



OCEACT Annual Statewide Conference 2019 Presentation Summaries

Provided below is a brief summary of the keynote presentations, workshops and breakout sessions for the 2019 OCEACT Conference. The three keynote presentations provided by Pascale Jean-Noel, Lidia Yuknavitch, and Patrick Corrigan are listed first. Next, the workshops and breakout sessions are presented in chronological order as they appear on the conference schedule.

Keynote 1:

Cascade Ballroom June 11th {9:45am – 10:45am}

My Positionality and How That Impacts My Seat at the Table

Presenter: Pascale Jean-Noel

“An identity would seem to be arrived at by the way in which the person faces and uses his experience,” James Baldwin. Positionality is the socio-political framework that comprises our identities. Our positionality is composed of the multiple identities we ascribe to such as race, class, gender, sexuality, and ability status. Our multiple identities can offer us power and privilege. They can also create obstacles and disadvantages. Our identities direct how we perceive the world around us. They are also the prism through which our light as individuals are reflected throughout society. Use of self is pivotal in my role as a Clinician, Trainer, Leader and Educator. Over time, I have learned to own my positionality while understanding the impact of my voice. Understanding my positionality has helped me to better navigate in these various academic habitats and establish my presence throughout my career. After listening to my experience, you will have an opportunity to explore your own positionality and how that transcends in your work!

Keynote 2:

Cascade Ballroom June 11th {1:15pm – 2:15pm}

The Beauty of Being a Misfit

Presenter: Lidia Yuknavitch

This session will be filled with stories, observations, good questions and a strong call for Misfits and people who feel different, people living in the margins of society, people who make big life blunders -- we are not nothing. We have meaningful, even vital contributions to make to the culture. How can we all reimagine a way to see the edges of life as the shape that holds the center?



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Keynote 3:

Cascade Ballroom June 12th {8:45am – 10:15am}

The Stigma Effect: Avoiding the Unintended Consequences of Some Anti-Stigma Programs

Presenter: Patrick Corrigan

The Stigma Effect describes a conundrum where good intentioned behavioral approaches to a social problem actually lead to worse effects. Research on stigma change may find itself at this point. Advocates have developed and implemented multiple approaches to changing stigma; might some of these be shown to have more beneficial impact than others? This presentation examines both the benefits and the negative unintended consequences of stigma change programs, considering the effects of education versus contact on the stigma of mental illness.

June 11th AM Breakout Sessions {11am – 12pm}

Breakout 1:

Room: Cascade Ballroom

How Does My Positionality Impact My Relationship with My Supervisees and the Connection With Our Clients

Presenter: Pascale Jean-Noel, Director of Training, NYS ACT Institute/ Center for Practice Innovations

Use of self is very important in the work of leadership. Understanding your positionality helps you to understand the power dynamic of providing supervision to someone that may not have the same positionality as yourself. You will leave this workshop with a better understanding of your positionality and encouraged to help your staff recognize their own stance as it relates to connecting with the clients they serve. Your team will in turn become comfortable enough to help clients identify their own positionality and how it impacts their relationship with systems and providers.



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Breakout 2:

Room: Burlingham/Elle Room - # 111 A/B

Contingency Management Evidence-Based Approach to Improving Treatment Adherence

Presenter: John Mahan, *Psychiatric Medical Director, Jackson County Mental Health*

Some clients may perceive the benefits (such as better health, improved relationships, and social productivity) of adhering to treatment plan recommendations (such as meeting with clinicians, medication adherence, or abstinence from methamphetamine use) as remote and uncertain. As a result, engagement can be sub-optimal at times. Contingency Management is an evidence-based approach that brings positive consequences forward in time and makes them more immediate, salient, and predictable. Participants will learn more about Contingency Management, including how the ACT team at Jackson County Mental Health in Southern Oregon has implemented such a program.

