



## OCEACT Annual Statewide Conference 2021 Presentation Summaries

Provided below is a brief summary of the presentations and workshops for the 2021 OCEACT Conference. These are presented in chronological order as they appear on the conference schedule.

### **Presentation 1:**

**Monday June 14<sup>th</sup> {1:00pm – 2:30pm PT}**

#### ***ACT Team Leadership Networking and Statewide Innovations Discussion***

**Presenter: Heidi Herinckx, MS**

This session will offer a space for ACT leadership to network and get to know other ACT leaders around the state. Heidi will also facilitate discussion around current statewide innovations. For 8 months, ACT teams in Oregon have had access to Pat Deegan and Associates' CommonGround Academy+Library. Heidi will introduce Personal Medicine Coach training received by Pat Deegan and Associates that OCEACT staff has completed and next steps to provide Personal Medicine Coach training to ACT program staff. Teams will discuss how they are using the CommonGround materials in their clinical practice as well as implementation barriers and successes. Additionally, Heidi will introduce training opportunities from the Mental Health Technology Transfer Center and upcoming initiatives to provide specialized trainings on the core competencies of the role of the ACT nurse.

### **Presentation 2:**

**Tuesday June 15<sup>th</sup> {9:00am-10:30am PT}**

#### ***The Hungry Ghost: A Biopsychosocial Perspective on Addiction, from Heroin to Workaholism***

**Presenter: Dr. Gabor Maté**

For twelve years Dr. Maté was the staff physician at a clinic for drug-addicted people in Vancouver's Downtown Eastside, where he worked with patients challenged by hard-core drug addiction, mental illness and HIV, including at Vancouver Supervised Injection Site. In his most recent bestselling book *In The Realm of Hungry Ghosts*, he shows that their addictions do not represent a discrete set of medical disorders; rather, they merely reflect the extreme end of a continuum of addiction, mostly hidden, that runs throughout our society. *In The Realm Of Hungry Ghosts* draws on cutting-edge science to illuminate where and how addictions originate and what they have in common. Contrary to what is often claimed, the source of addictions is not to be found in genes, but in the early childhood environment where the neurobiology of the brain's reward pathways develops and where the emotional patterns that lead to addiction are wired into the unconscious. Stress, both then and later in life, creates the predisposition for addictions, whether to drugs, alcohol, nicotine, or to behavioral addictions such as shopping or sex.

Learning Objectives:

1. Helping the addicted individual requires that we appreciate the function of the addiction in his or her life. More than a disease, the addiction is a response to a distressing life history and life situation. Once we recognize the



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roots of addiction and the lack it strives (in vain) to fill, we can develop a compassionate approach  
Learn about the source of addictions, and what happens on a neurobiological basis for an addicted person.

2. Explore the social basis of addiction, economic, cultural, political dislocation etc.
3. How much choice does the addict really have, and how much responsibility? How to encourage the addict to take responsibility;
4. Developing a therapeutic relationship in which healing is possible.

### **Presentation 3:**

**Tuesday June 15<sup>th</sup> {10:45a – 12:15a PT}**

#### ***Illness and Health in an Insane Culture***

**Presenter: Dr. Gabor Maté**

Based on *The Myth of Normal: Illness and Health in an Insane Culture*, the title of Dr. Maté's next book now in preparation.

Half of North American adults suffer from chronic illness - a fact Western medicine views largely in terms of individual predispositions and habits. Western medicine imposes two separations, neither tenable scientifically. First, it separates mind from the body, largely assuming that most chronic illnesses have nothing to do with people's emotional and psychological experiences. And yet, a large and irrefutable body of research has clearly shown that physiologic and behavioural functioning of human beings can be understood only if we integrate our body functions with those of the mind: functions such as awareness, emotions, our interpretations of and responses to events, and our relationships with other people. Second, Western practice views people's health as separate from the social environment, ignoring social determinants of health such as class, gender, economic status, and race. Such factors, in reality, are more important influences on health and longevity than individual predispositions and personal factors such as genes, cholesterol levels, blood pressure and so on.

This talk shows how a society dedicated to material pursuits rather than genuine human needs and spiritual values stresses its members, undermines healthy child development and dooms many to chronic illness, from diabetes to heart disease, from autoimmune conditions to cancer.

