promoting Recovery within ACT**

**Presenter: Luis Lopez, MS, HSBCP, Columbia University**

This keynote will discuss the key components of the Recovery Model. This conversation will engage the audience to participate on an assessment of treatment philosophy, team culture,



## OCEACT Annual Statewide Conference 2017 Presentation Summaries

and person centered language. The audience should be ready to participate on a fun, dynamic, and transforming narrative.

### **Never Giving Up Takes Courage**

Presenter: Tim Johnson ACT graduate

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.

## **June 13<sup>th</sup> AM Breakout Sessions**

### **Breakout 1:**

**The Oregon Crisis Intervention Team Center of Excellence (CITCOE): A statewide Collaboration**  
**Presenter: Carol Speed, Kevin Rau, Linda Maddy, Elene Flory**

The panelists for this presentation will be representative of the Oregon Department of Public Safety Standards and Training (DPSST) and Greater Oregon Behavioral Health, Inc. (GOBHI). These organizations, in partnership with the Oregon Health Authority, formed a collaboration called the Oregon CIT Center of Excellence (CITCOE). CITCOE is a statewide initiative to provide technical assistance related to CIT program development, implementation and sustainability. CITCOE has had a great deal of success in providing technical and fiscal assistance to many agencies across Oregon. Panelists will share information about how CITCOE is successfully promoting the principals of CIT. Panelists will also talk about the challenges of CIT program development in widely diverse urban, rural and frontier counties. In addition, panelists will discuss some of the challenges a collaboration such as CITCOE presents with respect to leadership, communication and multiple funding streams.

### **Breakout 2:**

**Essential operating procedures for new ACT teams**  
**Presenter: Luis Lopez**

In this session, participants will talk about the philosophy of ACT, the morning meeting, the daily structure, the community contacts, tracking contacts and coding techniques, and other



## OCEACT Annual Statewide Conference 2017 Presentation Summaries

organizational tips. Participants will review the fundamental features of operating an ACT Team. This workshop is ideal for new staff members, as well as for veteran staff who want to share thoughts and ideas with the group.

### **Breakout 3: PreManage for ACT Teams Presenter: Justin Keller**

Join representatives from the Oregon Health Leadership Council and the vendor Collective Medical Technologies (CMT) for a discussion of PreManage. PreManage is a web-based tool that connects ACT teams and other subscribers to real-time information when their clients are in an emergency room in a growing network of hospitals that includes all hospitals in Oregon or Washington. Thirteen ACT teams are already on PreManage and using it to manage their client's needs, and in some instances, intervene in the emergency room in real time to improve client outcomes. We will spend some time discussing how ACT teams are using PreManage today and will have a work session on how ACT teams can best utilize care recommendations and other aspects of the PreManage platform that can enable communication back to the emergency room and other parts of the care continuum.

### **Breakout 4: Peer Support Specialist Roundtable Facilitators: Jason Morrow Sierra Morgan**

Jason Morrow, Peer Specialist for the Marion County ACT team and Sierra Morgan, Peer Specialist for the Linn County ACT team, will facilitate a session for other Peer Specialists. This breakout session will provide an opportunity for ACT Peer Support Specialists to meet, share resources and participate in a roundtable discussion about topics impacting their work.

### **Breakout 5: Nursing Role on the ACT Team Presenter: Elisha Odell, RN**

Elisha Odell, nurse for the South Lane ACT team will provide an overview of the role of the nurse on the ACT team. She will focus on the scope of work and the variety of tasks associated with the nursing role



## OCEACT Annual Statewide Conference 2017 Presentation Summaries

including: holistic health promotion; managing medications; comprehensive health assessments; and health education.

### June 13<sup>th</sup> PM Workshops

#### **Workshop 1:**

#### **Cognitive Behavioral Therapy for Psychosis: A Workshop for Clinicians**

**Presenter: Kim T. Mueser, Ph.D.**

This workshop will focus on providing practical CBTp tools for addressing psychotic symptoms in persons receiving ACT services. The workshop will begin by considering which clients on ACT teams are most likely to benefit from CBTp. Next, the basic tenets of CBTp will be reviewed, such as the collaborative nature of the approach and its emphasis on “guided discovery.” A brief overview of the CBTp treatment model will then be provided. The majority of time will be spent teaching specific CBTp techniques for reducing severity and distress related to hallucinations and delusions, including psychoeducation, normalization, cognitive restructuring (e.g., recognizing automatic thoughts, Socratic and “Columbo” style questioning, behavioral experiments), and coping strategy enhancement. Teaching will include a combination of didactic presentations, case examples, demonstration, and practice by participants.

#### **Workshop 2:**

#### **Leadership and supervision essentials for ACT team leaders**

**Presenter: Luis Lopez**

This 3 hour workshop will provide a platform for new and experienced ACT Team leaders to talk about important issues in the areas of supervision, administration, and overall team wellness. Team Leaders will also discuss the duality of their role as “50% directors and 50% clinicians.” Participants will discuss daily challenges and identify innovative ways to address them.