Breakout 3:

Room: Trysting Tree Room - #114 A/B

Transference, Countertransference and Treatment Interfering Behavior in Professionals

Presenter: Lance Dickison, *Clinical Director, Options for Southern Oregon*

Understanding the difference between clinically productive empathetic identification with a client's emotional state and sympathetic co-ownership of the person's dysregulation and emotional distress state is critical to the professional in becoming a catalyst for growth and change as opposed to a barrier to treatment. In this discussion, we will examine the hallmark indicators of countertransference and its often subtle derailing of the treatment process with our clients, as well as how to monitor self through mindfulness and how to supervise providers to an end that develops awareness of this phenomena and how it can be detrimental to both the client change process as well as their own emotional well being.

Breakout 4:

Room: Willamette Room- #115 A

Facilitating a Multifamily Group on an ACT Team

Presenter: Paula Emerick, *Clinical Supervisor, Central City Concern*

In this breakout session attendees will learn a brief overview of family systems theory and how this applies to working with folks who experience SPMI by using a multifamily group format. The presenter will provide an example curriculum and discuss how to facilitate a psycho-ed family group and a process family group.



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Breakout 5:

Room: Willamette Room - #115 B

IPS and ACT Discussion Board

Presenter: *Kris Cooley, Employment Coordinator, Options for Southern Oregon & Lisa Schiro, Employment Specialist, Yamhill County*

This presentation will focus on providing ACT and IPS simultaneously from current IPS specialists on ACT teams. Some of the topics discussed will be: establishing boundaries between ACT and IPS services, clarifying what your role is and what that brings to the team, strategies to help build rapport with participants, and how to engage with new participants by determining goals, remaining client focused, working with benefit planners and how that interferes with IPS, job developing strategies with new employers and building relationships with community partners, how to discuss disclosure with participants and strategies to address the concept of disclosure, introducing participants to new job ideas and learning about other fields of work, and developing follow along plans and continuing to work with participants once they are employed.

Breakout 6:

Room: Johnson Lounge

Naloxone Training

Presenter: *Renee Yandel, Executive Director, HIV Alliance*

This session will provide an overview of harm reduction strategies, The Good Samaritan law and overdose trends in Oregon. The presentation will cover overdose risks, myths and signs of overdose. Participants will learn the steps to responding to an overdose and be offered an overdose prevention kit.



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June 11th First PM Breakout Sessions {2:30p – 3:30p}

Breakout 1:

Room: Cascade Ballroom

The Beauty of Being a Misfit or What We Can Learn from the Edges

Facilitator: Lidia Yuknavitch, *Author*

Outcasts, Vets, Native Americans, Single Mothers, People of Color, formerly incarcerated or institutionalized individuals, Individuals on the spectrum, Houseless individuals, Non-neuro typical people know how to survive and even thrive in ways that are phenomenally creative and courageous. Mostly we talk about how these individuals have problems but their unique positions in society are also generative of profound courage, creativity, and the ability to endure. What might that story look like? There will also be a short book reading from one of Lidia's books.

Breakout 2:

Room: Burlingham/Elle - #111 A/B

Medical Treatment of Opioid Use Disorder: Buprenorphine-Naloxone, Extended-Release Naltrexone, Methadone and Rescue Naloxone

Presenter: Dr. John Mahan, *Psychiatric Medical Director, Jackson County Mental Health*

Substance use disorders are not rare in the population of clients receiving ACT services, and the gold-standard of treatment for those with opioid use disorder is treatment that includes access to an FDA approved medication for opioid use disorder: buprenorphine-containing medications (buprenorphine and buprenorphine-naloxone, sublingual and long-acting injection), extended-release naltrexone (long-acting injection), and methadone. The opioid overdose antidote naloxone will also be discussed.