#### Learning Objectives:

1. Identify two separations imposed by Western Medicine on the health and well-being of the population.
2. Name three chronic conditions that are correlated with stressful social environments.
3. Describe one shift in focus that would support a healthier population.



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### **Presentation 4:**

**Tuesday June 15<sup>th</sup> {1:30p – 3:00p}**

#### ***Developing Stories of Community Participation: Storytelling for StorySlams***

**Presenter: Kyra Baker, MS**

Community participation in the areas of education, employment, dating and relationships, and recreation and leisure is a medical necessity and individuals with serious mental health issues should be supported to develop and share stories of community participation, just like everyone else. Session attendees will learn the guiding principles of developing stories of community participation, understand the StorySlam format, and learn storytelling exercises and strategies to implement storytelling workshops and StorySlams. Evidence will be provided on the benefits of storytelling among individuals with serious mental illnesses, as well as research indicating that individuals with mental illnesses are not currently developing and sharing stories of community participation like everyone else. This session will be highly interactive, and attendees should be prepared to engage in storytelling exercises and activities.

### **Presentation 5:**

**Wednesday June 16<sup>th</sup>, 2021 {8:45a – 9:45a PT}**

#### ***The Center Cannot Hold: My Journey Through Madness***

**Presenter: Elyn Saks, PhD**

This session will tell the story of my lived experience of schizophrenia. I will discuss what my schizophrenia looks like, noting that each person experiences psychosis in her or his own way. I was also given a “grave prognosis”—was expected to be unable to live independently let alone work. My life hasn’t turned out that way, and I will discuss the factors that, I think, allowed me to evade my grave prognosis, including excellent treatment, wonderful relationships, and a work life as a professor that kept my mind on intellectual things and not the scary thoughts I was having. I will also discuss some policy implications of my story, including the need to combat stigma against mental illness and all stigma’s terrible downstream effects.

In short, I will aim to give a window into the life of someone suffering with schizophrenia so people will understand more and stigmatize less.

#### Learning Objectives:

To develop a better, clearer, and more nuanced understanding of what the experience of schizophrenia is like from the inside, so to speak.



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To understand the dimensions of stigma, how it harms people with mental illness, how patients can develop their own self-stigma, and how we can address stigma.

### **Presentation 6:**

**Wednesday June 16<sup>th</sup>, 2021 {10:00a – 11:00a PT}**

#### ***The Journey to Use Meds Optimally to Support Recovery***

**Presenter: Patricia E. Deegan, PhD**

Using psychiatric medication optimally to support recovery is more than learning to take medications on schedule. It's a personal journey that involves multiple challenges. Teams can learn to identify these challenges and support people through them. Drawing on her latest work, in this keynote Pat Deegan will describe nine challenges to optimal use of medication, and key questions that help teams talk with folks about these challenges.

Learning Objective:

1. At the conclusion of this session, the participant will be able to bracket the compliance-noncompliance framework, in order to assess the challenge a person may be experiencing in using medication optimally to support recovery.
2. At the conclusion of this session, the participant will be able to use key questions to learn more about challenges an individual may be experiencing in using meds optimally to support recovery.
3. At the conclusion of this session, the participant will know how to use a self-report in routine practice, in order to assess individual concerns about using medication optimally to support recovery.

### **Presentation 7:**

**Wednesday, June 16<sup>th</sup>, 2021 {1:00-2:00p PT}**

#### ***How Art Heals--Universal Access to Communities of Creation***

**Presenter: Shaun McNiff, PhD**

Art heals throughout history and the world by infusing persons and communities with creative energy and by transforming difficulties into affirmations of life.

Basic principles of practice will be explored-- how to further universal access and authentic expression for people from every sector of society; and how groups and communities can support the artistic expression of individual persons. The core elements of art healing apply to all people, beginners as well as experienced artists. Special attention will be given to resistances, inhibitions, and doubts that are channeled into creative and healing expressions; and how the most elemental and simple gestures and organic actions access the depths of artistic expression. Assumptions about who can and cannot make quality art will also be addressed together with an exploration of how communities can achieve more



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complete artistic accessibility and inclusion for every person. Illustrations and art evidence from throughout the world will be given together with suggestions of various methods of engagement which include the movement basis of expression; art as a force of nature as accessible as breath; the significance of simplicity and authenticity in quality expression; creating with objects from nature; the use of digital media; and methods for establishing supportive groups and communities.

