

MICHIGAN MENTAL HEALTH & AGING CONFERENCE

May 11 -12, 2021

A Hopin Livestream Event

**Continuing Education available for Social Workers and
Continuing Professional Development available for Nurses**

Register online at www.lcc.edu/mhap

**Sponsored by the Michigan Department of Health and Human Services
Coordinated by the Mental Health & Aging Project
A program at Lansing Community College**

Lansing Community College is an equal opportunity, educational institution/employer.

Welcome to the 32nd Annual Mental Health and Aging Conference

Tuesday, May 11

8:30 - 8:45 am - Welcome: Alicia Hostetler, Director, MHAP

8:45 - 9:00 am - Welcome: Scott L. Wamsley, Deputy Director, Aging and Adult Services Agency, Michigan Department of Health and Human Services

9:00 - 10:00 am - Keynote Presentation: Benjamin T. Mast, PhD, ABPP

10:15 am - 12:15 pm - Concurrent Intensive Sessions: Part I

12:15 - 1:00 pm - Lunch & Exhibitors

1:00 - 3:00 pm - Intensive Sessions Resume: Part II

Keynote Presentation

Is There Anything We Can Do About Alzheimer's Disease?

The number of people diagnosed with Alzheimer's disease (AD) continues to rise. Current treatment options are limited and a cure has yet to be found. Many believe there is nothing we can do about AD. This keynote challenges that conclusion by exploring a range of options for reducing risk, preventing excess disability, and living optimally with Alzheimer's.

Benjamin T. Mast, PhD, ABPP, Chair, Professor, Psychological & Brain Sciences, University of Louisville, Louisville, KY

Intensive 1: *Alzheimer's Disease and Dementia: Clinical Assessment and Person-Centered Care*

Effective dementia care involves the assessment of clinical aspects of the disorder, the way it impacts individuals receiving the diagnosis, and the health and functioning of family caregivers. Participants in this session will learn how to assess dementia syndromes, the person experiencing cognitive and functional changes, and their family caregivers. Practical tools for these three domains will be described including how these tools can be used to plan and implement person-centered care.

Benjamin T. Mast, PhD, ABPP

Intensive 2: *Suicide Prevention and Intervention for Older Adults*

Older adults make up 15.6% of the population, yet alarmingly, 18.2% of suicides. This intensive session will focus on risk assessment and intervention. Participants will learn how to recognize signs, symptoms, and how to manage emotional reactions to suicide. This session will present strategies for crisis intervention and management, as well as documentation related to suicide. Audience participation is encouraged.

Vanessa Maria Lewis, LMSW

Intensive 3: *Identifying and Treating Obsessive Compulsive Disorder*

Obsessive Compulsive Disorder (OCD) affects millions of people each year, yet it continues to be one of the most frequently misdiagnosed, misunderstood, and inadequately treated mental health problems. This workshop will address how to identify and diagnose OCD. Participants will learn the basic concepts of Exposure and Response Prevention Therapy, and how to develop effective treatment plans for OCD symptoms. The presenter will discuss individual subtypes along with challenges in treatment, including family accommodation and motivation.

Laura M. Lokers, LMSW

Intensive 4: *An Introduction to Acceptance and Commitment Therapy*

Acceptance and Commitment Therapy (ACT) is a cognitive behavioral therapy that utilizes mindfulness, acceptance, and values clarification to help individuals better connect with the present moment, accept the things they cannot change, and to focus on building a valued life through purposeful action. This intensive session will combine didactics with experiential exercises, and focus on the use of ACT techniques with older adults, their families, and for personal self-care. ACT is an excellent way to address stress and compassion fatigue, allowing practitioners to remain effective in their work. This workshop covers the fundamentals of ACT. Dr. Miller welcomes questions throughout the training from more experienced practitioners about specific challenges in using ACT principles.

Eric F.D. Miller, PhD

Intensive 5: *Coping, Culture, and Living with Pain: Strategies for the Healthcare Professional*

This seminar will review the basics of pain management within culturally responsive care environments. Interdisciplinary professionals will be provided with tools to effectively assess and recommend appropriate treatments for persistent pain. The seminar will cover both pharmacological and non-pharmacological approaches to pain management.

Sheria G. Robinson-Lane, PhD, RN (Meets pain CE requirements for MI Social Workers and Nurses)

WEDNESDAY MORNING, MAY 12

8:30 am - Welcome: Alicia Hostetler, Director, MHAP

8:45 - 9:45 am - Keynote Presentation: *Making Sense of Trauma in Older Adults*, Stephen R. Wiland, LMSW, ICADC, CCS

10:00 am - 1:00 pm - Series A Workshops

A-1 Culture and Race in the Delivery of Mental Health Services to Older Adults

This interactive workshop will outline the challenges of providing mental health services to older adults in a "multicultural but racialized" society. Cultural knowledge complements a practitioner's awareness and skills to negotiate the interaction of multiple intersecting identities and positionalities in a service relationship. A firm distinction between culture and race will be made to demonstrate how navigating the dynamics of culture and race are different skill sets. Recommendations will be made to develop and enhance cultural competency and racial responsiveness. Ample attention and opportunities will be given to interact virtually to maximize relevancy and learning.