Breakout 3:

Room: Trysting Tree Room - #114 A/B

Billing is a Clinical Issue: Sustainability through Funding

Presenter: Michael Oyster, *Choice Model Lead and ACT Coordinator, Oregon Health Authority*

Billing is a clinical issue because there are no services without funding. In fact, funding is often the first barrier to services for each client. These solutions are not found in coding but in problem solving strategies through knowledge of the funding system. This interactive workshop will explore strategies together to bill for ACT services. Although ACT is covered through Medicaid, many clients have unique challenges due to their insurance coverage such as Medicare, Veterans and Private Insurance, as well as blends of coverage such as Medicare-Medicaid (Medi-Medi). Some ACT clients still have no coverage and are paid for through Choice Model funds or other sources. Only through adequately billing can ACT programs maintain financial stability in order to sustain services for their clients.



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Breakout 4:

Room: Willamette Room - #115 A

How To Not Be Perfect: Providing Affirming Care for People who are LGBTQ+

Presenter: Claire Anderson, QMHA & Joseph Bonnell LPC, CRC, CADCI, Outside In

In this presentation, we will review definitions and concepts of “Gender and Sexuality 101”, as well as looking deeper into the interplay between intersectional oppression, trauma, and invalidating environments of care. Practice asking appropriate questions without offending, and hear from participants about their experiences on an ACT team serving homeless young adults ages 18-25.

Breakout 5:

Room: Willamette Room - #115 B

Oregon ACT Program Evaluation – ACT Participant Focus Group Findings

Presenter: Alyssa Kerlinger, Data Analyst, OCEACT

From 2017-2018, OCEACT conducted a program evaluation of ACT teams across Oregon. Part of this program evaluation was hearing directly from ACT participants themselves. Focus groups were conducted with ACT participants from 31 different ACT teams. In these focus groups, ACT participants discussed what recovery means to them, their own recovery goals, and how the ACT team has assisted them with those goals. This presentation will report out on the findings from these focus groups.

Breakout 6:

Room: Johnson Lounge

Naloxone Training

Presenter: Renee Yandel, Executive Director, HIV Alliance

This session will provide an overview of harm reduction strategies, The Good Samaritan law and overdose trends in Oregon. The presentation will cover overdose risks, myths and signs of overdose. Participants will learn the steps to responding to an overdose and be offered an overdose prevention kit.



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June 11th Second PM Breakout Sessions {3:45p – 4:45p}

Breakout 1:

Room: Cascade Ballroom

The Role of Occupational Therapy in Assertive Community Treatment

Presenter: Emily Frey, *Occupational Therapist and Community Support Services Manager* & Kelsey Sandage, *Occupational Therapist, Yamhill County Health and Human Services*

Individuals with serious mental health challenges often experience a disruption in ability to engage in activities they want or need to do as a result of the illness. Occupational therapy (OT) provides a unique approach to supporting occupational engagement and mental health recovery through evaluation, remedial and compensatory intervention, and consultation. This breakout session will provide a brief overview of Occupational Therapy (OT). It will describe the role of OT in Assertive Community Treatment (ACT), and how OT has been beneficial for Yamhill County Health and Human Services ACT participants and team members. Participants will also have the opportunity to experience and understand common OT interventions.

Breakout 2:

Room: Burlingham/Elle Room - #111 A/B

Be Yourself and Bring Snacks: Engagement Strategies

Presenter: Derek Weaver, *Peer Support Specialist* & Caroline Owczarzak, *Peer Support Specialist, Deschutes County ACT Team*

How do we get people to sample what we have to offer? How do we establish relationship long enough to show we are an ally in participant care and don't want to be their "boss" or a representative of "the man"? Some things have worked for us (plenty of things that haven't). There's the Thomas Edison (the light bulb guy) story which we'll paraphrase liberally here - one of his assistants comes to him saying, "Let's give up. We've tried a thousand ways and it doesn't work". And Edison says, "That's great-we know a thousand ways not to do it". What he actually said: "I have not failed. I've just found 10,000 ways that won't work". In our field, with the brilliant diversity of our participants and ourselves, we get to find the ideas that appeal to each individual, and then build the partnership along the way.



