## 25th Annual

# Summer Institute

# Equity in Action: Innovation in Practice Settings

**NAU High Country Conference Center** 



School of Social Work Arizona State University

## **Exhibitors**





















Let's improve population health in Arizona, and let's do it fast.



Governor's Office of Youth, Faith and Family





Banner University Family Care



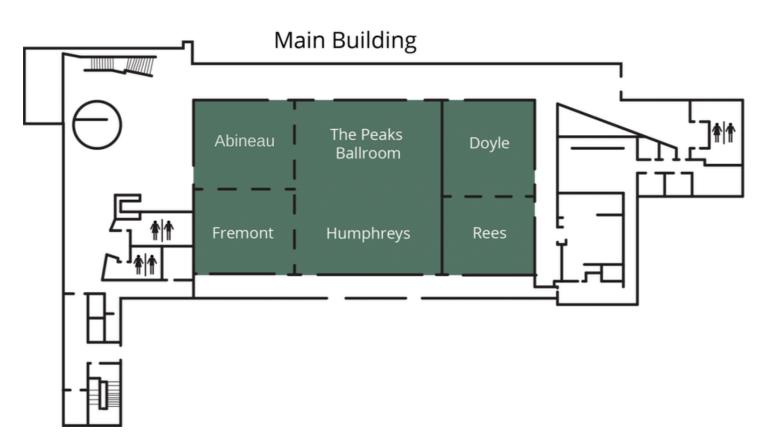
## Humana Healthy Horizons®







# connections





## Things to do in Flagstaff!

(Distances from the High Country Conference Center)

### Buffalo Park (3 miles)

Scenic trails with views of the San Francisco Peaks for all hiking levels. Free https://www.flagstaff.com/buffalo-park

## Riordan Mansion State Historical Park (1 mile)

Do you know what American Arts and Craftsstyle architecture is? You can find out at this beautiful duplex mansion that was built for and housed two prominent turn of the 20th century families at the same time. \$2 https://azstateparks.com/riordan-mansion

## Cinder Lakes Apollo Training Area (13 miles)

Northeast of Flagstaff you can find the remnants of the Cinder Lakes Crater Fields that were built out of Sunset Crater debris in July of 1967 to train Apollo astronauts. No cost listed https://www.fs.usda.gov/detail/coconino/? cid=FSEPRD611864

### Arizona Snowbowl

Without snow in summer, this beautiful ski resort hosts scenic gondola rides where you can view from above a cinder cone volcanic field, the red rocks of Sedona and the Grand Canyon on a clear day. Prices start at \$18 https://www.snowbowl.ski/

## Fort Tuthill Military History Museum (5 miles)

The 158th Regiments headquarters is the home to a museum that highlights 150 years of Arizona Military history. \$5 https://www.forttuthill.org/intro.html

## Flagstaff Arboretum (6 miles)

Surround yourself with the native plants of the highdesert Colorado Plateau at one of the highestelevation public gardens in the United States. \$12 https://thearb.org/

## Lowell Observatory (2 miles)

Amongst the oldest observatories in the United States, an evening at this non-profit research institution will bring you closer to the stars. Take their tour and find out why they call themselves "The Home of Pluto." Starting at \$22. https://lowell.edu/

## Pioneer Arizona Museum (2.6 miles)

A 1929 Baldwin Locomotive, a 1913 Model T Ford, historic farm equipment, a 1950s iron lung and more await you at the former site of the Coconino County Hospital for the Indigent. \$10 https://arizonahistoricalsociety.org/museum/pioneer-

## museum/ Lava River Cave (20 miles)

Underground hiking for the true adventurer who is not deterred by climbing down the small opening that leads you to a .75 mile long rocky path with low ceilings and no natural light. The temperature in the cave is between 35-45 degrees all year round. Bring your jacket and a headlamp if you dare! Free https://www.fs.usda.gov/recarea/coconino/recarea/? recid=55122&actid=102

# Conference Agenda

Breakout sessions have been color coded for quick reference. See key below.

Addiction Specialized Populations Housing

A CF S IH PD

Child and Family Services Integrated Health Professional Development

## Wednesday July 10

## **Opening Ceremony and Lunch Served 12:00pm**

Session 1 1:15 pm-2:45pm

- A. Successfully Ending Homelessness for Families at the Intersection of Unhoused and Unemployed. Presented by Nikki Ramirez, BS (Doyle)
- B. The Implementation, Efficacy, & Importance of Rehabilitative Support Services (HCBS) presented by Eric Perry, MC, LSA, NCC (Rees)
- C. Beyond Naloxone: Clinical Approaches Incorporating Harm Reduction Into Traditional Treatment Environments. Presented by Liz Athens, LMSW (Fremont)
- D. Restrengthening the Public Behavioral Health System in Arizona after the Sober Living Fraud Humanitarian Crisis. Presented by Sara Salek, M.D. (Abineau)

## **Break and PM Snack 2:45pm**

Session 2 3:00pm-4:30pm

- A. Innovating Residential Integrated Care for IDD Adolescents. Presented by Jean Kalbacher, BA, CPA (Doyle)
- B. Fostering Inclusive Recovery Environments: Overcoming Barriers to Referring Clients to Transitional and Recovery Housing. Presented by Natasha Mendoza, MSW, Ph.D. (Rees)
- C. Unveiling Bias: Navigating the ASWB Social Work Exam and Empowering Employee Success. Presented by Brett Peterson, LCSW, MSW (Freemont)
- D. The Experience of Compassion Fatigue. Presented by Melissa Manganaro, Ph.D. (Abineau)

## **Thursday July 11**

## **Opening Remarks and Breakfast Served 8:00am**

### Session 3 9am-10:30am

- A. From Experience to Empowerment: Leveraging Personal Stories in Social Work (Part 1). Presented by Stacey Gandy, LCSW (Doyle)
- B. Problem Gambling 101: Introduction to Gambling Issues. Presented by Kristin Campbell, MPH, CHES® (Rees)
- C. Making the Leap to Macro Practice from Direct Practice. Moderated by Liz Athens, LMSW. Panelists: Imelda Ojeda, MSW, Jennifer Tunning, LCSW, Kristi Wisdom MSW (Freemont)
- D. Working With Parents With Disabilities: An Overview of Best Practices for Social Workers and Other Social Service Professionals Presented by Liz Lightfoot, Ph.D. (Abineau)

### Session 4 10:45am-12:15pm

- A. From Experience to Empowerment: Leveraging Personal Stories in Social Work (Part 2). Presented by Stacey Gandy, LCSW (Doyle)
- B. Treatment Approaches to Gambling Disorders for Individuals and Families. Presented by Maureen "Mo" Michael, MS, LPC (Rees)
- C. Seats at the Table: Building Alliances with LGBTQ2S+ Older Adults.
   Presented by Megan C. McCoy, PhD, MSS, MLSP (Freemont)
- D. Peer Models of Care, Changing How We Engage Pregnant and Parenting Women in Behavioral Health. Presented by Kimberly Craig, BS, BA (Abineau)
  - E. XXXX Table Discussion- Workforce Retention and Benefit-Based Programs (Subject to Change)

## **Thursday July 11**

## **Keynote Speaker and Lunch Served 12:15pm**

## Session 5 1:15pm-2:45pm

- A. Recovery Connect: Using Technology to Prevent Drop Out and Engage Patients With MOUD. Presented by Amanda Vigness, MS, LADC, LMAC (Doyle)
- B. Personality Traits and Emotional Intelligence in Healthcare Settings.
   Presented by Denise Beagley, MSc MC (Rees)
- C. Modeling SEL for Students. Presented by Linda Williamson, LCSW (Freemont)
- D. Culturally Attuned Approaches to Working with People Who Use Drugs. Presented by Jennifer Tunning, LCSW (Abineau)