D. John Lee, PhD

A-2 Addressing Co-occurring Substance Abuse in Older Adults

It is estimated that one in five older Americans may have problems with both alcohol and medication misuse. Older persons with a lifetime diagnosis of alcohol abuse are three times as likely to develop a mental health disorder. This workshop will examine the assessment and treatment of substance abuse and misuse in older adults with an emphasis on individuals who have co-occurring mental health and substance use disorders. The speaker will provide assessment tools, and describe effective treatment and support strategies for working with older adults.

Stephen R. Wiland, LMSW, ICADC, CCS

A-3 Understanding the Relationship Between Borderline Personality, Complex Trauma, and Addiction

This presentation will discuss the history, diagnosis, and treatment of Borderline Personality Disorder (BPD). We will explore the role of complex trauma in the formation of BPD, and how addictive disorders are manifested and heightened by BPD. Using case studies and professional experience, Dr. Calabrese will examine how to intervene, support and treat individuals with this diagnosis.

Andrea J. Calabrese, DSW, LMSW, CADC

A-4 OBRA 101

Newer OBRA coordinators and evaluators will receive an introduction to the OBRA and PASRR process. This workshop will focus on the fundamentals of PASRR, including the Level II evaluation, placement options, and recommendations for mental health services. Navigating the electronic database will not be the primary focus of this workshop.

Kathleen Faber, MS, LPC, and Kathy Johnson, LMSW

A-5 Increasing Our Understanding of Marginalized Populations

LGBT older adults have unique physical and mental health needs. Lesbian, gay, bisexual, and especially transgender individuals, often have a history of trauma related to their identity. This can make it difficult to trust health and human services providers. These experiences have often been ignored by those focusing on gerontology, as well as those involved with LGBT studies. Together we will explore the challenges and needs of these populations, and you will learn interpersonal skills necessary to create safe and affirming relationships with LGBT older adults.

Judith Lewis and Lindsay Toman

A-6 Making Difficult Decisions - The Ethics of Working with Older Adults

Ethical decision making takes practice. This interactive workshop will review the comprehensive ETHIC model. The presenter will use case examples to facilitate discussion of ethical challenges that may arise, including working with individuals who have cognitive impairment, through telemedicine, and at the end of life. Participants are encouraged to bring examples of difficult decisions encountered in their work. ***Repeated in workshop B-6**

Catherine A. Macomber, PhD, LMSW (Meets 3 of 5 ethics CE requirements for Michigan Social Workers)

WEDNESDAY AFTERNOON, May 12

1:00 - 1:30 pm - Lunch

1:30 - 4:30 pm - Series B Workshops

4:30 pm - Conference Ends

B-1 Building Capacity for Emotional Resilience In Clinical Practice

Navigating the daily challenges of clinical practice is not easy. Learn concrete, practical skills to increase your emotional resilience and your psychological flexibility in order to navigate your work and your personal life more effectively. This workshop is based on Acceptance and Commitment Theory, 3 Principles of Healthy Human Functioning, and the research of Dr. Brene Brown.

Lisa Laughman, LMSW

B-2 Addressing Challenging Family Issues at the End of Life

When loved ones are dying, family and friends may exhibit reactions that are challenging for the clinicians involved. This session explores some of the factors that contribute to the discomfort of those close to the individual. Participants will increase their understanding of strategies to address challenging circumstances related to end of life and the bereavement process.

Susan Sefansky, LMSW, ACSW

B-3 The Impact of Hearing Loss on Older Adults

Late life hearing loss can be very isolating and place individuals at increased risk for mental health issues. Participants will learn about the causes, prevalence, and life changes involved with this type of hearing loss. This workshop will focus on behavioral health, accessing mental health services and will include a review of assistive devices and accommodations. We will also examine how isolation due to the COVID-19 pandemic can impact significant relationships and may present additional communication challenges for people with hearing loss.

Brenda Neubeck, BS, BA, and Charlyss Ray, OTR-L

B-4 Introduction to Psychiatric Medications: An Overview of Older Adults and Psychiatric Medications

This session will provide an overview of psychiatric medications, including common uses, side effects, and implications for care. The presenter will examine the role of psychotropic medications, brain physiology, and their impact on treatment outcomes. Medications for mood, anxiety, and thought disorders will be discussed.