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Breakout 3:

Room: Trysting Tree Room - #114 A/B

The Power of Language

Presenter: *Christina Lindsey, Statewide Trainer, OCEACT & Dee Conley, ACT Peer Support Specialist and Case Manager, Lifeway Mahler*

The language we use matters. It matters when we talk to participants and when we talk about participants. It can color our view of people, places, and events. In this session, we will learn about the power of language, Person First Language, and discuss ways that we can incorporate Person First Language into our daily routine.

Breakout 4:

Room: Willamette Room - #115 A

Oregon ACT Program Annual Outcomes for 2018

Presenter: *Heidi Herinckx, Director, OCEACT*

Assertive Community Treatment is an evidence-based practice that has been shown most effective in improving the lives of individuals living with the most serious mental health conditions in our communities. Oregon now has 33 certified ACT programs throughout the state. The large majority of Oregon's fidelity ACT programs are in rural and frontier communities. Community mental health agencies throughout the state have worked incredibly hard to bring ACT services to their communities. Now we also want to ensure that ACT programs are effective in improving the lives of people they serve by measuring a small set of key outcomes over time. All ACT programs in Oregon have transitioned to submitting these key outcomes to the Oregon Health Authority through a web-based portal called the Oregon ACT Database (OAD). First implemented in January 2018, we now have 4 quarters of Oregon ACT outcomes collected through OAD. This session will provide a summary of the first year of data collected through (OAD). OCEACT analyzes these data on a quarterly basis and provides quarterly reports to stakeholders. The mission is to provide useful information back to ACT programs and other community stakeholders regarding the effectiveness of ACT services, identify areas of quality improvement, and system level issues or barriers that impede the success of ACT programs. The OCEACT advisory committee regularly reviews these quarterly reports and discusses policies or system level procedures that are needed to improve ACT services and in turn the lives of people living with serious and persistent mental illnesses. This session will focus on outcomes such as: annual re-hospitalization rates, emergency room use, homelessness, housing stability, arrest and incarceration, alcohol and drug use, and medication adherence. As we have additional longitudinal data to examine, we will be able to see trends in outcomes over time. Regional differences will also be discussed.



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Breakout 5:

Room: Willamette Room - #115 B

ACT Nursing

Facilitators: Linda Malenowsky, *Nursing Coordinator* & Courtney Szper, *Registered Nurse, Telecare ACT Team*

Linda and Courtney hope to engage the group in a discussion regarding ACT nursing - what it is and what it can be. We often work independently and “on the fly”, so we are excited to harness the wisdom in the group to create a supportive space that leaves everyone energized with positive ideas on how to improve their practice. With audience participation, we envision a lively discussion covering the trials and tribulations of ACT nursing, sharing successes and tips and tricks, and supporting everyone doing their best work.

Breakout 6:

Room: Johnson Lounge

Naloxone Training

Presenter: Renee Yandel, *Executive Director, HIV Alliance*

This session will provide an overview of harm reduction strategies, The Good Samaritan law and overdose trends in Oregon. The presentation will cover overdose risks, myths and signs of overdose. Participants will learn the steps to responding to an overdose and be offered an overdose prevention kit.



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June 12th AM Breakout Sessions {10:30am – 11:30am}

Breakout 1:

Room: Cascade Ballroom

Honest, Open, Proud

Presenter: Patrick Corrigan, *Distinguished Professor of Psychology, Illinois Institute of Technology*

Self-stigma is one of the egregious impacts of mental illness stigma, a diminished sense of self-esteem and self-efficacy leading to a “why try” effect in many people: “why try to get a regular job, someone like me doesn’t deserve it.” Recently, innovative programs have emerged to challenge self-stigma, programs based in part on psych education and cognitive reframing skills meant to challenge stigmatizing self-statements. An interesting result has emerged out of research by our group that informs an alternative program for dealing with self-stigma: the Honest Open Proud program (HOP). Research shows those who have disclosed aspects of their mental illness frequently report a sense of personal empowerment that enhances self-esteem and promotes confidence to seek and achieve individual goals. In this light, a group of people with lived experience and stigma researchers developed the Honest, Open, Proud program now being used in beta research in the United States, Europe, Australia, and China. We propose an interactive workshop for the conference: a chance for participants to learn about and experience the HOP and a chance for presenters to gain further perspective on strengths and limitations of the beta version.