## **Break and PM Snacks 2:45pm**

## Session 6 3:00pm-4:30pm

- A. Behavioral Health (BH) in Schools. Presented by Ernest Sunjo, MSW (Doyle)
- B. Lessons Learned From a Health Literacy Project: Using Text
   Messages to Enhance Community Health Workers Engagement with
   Unvaccinated COVID-19 Patients. Presented by Natalia Rodriguez Gonzalez, PhD (Rees)
- C. Virtual Social Work: Access to care across Arizona. Presented by Jenifer Riggins, LCSW, MPA, PMH-C (Freemont)
- D. Breaking Barriers Through Collaboration: The Challenges and Outcomes of an Early Release to Treatment Process. Presented by Paula Krasselt, PhD (Abineau)
  - E. XXXXX Governor's Office of Youth Faith and Families Listening Session

## Friday July 12

## **Opening Remarks and Breakfast Served 8:00am**

### Session 7 9:00am-10:30am

- A. Hidden Implications of Hearing Loss in Communication (Part 1).
   Presented by Gloria Pelletier, MSW, LCSW, LISAC (Doyle)
- B. Bridging Theory to Practice: An Introduction to Community-Based Participatory Research. Presented by Maria Aguilar-Amaya, PhD (Rees)
- C. Eating disorder 101: From Prevention to Recovery in Room.
   Presented by Kim DuBois, LPC (Freemont)
- D. Social Determinants of Health, Resources, and Referrals. Presented by Cheridy Clement, LMSW (Abineau)
  - E. XXXX Round Table Discussion: Practicing in a Rural Community: Challenges and Successes (Subject to Change)

## Session 8 10:45am-12:15pm

- A. Hidden Implications of Hearing Loss in Communication (Part 2).
   Presented by Gloria Pelletier, MSW, LCSW, LISAC (Doyle)
- B. Holding Therapeutic Relationship with Persistent Suicidality: Understanding the Role of Dialectics in Individual Therapy & Family Relationships. Presented by Bobbie Legg, PhD, LCSW (Rees)
- C. A Rural Behavioral Health ACO Improves NCQA Performance and Professional Fulfillment. Presented by Victoria Tewa, MS, LPC (Freemont)
- D. Policy Driven Decision-Making Related to Hospital Discharge Planning. Presented by Tonya Cwynar BS, LMSW (Abineau)

## Friday July 12

## **Keynote Speaker and Lunch Served 12:15pm**

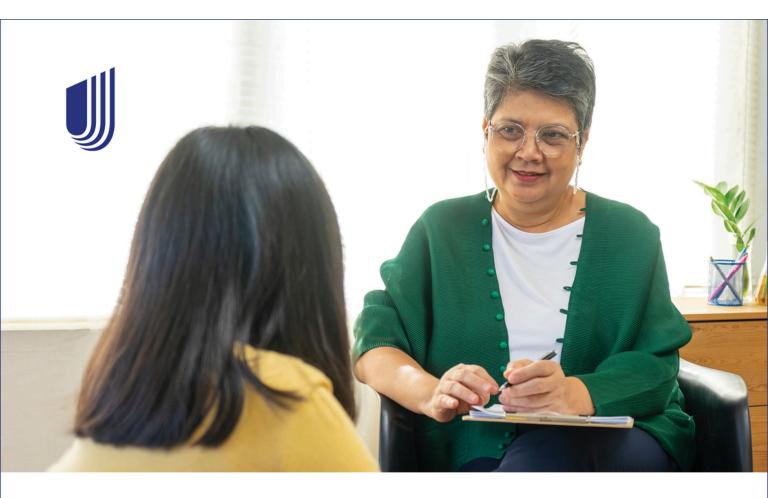
## Session 9 1:15pm-2:45pm

- A. Personal Medicine, Discover What You Do to Get Well and Stay
  Well. Presented by Shasa Jackson, PhD, LCSW (Doyle)
- B. Intensive Peer Support Services: An Innovative Approach to Impacting the Social Determinants of Health presented by Dawn McReynolds (Rees)
- C Navigating Perinatal Mood Disorders: Research and Practice.
   Presented by Lorain Moorehead, LCSW, MSW (Freemont)
- D. Cultural Considerations When Working with Veterans the Military
   Affiliated (Part 1). Presented by Toni Bravo-Price, LCSW (Abineau)

## **Break and PM Snacks 2:45pm**

### Session 10 3:00pm-4:30pm

- A. Providing Mental Health Equity Through the CIT Model. Presented by Maria Johnson, BA (Doyle)
- B. Integrated Behavioral Health Homes, A Values-Based Program Partnership. Presented by Jack Pullins, MA, LPC (Rees)
- C. Innovative Clinical Supervision: Defining Clinical Practice and the Role of Clinical Supervision. Presented by Cami Taylor, LCSW (Freemont)
- D. Cultural Considerations When Working with Veterans the the Military
   Affiliated (Part 2). Presented by Toni Bravo-Price, LCSW (Abineau)



# Working together to build healthier communities

At UnitedHealthcare, we're dedicated to the communities we serve. We believe nothing should stand in the way of quality, affordable health care.

uhccp.com/arizona

Proudly serving Arizonans for over 40 years

United Healthcare

## Afternoon breakout sessions 1:15pm-2:45pm

# 1A. Successfully Ending Homelessness for Families at the Intersection of Unhoused and Unemployed

Nikki Ramirez, Senior Director of Housing Services Goodwill of Central and Northern AZ Anton Ray, Vice President Goodwill of Central and Northern AZ



- Overview: Family Shelter Program & General Mental Health/Substance Use Population
- Early Learnings: Increased income, Shorter Episodes of Homelessness, Higher Exits to Permanent Housing
- Supervision: Value of Lived Experience, Low-Caseload Ratios, and a Noncongregate, scattered-site shelter model
- Program Participation: Scattered-Site Model, Voluntary Services, and an Attractive Service Menu
- Equity, Inclusion, & Belonging: Internal Culture, Leveraging Data, and Coordination with Homelessness System

## Afternoon breakout sessions 1:15pm-2:45pm

## 1B. The Implementation, Efficacy, & Importance of **Rehabilitative Support Services**

Eric Perry, Executive Director Avenir Behavioral Health Center www.avenirbehavioralcenter.com





Presentation PPT

Think about what rehabilitation means to you. Maybe you have a friend who has received rehab services after an injury, or a family member who's been to rehab for substance use. The purpose of these services is to improve functioning. Psychosocial rehabilitation assists individuals with chronic psychiatric disabilities to reach their optimal level of functioning and for improving their quality of life. The advantages of supportive treatment utilizing rehab services such as psychosocial and vocational are clear, and the benefits are extensively researched and well documented. Despite this, many service providers are often lacking in providing those additional supportive services crucial in effectively supplementing therapy. This presentation focuses on the rehabilitative model, service delivery, and documented outcomes of several of these services.

Target audience: Social workers, mental health counselors, students in related fields

## Afternoon breakout sessions 1:15- 2:45pm

# 1C. Beyond Naloxone: Clinical Approaches Incorporating Harm Reduction into Traditional Treatment Environments

Liz Athens, LMSW
Associate Teaching Professor
ASU School of Social Work

Sonoran Prevention Works Order Supplies

https://spwaz.org/get-supplies/

Southwest Recovery Alliance

https://southwestrecoveryalliance.org

National Harm Reduction Coalition

https://harmreduction.org

Dangerous treatment and the science of safety blog post

https://addictionandrecoverynews.wordpress.com/2016/01/28/dangerous-treatment-and-the-science-of-safety/

In Recovery with Dr. Nzinga Harrison podcast

https://lemonadamedia.com/show/inrecovery/

Wellness Recovery Action Plan

https://shareselfhelp.org/wp-content/uploads/2020/09/Developing-a-WRAP-Plan-

Document.pdf

Historically, those who strived to help people with substance use divided themselves into two camps: those who promoted complete abstinence from all substances, and those who operated from a more open, safety-based model. Harm Reduction, as a theoretical perspective, a practice approach and as a social justice model fits nicely into more traditional formats of helping people with substance use, but it often is not included in these settings. This workshop will offer practical ways in which HR practices can be incorporated into treatment approaches, from clinical and operational practices.