### **Presentation 8:**

**Wednesday June 16<sup>th</sup>, 2021 {2:15 – 3:15p PT}**

#### **Panel Discussion: *Art is for All: Community Inclusion and Outreach***

**Presenters: Shaun McNiff, PhD, Will Kendall, Donya Washington, MFA, Becky Emmert, MS, CRC, Lisa Jarret, MFA & James Condos**

The panel will discuss how community-based organizations can successfully promote the social inclusion of people with mental illness and other disabilities. Panelists will share their initiatives to diversify their user base and make art accessible for all.

### **Presentation 9:**

**Thursday June 17<sup>th</sup>, 2021 {10:00 – 11:00a PT}**

#### ***The 8 Dimensions of Wellness: A Model to Enhance Recovery***

**Presenter: Peggy Swarbrick, PhD, FAOTA**

Mental health, trauma and addiction challenges can negatively impact wellness. The 8-dimension wellness model is a philosophy of living that can help individuals, families, and professionals live a more satisfying, productive life. Focusing on wellness has been shown to help people create and adapt habits and routines that can positively impact health and recovery.

This keynote will examine how the wellness in 8-dimensional model has been designed as a lens to support recovery for people with a wide range of needs, challenges, and interests. This model is an empowering framework and intersects with the social determinants of health. Practical tools, strategies and resources for individuals, families, and professionals will be shared.



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### Learning Objectives:

- Define wellness and describe the 8 Dimensions of Wellness model
- Describe the impact on wellbeing and intersection with social determinant of health.
- Consider wellness tools and strategies to build resilience
- Mobilize families, people in recovery and professionals to embrace wellness personally and professionally.

### **Presentation 10:**

**Thursday June 17<sup>th</sup>, 2021 {1:00-2:30p PT}**

#### ***Workshop: Structured and Creative Tools to Enhance Wellness***

**Presenters: Peggy Swarbrick, PhD, FOATA & Jacquese Armstrong, BA**

There are a variety of structured and unstructured ways to engage and support others to pursue wellness. The workshop will provide participants firsthand practical examples of creative expressive and structured ways to engage, support and inspire others. Jacquese and Peggy, co presenters will share their personal experiences using a variety of wellness tools. They will share how these tools have been used in the community and virtual peer support settings.

Jacquese will introduce participants to how she has used art journaling, poetry, vision, and gratitude boards to enhance wellness in the 8 dimensions personally and in her peer support work.

Peggy will introduce a new tool- Taking Charge workbook and share how this resource has been effective to help people explore and set important wellness goals.

Participants will participate in some short activities as well as gain knowledge of practical strategies that they can use personally or in their work as a peer support provider, professional or family member.

### Learning Objectives:

- Become familiar with some specific artistic alternatives.
- Engage individuals to pursue wellness activities
- Become familiar with how creative and expressive arts activities can enhance wellness in the 8 dimensions
- Identify the benefits of the Taking Charge Workbook



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### **Presentation 11:**

**Thursday June 17<sup>th</sup>, 2021 {3:00 – 4:00p PT}**

### ***Working with The Neurobiological Legacy of Trauma***

**Presenter: Janina Fisher, PhD**

Neuroscience research has now established that traumatic experiences are not encoded as narrative memories in the same way as ordinary events. Trauma instead results in a ‘living legacy’ of enduring repercussions. The responses that ensure survival and preserve our psychological integrity under threat do not diminish once safety is obtained. Meant to warn us of impending danger, these survival defenses continue to evoke and re-evolve the events of long ago.

The evolution of new neurobiologically-informed treatments offers new, hopeful answers to the aftermath of trauma: the loss of hope or energy, chronic dread and fear, the longing for human connection, shame and self-hatred, and self-destructive and addictive behavior. Rather than ‘treating’ the events that resulted in this legacy, neuroscience teaches us to treat their effects, to treat the emotional and body memories instead of the narrative. When baffling and treatment-resistant trauma symptoms are “decoded” neurobiologically, they become more comprehensible and treatable. Survivors of trauma feel normalized rather than inadequate, ashamed or ‘crazy.’ The effects of trauma have a indisputable logic once we understand their neurobiological purpose.