Breakout 2:

Room: Burlingham/Elle Room - #111 A/B

The Windy Road to ACT Certification in Rural Communities

Presenter: Michele Riggs, *Team Leader, and members of the Tillamook Family Counseling Center ACT team*
& Trish Jordan, *Team Leader, and members of the Coos County ACT Team*

Two ACT teams from rural communities will address the barriers and solutions associated with implementing ACT in rural Oregon. Topics addressed will cover client confidentiality, hitting fidelity benchmarks, how to educate the community and mental health providers, enrolling appropriate ACT clients, engaging participants, working with limited resources, and how to balance team roles and establish team structure.



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Breakout 3:

Room: Trysting Tree Room - #114 A/B

Oregon ACT Program Evaluation –ACT Stakeholder Interview Findings

Presenter: Alyssa Kerlinger, *Data Analyst, OCEACT*

From 2017-2018, OCEACT conducted a program evaluation of ACT teams across Oregon. Interviews were conducted with ACT team leadership and community partners the ACT teams coordinate services with in the fields of criminal justice, housing, and medical. Stakeholders' understanding of ACT, their view of the benefits and barriers to providing services, and the coordination between ACT teams and community providers were key topics discussed in these interviews. This presentation will report out on the findings from these interviews, mainly focusing on the discussion around community coordination between ACT teams and other community providers, as well as and system barriers to coordinating care for ACT participants.

Breakout 4:

Room: Willamette Room - #115 A

Metabolic Syndrome and it Impact on People with Serious Mental Illness

Presenter: Anna Mapes, *Registered Nurse, Sandra Gore, Team Lead, & Eva Oveson, Case Manager, Wallowa County ACT team*

Metabolic Syndrome is a group of five conditions that occur together increasing an individual's risk of heart disease, stroke, and type II diabetes. Risk factors in developing this condition increase with age, ethnicity, obesity, second generation antipsychotics, and other conditions such as sleep apnea. Particularly, individuals with SPMI are at an increased risk due to a reduction in physical activity, medications, and poor dietary choices. According to the National Institute of Mental Health, the average life expectancy for individuals with SPMI range from 49 to 60 years of age; 10 to 20 years earlier than the average life expectancy in the United States. The Wallowa Valley Center for Wellness ACT program began incorporating information collected from the National Outcomes Measurement System (NOMS) into a weight management PDSA to assist clients in reaching their physical health goals. It is our organizational goal to assist clients to improve quality of life and increase life expectancy with the information collected to improve outcomes. The collection of mechanical indicators utilized includes weight, waist circumference, blood pressure, and blood tests for fasting plasma glucose, HgBA1c, and cholesterol levels. We have developed easy to understand materials to educate clients to coincide with results from these mechanical indicators.



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Breakout 5:

Room: Willamette Room - #115 B

Compassion Fatigue and Self Care

Presenter: Erin Kinavey Wennerstrom, *Mental Health Clinician, Raviant* & Anders Wennerstrom, *Raviant and Peace Health*

Secondary traumatic stress (STS), compassion fatigue and burnout are concerns for professionals such as counselors and social workers who work with children and families who have experienced trauma, abuse, neglect, and toxic stress. Practices that support professionals' self-regulation and stress reduction should be encouraged and professionals should consider trauma-informed evidence-based practices for secondary stress as part of their system of professional development and organizational policies. Overall, promoting wellness and systems level supports in professionals is a need when supporting children and their families who have experienced trauma. Universal self-care strategies and work-life balance activities are suggested as ways to help with STS and include strategies such as ensuring good personal nutrition, adequate sleep on a nightly basis, and regular exercise weekly. While universal supports are helpful, some professionals may benefit from more focused, intensive interventions such as reflective supervision and individualized supports. In addition, systems level efforts are needed to mitigate the effects of STS and prevent burnout and could include addressing factors such as caseload size and supportive working environments.