Target Audience: Psychologist, Social Workers, Mental Health Counselors, Physicians, Medical Providers, Students in related fields, Peer support specialists



Beyond Naloxone PPT



## Afternoon breakout sessions 1:15pm-2:45pm

# 1D. Restrengthening the Public Behavioral Health System in Arizona after the Sober Living Fraud Humanitarian Crisis

Sara Salek M.D., CEO Alisa Randall MS, Assistant Deputy Director for Clinical Operations AHCCCS



This session will highlight the fraud identified through Sober Living Fraud, the Humanitarian Response, policy changes and system partnerships to combat the fraudulent activities impacting AHCCCS membership.

Target Audience: All BH providers, state agencies, health plans



# **Arizona Complete Health**

is proud to sponsor the

## 25th Annual Summer Institute!

"Transforming the health of the community, one person at a time."











## **Careers in Social Work Word Search**

LLYCHSOYIEIODSTPXZXTRTICOLLSLGRGDAWW ZDW W M IROT CER DТ FORPNONREC DWHGRMRTROPPUSNOITP ODAJOAJXVYX E H N S E O C N E H R F G V M R O U D D H R K W Z H Z E R D D X Z U F D P M X M N R L X S A J P K E O Z R I T F O M G A O R K S Z U O G R Z L I G O RXHFDZENYGHPZPNAWJXXDYDPMBVE IWXNBFRFL YRXOEAFLGN YTNVTMHFUTLUFEQDLQVIGDYF Q H E Y I E N A C N B P Y S I L T X Q QKBOINCCR PRBRNUEJVY D L M M R E C Z N M M W R D V Y X C Z M J W R D V V T G G I A T IOICYDOKKALNJIKEKW YIKTWS I H O A M O B M A P S T C T O A H E Y C T M S N R S R W SBKZHTA UMLCZKIDOTRCCTMFIYCOHANIJLLPCSNMCT H D R P H S W D E E O B P Y L D O U I X B N F N G F W T A A N H Z W W V D H J O Q O G I R O Y N N RWPERRWLPZQBIERPJVYKETLXEOTNPMBFUTDBWBHROX LJPNWOEJHREXXGVRPTGRHEORTOIPWHKPGYNSQVDEUK BRNZORZJRMHSNFGEEOUROWAJMRJHFTUCGGLEBTANNDLEV OHKKHVGEPTYOCTNKDESDEMPLOYEEA SSISTAN CEFSAS INRCGEYLSWXJEKFJVUDOI IMFGSGT т S VMANM ΙT A SY  $\nabla$ ZEPA Ι ΗU Q VEXUW STDHGC IFEHMSTDMYXHRATDDWAR C N R R G G R U F R H Q L R R X C J U V E N I L E S E R V I C E S F P C E Z U B O E N A USXVSRDORLECYVTJBEPPCUQECYOKYTPODJGBOHACAYROQM O G N L G N I T T A J N S H P Y F H M N H L M W M H H U M P C M R M O S N F W I R L Y Y C S R M Q K D N H R O I Z U J H Z E S R Y Y C M W O T C R M N Z I E E NKXBKLOEEOGYMJMFGZRIRLHZOEHRISVIIRWD овоьус UZJROMRIJTOLDCPMXJAGT ZUCRGDJOLNTOOF V N IZIYQTXBSEEVWGPXCJDKATUKZ ZYOMXGLTNEME GANAMCIN L C QW POLICYMAKEROQ QSJUABKDRYHXLK I E S E J E F J C L N V U Z D U R H D K P M H F D N T E F Q C J T X D N R P D C T H B R V V T B Q Y J G J Q B E X A H U T E E K L C Y Y T I N O W E Y H A H H I Z E O D H T M S C T E Y X S T U G L S K V S J V I O F D G P D S J S F M W B T S T N V O T TRAOFGOHODRFKIYJZDVTECHNOLOGYDEVELOPERCLTJOYQAR GONBCETNSOSSREKROWLAICOSLATIPSOHYTIYQXMXDHKE I L X L U R R R M U P R W R D R D X Y E X W S Z U E P B H C H E N B X T Y N D B E E N C N I A L A G E L S W X V F G G N N B K K Y Z G V R W X K Y S M X R N PKMVROTARTS INIM DAM ARGORPY SXQATRSZIBYBPRGXDUSPZUMJB IFURSXW T. E. Z. W. I L A O T X D G R O U P F A C I L I T A T O R S U B W F L A D W K Z J A H H S U G M I S F B F O S T E R C A R E S U P P O R T H G Q E S D P X R A B U O S C P K B G MLELKAVURAGXIVPBHBMMTROPPUSYTILIBASIDENNJNXSU ZITWPCTZOHNCDSWOZUKEPPRNECYHTLAEHDLR IGYZSWXJVDKUVJNZCKRLMMLOOLWO Y O YOOOCPOLICYANALYSTGCCMFSAWLRDIBRTU ECMKLYCNRCNEPHOZWIVUGX ONCRTSMGXXECTXCSSBSU HTXZGUJGEXQSQJJETH QMQ F RE KROWLA O C H K R S S R V K X C W H X O S I A S Z U U H J P I W В FFUIF SLWXGASACHKJZZTKPFXAGCGETA COVDAMITCIVHKZ U A D E D B T M K N B Y H G F V O S Q L T X J N E S N O P S E R R E T S A S I D G M Q Z L Z T Z O R A X O A F U B A M K H X H R A G N D B J F D J E B Z V L F F X O N C U X L V S U W I A R N M

Governor Therapist VictimAdvocate DisasterResponse TechnologyDeveloper Consultant Researcher PolicyMaker PolicyAnalyst NonprofitDirector HumanResources LegalAid EmployeeAssistance DiversityEquityInclusion GrantWriter DevelopmentOfficer CommunityProgramAdministrator SubstanceAbuse TribalSupport RuralSupport Probation PrisonerReentry HospitalSocialWorker SchoolSocialWorker JuvenileServices HomelessSupport Gerontology WorldHealth CommunityDevelopment Legislator TravelHealth FosterCareSupport ForensicSocialWork EarlyChildhood DomesticViolence VictimSupport ChildWelfare CASA (Court Appointed Special Advocate) DisabilitySupport CPS (Child Protective Services) APS (Adult Protective Services) AdoptionSupport MedicalSocialWorker Hospice Entrepreneur Advocacy

## Afternoon breakout sessions 3:00pm-4:30pm

# 2A. Innovating Residential Integrated Care for IDD Adolescents

Jean Kalbacher, CEO UnitedHealthcare Community Plan Shar Najafi-Piper, CEO COPA Health



### Follow Us on LinkIN:



















Copa Voyager Youth Facility

UnitedHealthcare Community Plan has partnered with COPA Health to create a new integrated behavioral health residential program tailored to serve adolescents with intellectual and developmental disabilities. This level of care will be the first of its kind in Arizona that will treat members with co-occurring behavioral and neurological disorders to help reduce hospitalization.

Target audience: Psychologists, social workers, marriage and family therapists, mental health counselors, occupational therapists, physicians, medical providers, nurses, students in related fields

Afternoon breakout sessions 3:00pm-4:30pm

# 2B. Fostering Inclusive Recovery Environments: Overcoming Barriers to Referring Clients to Transitional and Recovery Housing

Natasha Mendoza MSW, PhD, Associate Professor, Arizona State University

School of Social Work Arizona State University

Facebook @ SIRCOpioid https://www.facebook.com/SIRCOpioid/
Instagram @ asu\_sirc\_opioid https://www.instagram.com/asu\_sirc\_opioid

Youtube @cabhpasu https://www.youtube.com/@cabhpasu



Fostering Inclusive Environments PPT

In this workshop, participants will explore the commonly cited barriers behavioral health providers have identified for referring clients to transitional and/or recovery housing. Participants will reflect on their own experiences in the behavioral health field to expand on the already identified barriers and work together to identify possible solutions. The identified solutions will be utilized to expand technical assistance for providers and recovery homes across Arizona with the ultimate goal of fostering more inclusive and supportive recovery environments. The workshop aims to equip providers with tools to utilize when working with people in need of housing services.