## OCEACT Annual Statewide Conference 2017 Presentation Summaries

### **Workshop 3:** **Workforce Wellness: *moving beyond self-care*** **Presenter: Ana Hristić**

This workshop builds on the core competencies of Trauma Informed Care. The Workforce Wellness workshop will unpack the concept of parallel process in a trauma informed system, setting the foundation for both individual and organizational opportunity for workforce wellness. Parallel process provides a lens through which to understand the relationship and influence that individuals and systems have on each other. Workshop participants will realize the impact of trauma on the workforce, as well as explore its prevalence across professions. Thus, concepts like vicarious trauma, secondary traumatic stress, and burnout will be discussed, and their impact on cognition, affect, and behavior will be explored. Participants will recognize the signs and symptoms of toxic stress on themselves, their teams, and organizations. In small groups, participants will integrate this knowledge to create individual & organizational best practices that attend to emotional, physical, social, and professional wellness. The charge toward self-care will be critically examined, and reframed to serve and empower. The workshop will close with discussing the topic of resilience – including compassion satisfaction and vicarious resilience – and prevention.

### **Workshop 4:** **Queer Inquiry Workshop** **Presenters: Kirsten Keith and Craig Leets**

This interactive workshop will discuss trends, important language, and relevant research focused on LGBTQ people. Specifically, we will discuss how to appropriately use folks' pronouns, how to navigate conversations with LGBTQ colleagues and clients, and think collaboratively about how to apply knowledge about LGBTQ people to our work practices. We will work in small groups to develop service delivery environments that are affirming and supportive for queer and trans people seeking services. This workshop will be lead by two Higher Education professionals who have experience working in trauma-informed and advocacy-based services.



## OCEACT Annual Statewide Conference 2017 Presentation Summaries

### **Workshop 5: Clinical Applications of Healing Power: the workbook Presenter: Phil Shapiro**

Dr. Shapiro is an Integrative Psychiatrist with a specialty in Mind-Body Medicine. His practice includes bio-psychosocial and spiritual elements. He will present a model he uses himself and teaches his students and clients. He will discuss:

- 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
- Introduce 15 methods we can use to manage our pain skillfully and heal
- 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” and the newly published “Healing Power: the Workbook” 2016.

### **June 14<sup>th</sup> AM Breakout Sessions**

#### **Breakout 1: Effective crisis intervention and de-escalation Presenter: Lynn Fernon**

Participants will learn how to identify a crisis; Physical and verbal cues that suggest a person is in crisis; Learn about active listening; Learn and practice effective de-escalation techniques. Role play will be encouraged.



## OCEACT Annual Statewide Conference 2017 Presentation Summaries

### **Breakout 2:**

#### **Improving employment outcomes: overcoming criminal convictions**

**Presenter: Tammy Guest**

This workshop will review a recent study conducted by Swanson and colleagues in 2012. Using the results of the study, the IPS researchers at Dartmouth College developed tools to assist people with criminal convictions seeking employment. “Although the Individual Placement and Support (IPS) approach has demonstrated superior competitive employment outcomes for people with severe mental illness, practitioners report that job obtainment for people with criminal convictions is particularly challenging. The current study examined employer hiring decisions and attitudes regarding job applicants with felonies. The main purpose of the study was to identify the percentage of employers who had knowingly hired applicants with felonies and if the hiring patterns differed by employer type.” (Swanson et al., 2012) Many people find the results of the study surprising. We will review and discuss.

### **Breakout 3:**

#### **Using dual recovery principles for individuals with dual diagnoses**

**Presenter: Luis Lopez**

In this 90 minute workshop, participants will discuss the philosophical, clinical, and practical aspects of dual recovery. Participants will be able to review engagement strategies, motivational techniques, and harm reduction. Participants will also take a quick look at treatment. Participants will identify and define components of a dual recovery approach.

### **Breakout 4:**

#### **Integration of physical healthcare into ACT**

**Presenters: Dannielle Nash and Erica Stockdale, Wallowa Valley Center for Wellness; Dr. Jennifer Micek and Shelia Lien, Benton County ACT team**

In Wallowa County, Danielle and Erica recently applied for and were awarded a competitive ACT grant through OHA in cooperation with EOCCO. They are using grant funds to expand ACT services by fifty percent, focusing on service delivery in extremely isolated areas of Wallowa County. The WVCW ACT Team was also the recipient of a SAMHSA reverse integration grant that focuses on bringing medical services into a mental health setting that is more familiar for clients with severe and persistent mental



## OCEACT Annual Statewide Conference 2017 Presentation Summaries

illnesses. This \$1.5 million grant has allowed for 5 days a week of primary care provided in their ACT office, with the addition of two medical rooms and an onsite lab leading to an overall increase in client health.

In Benton County, Primary care joins the ACT team. In the fall of 2015, Benton County Health Services started the High Complexity Care program (HCC). The focus of this program was to provide primary care to complex patients that would benefit from a more intense, customized and personalized approach. From the beginning, the HCC program has automatically included any client receiving ACT services. In this talk, we will discuss some of the challenges of connecting ACT clients with primary care, avoiding ER use and managing chronic disease. We will discuss how having a dedicated primary care team is addressing these challenges. We hope to have a lively interchange that gives participants ideas on how to address these challenges for the ACT clients they serve.

### **Breakout 5: Using Wellness Recovery Action Plan as a Strategy for Job Retention Presenters: Joan Keenan**

This workshop will provide an overview of the Wellness Recovery Action Plan and outline wellness strategies to support individuals who are seeking employment. The workshop will also give examples of hands on approaches using WRAP to maintain competitive employment.

#### Learning Objectives:

- Review the 8 guiding principles of IPS Supported Employment
- Identify the five key recovery concepts, which facilitate wellness.
- Identify wellness strategies to help us maintain employment
- Update OSEPC project