Target audience: Behavioral health providers and social workers that refer clients to transitional and recovery housing.

## Afternoon breakout sessions 3:00pm-4:30pm

# 2C. Unveiling Bias: Navigating the ASWB Social Work Exam and Empowering Employee Success

Brett Peterson LCSW MSW PhD
Assistant Teaching Professor, ASU Social Work
Masters Program
Chris Sharp MSW MPA, Clinical Assistant Professor,
ASU School of Social Work





**TOCR Project** 



2022 ASWB Exam Pass Rate Analysis



Unveiling Bias PPT

This presentation sheds light on the pervasive biases embedded within the ASWB Social Work Exam and offers strategies to empower employees in overcoming them. We dissect the various forms of bias present in the exam, including cultural, linguistic, and socio-economic disparities, and explore their impact on test-takers. Through practical insights and evidence-based approaches, we propose actionable steps for employers and educators to create inclusive exam preparation environments. By fostering mentorship programs, providing culturally competent resources, and addressing systemic inequities, we aim to level the playing field and facilitate success for all aspiring social workers. Join us in this critical conversation to champion fairness and empower individuals to navigate the exam with confidence and competence.

Target audience: Social workers, employees of social workers, agency managers and clinical supervisors

## Afternoon breakout sessions 3:00-4:30 pm

## 2D. The Experience of Compassion Fatigue

Melissa Manganaro PhD, Teacher, Mesa Public Schools

The experience of Compassion Fatigue with additional stressors from working with people facing trauma, helping field workers are vulnerable to secondary traumatic stress, vicarious trauma, and compassion fatigue. Compassion fatigue can be described as the physical, mental, emotional, behavioral, and cognitive distress of an individual who is continually exposed to the traumatic experiences of others. Join us in the discussion of idenitfying compassion fatigue, how to prevents it, and how to cope with it if you're experiencing it. The hope is for you to leave with self-care strategies and resources that may help you.

Target Audience: Psychologists, social workers, marriage & family therapists, mental health counselors, occupational therapists, physicians, medical providers, nurses, students in related fields

# Thank You

and Congratulations on Your 25th Anniversary Milestone!



# BCBSAZ is a proud supporter of the Summer Institute and its work in Behavioral Health

Your tireless work connecting behavioral health providers with education and resources has made a difference in families who need us most.

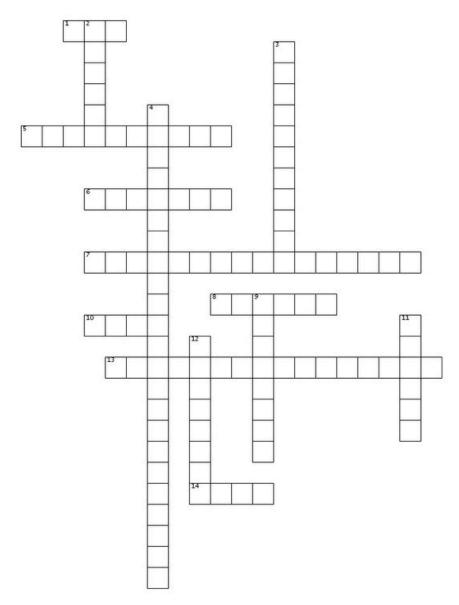
HealthChoiceAZ.com



## **Summer Institute Crossword Puzzle**

Take your completed puzzle to the ASU School of Social Work table to claim your prize

Hint: many of the answers can be found at the sponsor tables



### **ACROSS**

- 1. Number 1 in innovation again (and again, and again...)
- 5. First Social Worker Governor of a state in U.S. history
- 6. Get a hot dog where the Eagles got the inspiration for Take It Easy
- 7. Mercy Care provides these evidenced based practice activities that help you get well and stay well
- 8. the Mascot of Arizona State University
- 10. He is believed to have named Arizona, Juan Bautista de \_\_\_\_
- 13. Statewide Managed Care Organization that celebrated 40 years of serving AHCCCS Medicaid individuals and families in 2022
- 14. Where Arizona's healthcare professionals can take free courses

### DOWN

- 2. Arizona Statewide Crisis line and 988 provider
- 3. Where evolvedMD embeds its therapists to enhance patient access to care
- 4. The name of the primary care services offered by Southwest Behavioral & Health Services
- 9. The healing succulent that grows in Arizona
- 11. Thought to have healing power, you can visit one (or more) of these in Sedona
- 12. Arizonans can text this to 53342 for Problem Gambling assistance and resources



Thursday July 11, 2024

Morning breakout sessions 3 Hour 9:00am - 12:15pm

# 3A. From Experience to Empowerment: Leveraging Personal Stories in Social Work

Stacey Gandy, LCSW
Assistant Clinical Professor School of Social Work
Coordinator for ASU Community Collaborative at the
Westward Ho
Carly Davis, MA Adjunct Instructor,
South Mountain Community College Storytelling Institute



https://www.southmountaincc.edu/academics/storytelling https://www.facebook.com/smccstorytellinginstitute/ https://socialwork.asu.edu/collaborative/ https://www.facebook.com/ASUCommunityCollaborative/









Mapping Out Public Narrative

Affirmative Coaching

Affirmative Coaching Guildelines

Story Circle Guildlines

This interactive training welcomes mental health workers of all levels to learn about personal storytelling in their own practice in clinical work, advocacy, administration and more. The novel model, used in a partnership between a university community-embedded program and a community college storytelling institute, combines narrative therapy and personal storytelling. Together we will experience the singular ability of storytelling to build community, empower advocates, and transform the tellers.

Target audience: Direct and macro practice mental health workers

ΙН

Morning breakout sessions 9:00am - 10:30am

## 3B. Problem Gambling 101: Introduction to Gambling Issues

Kristin Campbell, MPH, CHES® Prevention & Outreach Administrator Arizona Division of Problem Gambling







**ADG** Training Courses

This session will provide participants with a basic introductory overview of problem gambling issues, as well as a brief history of gambling. Additionally, it will define gambling disorder according to the DSM-V, define types of gamblers and pathways to problem gambling, as well as analyze problem gambling amongst high-risk populations. This presentation will also provide information on problem gambling screening and screening for comorbidity. Finally, participants will understand the role of Arizona's state government in the problem gambling service system and increase their capacity to support and join with public efforts to mitigate the impact of problem gambling in their communities.

Morning breakout sessions 9:00am - 10:30am

# **3C. Workshop: Making the Leap to Macro Practice from Direct Practice**

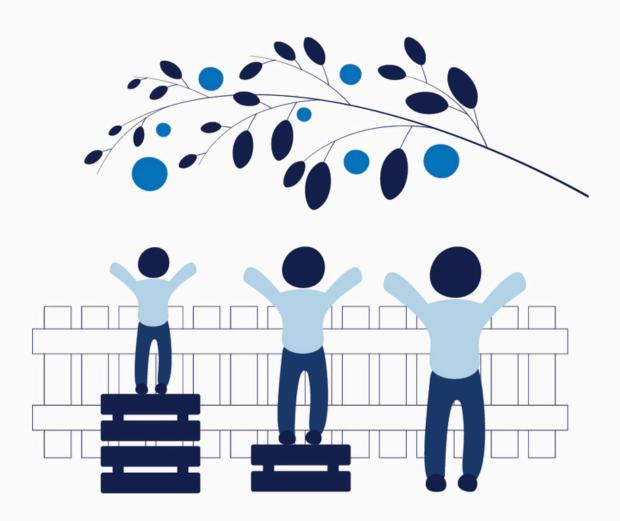
Moderated by Liz Athens

Panelists: Jennifer Tunning, LCSW, Imelda Ojeda, MSW & Kristi Wisdom, MSW



### **Reaching Health Equity**

Cultivating professional resilience in behavioral health



Proud sponsor of the Summer Institute for Behavioral Health



Morning breakout sessions 9:00am - 10:30am

### 3D. Working with Parents with Disabilities: An Overview of **Best Practices for Social Workers and Other Social Service Professionals**

Liz Lightfoot PhD, Director and Distinguished Professor of Social Policy, Arizona State University School of **Social Work Arizona State** University

Supporting Parents with Disabilities: A User-friendly guide for Social Service Providers





https://links.asu.edu/supportingparents

This training will provide attendees with an overview of social work practice with parents with disabilities, including key concepts, policy and historical context, models for practice, best practices, and resources.

Target Audience: Any social work practitioner or social work students

This presentation was sponsored in part by Arizona State University School of Social Work and a contract with the Arizona Developmental Disabilities Planning Council supported by the Administration for Community Living (ACL) of the Department of Health and Human Services (HHS) as part of an award totaling \$1,500,930, with 0% from non-governmental sources. Services provided under this contract, including the views expressed in written materials or publications and by any speakers do not necessarily reflect the official policies of the ADDPC, ACL or HHS.

ΙH

### Morning breakout sessions 10:45am-12:15pm

### 4B. Treatment Approaches to Gambling Disorders for Individuals and Families

Maureen "Mo" Michael MS LPC Executive Director/Clinical Director Compass Recovery Center

Compass Recovery Center website <a href="https://compassrecoverycenters.com">https://compassrecoverycenters.com</a>

South Oaks screening tool

https://problemgambling.az.gov/sites/default/files/documents/files/south-oaks-gambling-screen.pdf

This session will begin with a brief overview of gambling disorder and screening. This session will explore various Evidence Based treatment modalities to effectively treat gambling disorders, including harm reduction.

Target audience: Clinicians, Social Workers, Therapists, Educators

ΙH

### Morning breakout sessions 10:45am-12:15pm

### 4C. Seats at the Table: Building Alliances with LGBTQ2S+ **Older Adults**

Megan C. McCoy, PhD, MSS, MLSP Assistant Professor Northern Arizona University Tena Alonzo, MS Director of Education & Research Beatitudes Campus



The intersection of homophobia, transphobia, and heterosexism with ageism perpetuate health equity challenges for LGBTQ2S+ older adults. Many LGBTQ2S+ older adults fear having to "go back into the closet" to access healthcare, housing, and social support in later life and intentionally seek out identity affirming settings. This workshop situates LGBTQ2S+ aging in historical and social context, defines the role aging service providers play as institutional allies, and shares how AZALEA (Arizona Alliance for LGBTQ2S+ Equity in Aging) is engaging a community-based participatory approach to build inclusion for LGBTQ2S+ older adults. We will share lessons learned from our inaugural LGBTQ2S+ Aging Equity Forum, while reflecting on the potential of community-based spaces to foster inclusion and allyship.

Target audience: Clinicians, Social Workers, Therapists, Educators

### Morning breakout sessions 10:45am-12:15pm

### 4D. Peer Models of Care, Changing How We Engage **Pregnant and Parenting Women in Behavioral Health**

Carlie Mooney, PRSS CBPPD LCHW Community Programs Coordinator Center for Health and Recovery Kimberly Craig, CEO Center for Health and Recovery

This presentation will highlight innovative Peer Models of care to engage pregnant and parenting women who have mental health and substance use disorders. Peer recovery Specialists trained as Birth Doulas have been used by CHR since 2019. The Presenter will explore the peer model in service delivery and the addition of Birth Doula to better meet the high risk/need of pregnant women receiving BH services. Understanding the unique needs of women and the strategies and interventions that address those needs is key to successful family outcomes.

Target Audience: social workers, marriage & family therapists, mental health counselors, physicians, medical providers, nurses, students in related fields

### Morning breakout sessions 10:45am-12:15pm

### **4E. Table Discussion: Workforce Retention and Benefit Based Programs**

Not CEU Eligible



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ΙH

### Afternoon breakout sessions 1:15pm-2:45pm

### 5A. Recovery Connect: Using Technology to Prevent Drop Out and Engage Patients with MOUD

Amanda Vigness, Clinical Training Specialist Community Medical Services





Medication for Opioid Use Disorder has proven to be effective and save lives. While patients who receive longer-term treatment have improved outcomes, there are barriers to retaining patients and delivering interventions. Digital tools have created new opportunities for delivering immediate, effective support in patients' moments of need by keeping patients connected in their treatment journey. This workshop will share a framework to successfully implement digital tools in opioid treatment programs. Participants are taught five components of effective implementation: introduction on intake, connection for accountability, protecting clinical boundaries, using progress data to inform care and outreach, and documentation for reimbursement. Participants will gain a deeper understanding of how digital innovations can enhance MAT, paving the way for improved patient outcomes, evidence-based practice, and increased treatment participation.

Target audience: Upper management, program developers

Afternoon breakout sessions 1:15pm-2:45pm

### **5B. Personality Traits and Emotional Intelligence in Healthcare Settings**

Denise Beagley, Associate Director Associate Director of Crisis and Justice Systems Banner University Health Plan



Emotional Intelligence (EQ) refers to the ability to manage your own emotions and understand the emotions of the people around you. There are five key elements to EI: self-awareness, self-regulation, motivation, empathy, and social skills. Emotional intelligence is generally said to include a few skills: namely emotional awareness, or the ability to identify and name one's own emotions; the ability to harness those emotions and apply them to tasks like thinking and problem-solving; and the ability to manage emotions, which includes both regulating one's own emotions when necessary and helping others to do the same. We will have a quick personality assessment during the session.

Target audience: Psychologists, social workers, marriage and family therapists, mental health counselors, occupational therapists, physicians, medical providers, nurses, students in related fields

### Thursday July 11, 2024

### Afternoon breakout sessions 1:15pm-2:45pm

### **5C. Modeling SEL for Students**

Linda Williamson, LCSW, Tier Support Specialist/Social Worker Shadow Mountain High School

Social Emotional Learning (SEL) is so vital to the success of all students, faculty and staff. These are the life skills fortune 100 companies look for when hiring. One of the best ways is for the adults to model the SEL when working with students in a school setting. This interactive presentation will give you ready to use tools to implement with your school community and are evidenced based and proven to be effective.

Target audience: Those who are interested in learning more about, and/or implementing social emotional learning skills to their school community

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### Afternoon breakout sessions 1:15pm-2:45pm

### 5D. Culturally Attuned Approaches to Working With People Who Use Drugs

Jennifer Tunning, LCSW PMHC VP of Analytics and Strategy Novum Health



Harm Reduction Resources and Toolkits

Understanding the culture of individuals who use drugs allows social workers to create the conditions to reduce drug user stigma. Through this reduction, we can increase trust, rapport, relatability, and engagement with PWUD. As we increase our engagement with community members who use drugs, and know what kind of resources to offer, our whole community is healthier.

Target audience: Any social workers who may encounter people who use drugs





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### That person should be a Social Worker!

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### Afternoon breakout sessions 3:00pm-4:30pm

### 6A. Behavioral Health (BH) in Schools

Ernest Sunjo, MSW
Project Coordinator
AZ MEDICAID Agency- AHCCCS





AHCCCS has behavioral health services available to Arizona students in K-12 institutions. Discussion of services for Medicaid eligible students as well other funding available in Arizona for students to receive services. Further knowledge provided regarding Mitch Warnock Act for suicide prevention, Open Care (also known as Medicaid school-based claiming) and crisis services, which are available to all in Arizona.

Target audience: Psychologists, social workers, mental health counselors, nurses, students in related fields

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### Afternoon breakout sessions 3:00pm-4:30pm

### 6B. Lessons learned from a Health Literacy Project: Using Text Messages to Enhance Community Health Workers Engagement with Unvaccinated COVID-19 Patients

Dr. Natalia Rodriguez-Gonzales, PhD

Research Analyst

Dr. Maria Aguilar-Amaya, PhD

Director

Dr. Wendy Wolfersteig,

Associate Research Professor

ASU Southwest Interdisciplinary Research Center (SIRC)



In this workshop participants will learn about a Health Literacy Project which examined the efficacy of a text message campaign facilitated by community health workers to promote COVID-19 vaccine uptake. While successful in engaging patients for health discussions and appointments, the mention of the COVID-19 vaccine led to disengagement. However, the project highlights the value of community health workers in improving communication through motivational interviewing techniques. Integrating text messaging in outreach efforts offered a promising avenue for enhancing health literacy and equity in healthcare delivery.

Target audience: Evaluators, Program Managers, Social Workers, Community Health Workers, Program Coordinators

### Evening breakout sessions 3:00pm-4:30pm

### 6C. Virtual Social Work: Access to Care across Arizona

Jenifer Riggins, MSW MPA Social Services Manager Amy Edmonds, LCSW Supervisor of Social Services, Phoenix Children's



Phoenix Children's Virtual Social Work Program leveraged technology advances to deliver psychosocial support to Arizona Families virtually. This approach offers a HIPPA compliant platform to bridge the gap between access to medical care and psychosocial barriers. Families can avvess psychosocial support through a variety of mediums including telephonic, email, or video to access services from their own homes, mitigating barriers including transportation, lodging, mental health, safety/crisis situations and/or medical adherence. In the past year, the Virtual Social Work program has expanced to all Phoenix Children's clinics, urgent cares, etc. throughout Arizona to assure geographical access to rural communities or those with limited abilities to attend in person services.

Target Audience: social workers, medical providers, nurses

Afternoon breakout sessions 3:00pm-4:30pm

### 6D. Breaking Barriers Through Collaborations: The Challenges and Outcomes of an Early Release to Treatment Process

Paula Krasselt, PhD
Justice Services Administrator
Norma Brasda
Justice Liaison-Jails
Mercy Care





This session will explore the collaboration that has allowed Mercy Care, a Medicaid Health Plan, to facilitate early release from jail to treatment for our eligible members in Maricopa County. We will begin with an overview of the population and circumstances establishing eligibility for early release from jail to treatment, discuss Mercy Care's role in the early release process, the barriers encountered and how, through collaboration with Probation (Community Reintegration Unit & Reach Out), the Public Defender's Office, and community providers, those barriers have been overcome. Finally, we will present outcome data exemplifying the importance of this work for May 2023 through March 2024. Lastly, we will discuss next steps in data collections and analysis.

Target audience: Social work, mental health counselors, medical providers, students in related fields

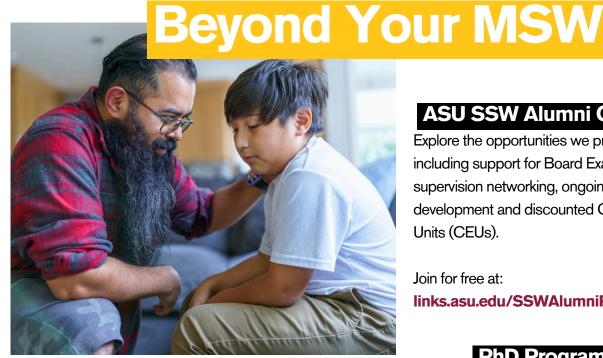
### Afternoon breakout sessions 3:00pm-4:30pm Not CEU Eligible

### **6E. Arizona for Everyone: Governor's Prevention Efforts**

Learning Objective: Overview of Governor's Office of Youth, Faith and Family funding and program opportunities

### Speakers:

	CEO Tonya Hamilton, Governor's Office of Youth, Faith and Family Deputy Director Conrad Lindo, Governor's Office of Youth, Faith and Family Olivia Christiani, Director of Communications, Governor's Office of Youth, Faith and Family	
Tori (	Osmundson, MPH, Parents Commission Program Administrator, Governor's Office of Youth, Fa and Family	uith
	SSG Deb Stoks, Arizona National Guard Counterdrug Task Force	
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### **ASU SSW Alumni Connection**

Explore the opportunities we provide to our alumni, including support for Board Exams, clinical supervision networking, ongoing professional development and discounted Continuing Education Units (CEUs).

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links.asu.edu/SSWAlumniRegistry

### **Continuing Education**

New, low-cost continuing education classes are being added regularly including:

- · Expressive Arts Therapy
- Motivational Interviewing
- Perinatal Mental Health
- Documentation in a School Setting
- From Experience to Empowerment
- Navigating Complex Medical Conditions

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The doctoral program at ASU is designed to prepare social work scholars for leadership in social work research, education, service and practice. Graduates enter careers in applied research that enhance human well-being, particularly among oppressed and vulnerable populations, and educate the next generation of social workers.

For detailed information access our Student Handbook: bit.lv/PhdSWHandbook or email sswphd@asu.edu

Check here for new opportunities: **SSWEvents@asu.edu** 

### **Graduate Certificate Programs**

- Assessment of Integrative Health Modalities Downtown **Phoenix**
- Criminal Sentencing and Sentencing Advocacy Online
- **Domestic Violence and Evidence-based Practice** Downtown Phoenix and Online
- Latino Cultural Competency in Social Work Downtown Phoenix
- Trauma and Bereavement Downtown Phoenix



For more information: sswgradcerts@asu.edu

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### Morning breakout sessions 3 Hour 9:00am - 12:15pm

### 7A. Hidden Implications of Hearing Loss in Communication

Gloria Pelletier, MSW LCSW LISAC
Private Practitioner
Chelle Wyatt
Hearing Loss Resource Specialist Hearing Loss
LIVE!



of Hearing Loss Info

The National Institute of Health says there are 48 million Americans with some form

of hearing loss. We will explore the diversity of communication methods, styles, and causes of communication difficulties. Surprise, sign language is NOT the predominant language in this population. Learn how to reduce typical communication breakdowns with hearing loss. We provide 3 easy rules to improve communication outcomes, whether they have hearing devices or not. Compensatory strategies used by the Hard of Hearing - the good, the bad and the ugly. Their micro expressions and body language might mean something completely different than what you have been taught. Learn how to enhance the visual aspects of communication with several strategies and tools to ensure understanding, comprehension and rapport.

Target audience: Our target audience is anyone who works with people who have hearing loss.

### Morning breakout sessions 9:00am-10:30am

### 7B. Bridging Theory to Practice: An Introduction to Community-Based Participatory Research

Dr. Maria Aguilar-Amaya, PhD

Director

Dr. Wendy Wolfersteig, PhD

Associate Research Professor

Anaid Gonzalvez, MSW

Program Manager Research

ASU Southwest Interdisciplinary Research Center (SIRC)



Arizona State University

This workshop introduces community-based participatory research (CBPR), a framework for engaging directly with community needs. Emphasizing key social determinants of health (SDOH), it highlights their impact on individuals and communities. By addressing SDOH deficiencies, communities can partner with researchers to identify best practices and drive positive change. CBPR fosters lasting relationships, improves health equity, enhances SDOH, and sustains focus on community health and wellness.

Target audience: Evaluators, Program Managers, Social Workers, Community Health Workers, Program Coordinators, Anyone working with the community.

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### Morning breakout sessions 9:00am-10:30am

### **7C. Eating Disorder 101: From Prevention to Recovery**

Kim DuBois, LPS
Clinical Director
Rebekah Day, LCSW
Assistant Clinical Director
Rosewood Centers for Eating Disorders



This presentation focuses on providing basic eating disorder education, treatment, and the myriad of biological, societal, and environmental factors that can contribute to an eating disorder. The presentation focuses as well on what we can do as professionals, friends, and family to help improve outcomes at both the micro and macro levels.

Target audience: psychologists, social workers, marriage & family therapists, mental health counselors, physicians, medical providers, nurses, students in related fields

### Morning breakout sessions 9:00- 0:30am

### 7D. Social Determinants of Health, Resources, and Referrals

Cheridy Clement LMSW Social Worker Dignity Health Family Medicine



**Determinants PPT** 

Social Determinants of Health present a barrier to vulnerable populations access to healthcare, healthy foods, safe housing, healthy relationships, and improvement of socio-economic status. This workshop will address SDOH resources and systems that address these barriers, we will also be discussing gaps in services and resources that make it difficult for our vulnerable populations to succeed. We will review SDOH screenings such as the CMS Accountable Health Communities screen, the PRAPARE, AAFP screening tool and the Health Leads tool. We will explore the benefits of a Community Health Needs Assessment. Discuss barriers such as implicit and explicit bias, racism, discrimination and the importance of using motivational Interviewing to address it. We will discuss social systems that impact access to care such as AZ DDD, AZEIP, ALTCS, and CRS and specific resources to address SDOH.

### Morning breakout sessions 9:00am-10:30am

### **7E. Table Discussion: Practicing in a Rural Community: Challenges and Successes**

No	CEU Eligible



### Granite Mountain Behavioral Healthcare

Granite Mountain Behavioral Healthcare offers a transformative recovery journey for those facing mental health challenges or addiction. Our tiered treatment approach ensures a seamless transition towards independent, healthy living, supported by optional shortterm and long-term housing at each outpatient stage.

We start with essential recovery and life skills at our Behavioral Health Residential Facility (BHRF), advance through workforce readiness and social reintegration in our Intensive Outpatient Program (IOP), and provide individualized aftercare within our Outpatient Program (OP).

Serving Arizona adults with AHCCCS Medicaid, and many commercial plans, we are dedicated to uplifting individuals from all socioeconomic backgrounds. Our comprehensive care model addresses the various Social Determinants of Health (SDOH), reflecting our commitment to whole-personcentered care.

Explore our wrap-around services, seamlessly integrated at any point along the continuum of care, and discover how we can support your journey to wellness.

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### <u>Key Services:</u>

- 48 Residential(BHRF)Beds: Providing a supportive, structured environment for recovery.
- Intensive Outpatient Program (IOP): Flexibletreatmentoptionsthatallow you to maintain daily responsibilities. 77 Optional Transitional Beds
- Outpatient Program (OP): Continuing care with a focus on longterm recovery, open to the community for any issues or general wellness. 88 Optional short term or Long term beds.
- ABA Therapy for Children and Young Adults: Specialized programs forindividuals withautism andother developmental disorders.
- Adolescent Program (Ages 12-17): Specialized outpatientservices tailored to meet the unique needs of adolescents.
- Specialized Recovery Programs: Unique experiential therapy groups, workforce development programs and Peer Support.

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Morning breakout sessions 10:45am-12:15pm

### 8B. Holding Therapeutic Relationship with Persistent Suicidality: Understanding the Role of Dialectics in **Individual Therapy & Family Relationships**

Bobbie Legg, PhD, LCSW Director of Child Well-being, Safe Havens for Children Supervisor & Trauma Therapist, Resolution Group Faculty Associate, Arizona State University

Persons who have lived through pervasive trauma can have the parallel outcomes of having immense difficulty staying in meaningful relationships with friends, family and mental health professionals and suicidality. Understanding the dialectical underpinnings of Dialectical Behavioral Therapy and applying them to clinical relationships and personal care relationships can help to meet the needs of trauma survivors that have not been able to stay in meaningful, lasting relationships with clinicians, family members and friends. This workshop will equip participants to know the dialectical challenges within the individual therapeutic relationship. Participants will be able to learn and use new understandings and interpersonal responses to support them in managing a long-term relationship with an individual who frequently sabotages the relationships they need the most. These individuals frequently are diagnosed with complex post-traumatic stress disorder and/or borderline personality disorder. This workshop focuses on providing clinical care and emotional support to persons that have historically evoked pejorative responses by therapists and care providers. Intergenerational, historic and interpersonal trauma has disproportionately affected individuals and families in marginalized communities. By understanding the causes and subsequent emotional and behavioral patterns of trauma survivors, therapists and care providers can learn to maintain a therapeutic relationship with clients through stormy emotional responses and repetition of emotionally provocative or manipulative actions. This workshop is based on the original works of Dr. Marsha Linehan in the use of Dialectical Behavioral Therapy for persistent suicidality. This workshop will not focus on DBT skills for clients, it will, instead, focus on the internal and interpersonal skills needed by the care provider to maintain and navigate a relationship that can support emotional health and healing following complex developmental trauma. This workshop uses understanding of historical and intergenerational trauma and the impact of lack of effective clinical care and suicide prevention for high-risk clients who have been under resourced due to stigma by clinicians and community.

### Morning breakout sessions 10:45am-12:15pm

### 8C. A Rural Behavioral Health ACO Improves NCQA Performance and Professional Fulfillment

Victoria Tewa, MS, LPC
Director of Clinical Advancement
Ryan Kivela, MA
Director of Healthcare Analytics,
Teresa Bertsch, MD
CEO/Chief Medical Officer
Jennie McMillian, MA, LPC
Director of Provider Relations and Program Development
Northern Arizona Regional Behavioral Health Alliance LLC. ACO

Northern Arizona Regional Behavioral Health Alliance LLC. A Behavioral Health ACO: <a href="https://www.narbhainstitute.org/endeavors/The-Northern-Arizona-Alliance-for-Behavioral-Health.php">https://www.narbhainstitute.org/endeavors/The-Northern-Arizona-Alliance-for-Behavioral-Health.php</a>
Partnerships:

NARBHA Inst. <a href="https://www.narbhainstitute.org/">https://www.narbhainstitute.org/</a>
BCBSAZ- Health Choice: <a href="https://www.healthchoiceaz.com/">https://www.healthchoiceaz.com/</a>

The Alliance, a start-up rural behavioral health ACO, leveraged relationships with behavioral health providers in a value-based payment program to improve NCQA outcome measures and professional wellbeing. The ACO actively engaged providers in quality improvement processes such as SWOT analysis, provider driven Structured Discussions, surveys, and workforce development strategies. As a result of targeted data analytics, education, and tools, measures improved significantly. FUH7 performance improved by 9 percentage points to 51%, exceeding the AZ Medicaid high performing benchmark by 5 points. Strategies included a provider wellbeing conference, the addition of peer-family organizations and an Early Career Psychiatry Academy.

### Morning breakout sessions 10:45am-12:15pm

### 8D. Policy Driven Decision-Making Related to Hospital Discharge Planning

Tonya Cwynar BS, LMSW
Multi-Facility Care Coordination Operational Consultant
Alexander Demian, LMSW
Master Social Work- Acute Care
Banner Health



Policy Driven Decision
Making PPT

The goal of this presentation is to review Arizona legislation and aspects of discharge planning in acute care settings for social workers, nurses, healthcare providers, and ancillary healthcare staff. We will review crucial topics involved in developing effective and safe discharge planning including a review of recent Arizona legislation on transition planning for patients from Assisted Living Facilities or Group Homes, advanced directives, guardianship guidelines – including application for court appointed public fiduciary – mandated reporter guidelines, examples from the Department of Economic Security's Adult Protective Services and Department of Child Safety for mandated reporting. Additional areas to be reviewed are the various levels of acute, sub-acute, and outpatient/community levels of care that may be necessary for transition planning.

### Friday July 12th, 2024

### Afternoon breakout sessions 1:15pm-2:45pm

### 9A. Personal Medicine, Discover What You Do to Get Well and Stay Well

Shasa Jackson, PhD, LCSW
Manager of Specialty Outpatient Behavioral Health
Valleywise Health
Jose Rojas MSL, CPMC-T
Employment Rehabilitation Manager
Mercy Care

Personal Medicine PPT

Personal Medical Worksheet



An emerging evidence-based practice, Personal Medicine, meets five core competencies for practitioners with a lived experience identified by SAMHSA: recovery-oriented, person-centered, voluntary, relationship-focused and trauma-informed. In systems where the emphasis is on medication compliance Personal Medicine Coaches assist individuals find the balance between what an individual does and the medication the individual takes. Personal Medicine is self-initiated, non pharmaceutical self-care activities that serve to decrease symptoms and improve thinking, mood behavior, and wellbeing, while assisting to avoid intensive services. Research on Personal Medicine has demonstrated that individuals who use PM are more active in their care, which leads to better health outcomes and long term users of PM have added/adjusted their Personal Medicine which has assisted in managing challenges. For many people with lived experience, the pathway into recovery and the life we want for ourselves means finding the right balance between the pills we may take, and the things we do that help us get well and stay well. Everyone has Personal Medicine. No one is "too sick" to have Personal Medicine. Personal Medicine is a powerful and transformative practice. It not only disrupts how people see themselves in their recovery process, but it can also disrupt and transform business as usual for staff and agencies. Personal Medicine disrupts the message that people coming for services are in some fashion broken or in need of repair or fixing. Personal Medicine disrupts and then transforms that idea by positing that within each of us there is an inner wisdom. Personal Medicine assumes that human resilience does not stop at diagnosis. Mercy Care has implemented the evidence based practice of Personal Medicine across our Health Homes serving members with an SMI Designation. Rehabilitation Specialists are Certified Personal Medicine Coaches (CPMCs) and assist members in discovering their resilience and inner wisdom to develop activities that help them deal with challenges. These members have found balance between the things they do and the medication they take to live a life that is self-directed. This session offers an overview of personal medicine, coaching, implementation of Personal Medicine within Valleywise Health, and includes an interactive activity with participants to aid in discovering their Personal Medicine utilizing the Personal Medicine worksheet. Certified Personal Medicine worksheet is a tool utilized by CPMCs. It can be used in an intentional/structured way or casual "in the moment" It is about the conversation. The Worksheet can help us make that deep connection between the things we are already doing, and how they help.

### Afternoon breakout sessions 1:15pm-2:45pm

### 9B. Intensive Peer Support Services: An Innovative Approach to Impacting the Social Determinants of Health

Dawn McReynolds,
OIFA Administrator
UnitedHealthcare Community Plan
Deborah Weichert, LCSW
Associate Director
Optum Behavioral Health

Intensive Peer Support Services, an innovative approach to impacting the social determinants of Health. UnitedHealthcare Community Plan and Optum Behavioral Health are Providing Credential Peer Support Specialists with National models of training to intensify Peer Support Services. This innovative approach to Peer Support has proven positive changes in the lives of individuals. This presentation focuses on the most effective model of intensive services, credentialed peer and family support requirements and data based outcomes of the intensive model presented.

Target audience: Social workers, mental health counselors, medical providers, students in related fields, other: behavioral health providers

Afternoon breakout sessions 1:15pm-2:45pm

### 9C. Navigating Perinatal Mood Disorders: Research and Practice

Lorain Moorehead, LCSW MSW
Clinical Social Worker
Lorain Moorehead Counseling and Consulting



https://www.instagram.com/theselfcareapist/

Postpartum Support International Directory: <a href="https://psidirectory.com/">https://psidirectory.com/</a>



Navigating Perinatal
Mood PPT

This presentation offers a comprehensive examination of perinatal mood disorders (PMADs), including Postpartum Depression (PPD), Postpartum Anxiety (PPA) and Postpartum Psychosis (PPP) across gender identities. We analyze the rates and frequency of occurrence of PMADs, and the complex intersections between culture, trauma, and mental health. Delve into the clinical presentation and risk factors for PMADs, enhancing recognition and intervention skills. Learn practical screening techniques and effective planning tools to translate knowledge into action.

Target audience: Social workers, marriage & family therapists, mental health counselors, medical providers, nurses

Afternoon breakout session: 3 Hour 1:15pm-4:30pm

### 9D. Cultural Considerations When Working with Veterans and the Military Affiliated Part 1

Toni Bravo-Price, LCSW VITAL Coordinator South Texas VA Healthcare System Michael P Logan, PhD Senior Director Office of UTSA Veteran and Military Affairs

The notion of veteran status and military affiliation being a culture is questioned and addressed. The University of Texas at San Antonio has brought Veteran Benefits and Veteran Health Care directly to the students on campus to provide needed resources and care in person to where they live and study. The military student population includes those transitioning from military to civilian life and their family members. Together this group uses VA educational benefits, seek a sense of belonging, and contribute to the academic setting. Treatment issues include loss of self, trading one identity for another, sense of belonging, and resilience.

Target audience: Mental Health professionals and allied providers

ΙH

Afternoon breakout sessions 3:00pm-4:30pm

### 10A. Providing Mental Health Equity Through the CIT Model

Maria Johnson, BA
Chief Crisis Officer
Horizon Health and Wellness
Frank O'Halloran, MCJ
Crisis Services Coordinator
Mercy Care RBHA

Public safety works with all community populations regardless of their socioeconomic status. Since 2003 RBHAs have worked with the best practice Crisis Intervention Team (CIT) model bringing mental health equity to those they serve in Maricopa County. In 2023 public safety brought 40,000 of those they serve into the cost-free crisis system providing all an opportunity to stabilize their crisis and attain higher levels of care. CIT had not existed in Pinal County prior to October 2022. Since then, Mercy Care RBHA and Horizon Health & Wellness have teamed up with public safety, county attorney's office, advocates, and health equity collaboratives to provide mental health opportunities to those served by public safety through the CIT model. We will share how this invaluable need was implemented.

### Afternoon breakout sessions 3:00pm-4:30pm

### 10B. Integrated Behavioral Health Homes, a Values **Based Program Partnership**

Jack Pullins, MA LPC Provider Enablement Consultant **UHC/Optum** Siobhan O'Boyle, MBA, CPHQ, CPC Chief Compliance and Operations Officer Christina Fugate **Program Coordinator** Deia Mack Turner **IBHH Team Lead** COPE

Co-presentation between COPE and United Healthcare on their pilot Integrated Behavioral Health Home (IBHH) Value Based Program. The presentation will provide an overview of current value based models, how IBHH differs, the role of integrated care in supporting positive member outcomes and healthy communities, and the challenges and barriers in implementing a program like IBHH.

Target audience: Psychologists, social worker, marriage and family therapists, mental health counselors, physicians, medical providers, nurses, students in related fields

Afternoon breakout sessions 3:00pm-4:30pm

### 10C. Innovative Clinical Supervision: Defining Clinical Practice and the Role of Clinical Supervision

Cami Taylor, LCSW
Lead Social Worker
Dawn Baumgartner, LCSW
Coordinator of Social Work,
Phoenix Elementary School District

This workshop will feature the personal testimonies of two Licensed Clinical Social Workers who are pioneering the way to a new approach to school-based social work in Arizona. This interactive session will introduce an innovative approach to defining, developing, and supporting the clinical practice of school-based Social Work through effective clinical supervision. Participants will gain some helpful tips for explaining why licensure matters, learn specific strategies to introduce and implement clinical supervision, and discover some creative steps to navigate the challenges and specific requirements of clinical supervision and practice in a school or non-traditional setting.

Target audience: Social Workers in the school or other non-traditional settings and Clinical Supervisors





**Arizona State University** 

Have ideas for continued education or training? Share them with us at <u>SSWEvents@asu.edu</u> or submit a proposal to present using the QR code below.