James Ypma, MPA

B-5 Cognitive-Behavioral Therapy in the Treatment of Anxiety Disorders

This skill-based workshop will focus on the concepts, theory, principles, and procedures appropriate to the assessment and treatment of adults with anxiety disorders. Participants will learn how to use a specialized form of cognitive behavioral therapy that is effective for anxiety disorders including panic disorder, social anxiety, generalized anxiety disorder, and phobias. The presenter will review changes in the diagnosis of anxiety disorder in DSM-5. The workshop content reflects advanced material of current relevance for effective clinical practice.

Laura M. Lokers, LCSW

B-6 Making Difficult Decisions - The Ethics of Working with Older Adults

Ethical decision making takes practice. This interactive workshop will review the comprehensive ETHIC model. The presenter will use case examples to facilitate discussion of ethical challenges that may arise, including working with individuals who have cognitive impairment, through telemedicine, and at the end of life. Participants are encouraged to bring examples of difficult decisions encountered in their work. ***Repeat of workshop A-6**

Catherine A. Macomber, PhD, LMSW (Meets 3 of 5 ethics CE requirements for Michigan Social Workers)

Presenter Directory

Andrea J. Calabrese, DSW, LMSW, CADC, is a clinician with over ten years of experience working in the areas of substance abuse, mental health treatment, homelessness and supportive housing, Lansing

Kathleen Faber, MS, LPC, OBRA Appeals Coordinator, Office of Specialized Nursing Homes/ OBRA Programs, MI Department of Health and Human Services, Lansing

Kathy Johnson, LMSW, PASRR Determination Coordinator, Office of Specialized Nursing Homes/ OBRA Programs, Michigan Department of Health and Human Services, Lansing

Lisa Laughman, LMSW, Owner/Director, Wisdom Heart Life Consulting; Employee Assistance Counselor and Emotional Wellness Consultant at Michigan State University; Adjunct Faculty, MSU School of Social Work. East Lansing, MI.

D. John Lee, PhD, Licensed Psychologist, D.J. Lee and Associates, Buffalo, NY

Judy Lewis, Training and Education Manager for SAGE Metro Detroit, Ferndale.

Vanessa Maria Lewis, LMSW, Clinical Social Worker/Psychotherapist, Advanced Counseling Services, PC, Taylor; Suicide Grief Support Group Facilitator, Howe-Peterson Funeral Home, Dearborn

Laura M. Lokers, LMSW, Clinical Social Worker, Co-founder of the Anxiety and OCD Treatment Center of Ann Arbor; Adjunct Professor, University of Michigan School of Social Work, Ann Arbor

Catherine A. Macomber, PhD, LMSW, Chair, BSW Program Director and Associate Professor of Social Work, Department of Social Work & Youth Services, Saginaw Valley State University, Saginaw

Benjamin T. Mast, PhD, ABPP, Chair, Professor, Psychological & Brain Sciences, University of Louisville, Louisville, KY

Eric F.D. Miller, PhD, Clinical Psychologist, Mental Health Team Coordinator, John D. Dingell Veterans Affairs Medical Center, Detroit

Brenda Neubeck, BS, BA, Retired, Program Director of Deaf H.E.A.L. & Shield, Deaf Community Advocacy Network, Sylvan Lake

Charlyss Ray, OTR-L, Specialist for Services and Supports for Persons with Intellectual/Developmental Disabilities, Community Practices and Innovation Section, Michigan Department of Health and Human Services, Lansing

Sheria G. Robinson-Lane, PhD, RN, Assistant Professor Department of Systems, Populations, and Leadership, School of Nursing, University of Michigan, Ann Arbor

Susan Sefansky, LMSW, ACSW, Retired, Social Work Program Director for Office of Decedent Affairs and Wayne County Medical Examiner's Office, Ann Arbor

Lindsay Toman, Training Coordinator, SAGE Metro Detroit, Ferndale

Stephen R. Wiland, LMSW, ICADC, CCS, Trauma and Addictions Therapist; Adjunct Faculty and Addictions Certificate Program Director, University of Michigan School of Social Work, Ann Arbor

James Ypma, MPA, Training Specialist for over 30 years, Community Mental Health, Kent County; Guest Professor, Graduate Level Social Work and Physician Assistant Programs, Grand Valley State University, Allendale

Register online at WWW.LCC.EDU/MHAP

Registration deadline is April 30th

Payment is due May 4th

Registration and Payment Information

Register online at WWW.LCC.EDU/MHAP

You will be taken to the payment link after registration is complete

Registration Form – Due April 30, 2021

Registration cost:

\$200 Two days

\$120 One day

Payment is due by May 4, 2021

****New This Year****

Virtual Exhibit Hall on Monday, May 10 (time TBD)

Explore exhibits and familiarize yourself with the Hopin platform prior to the conference opening on Tuesday morning.

Tech support will be available to answer any questions.

Cancellation Policy

The registration fee, minus a \$20 administrative charge, will be refunded if a registration is cancelled by April 30th. **No refunds will be made after this date.**

Continuing Education

Nurses can receive up to 5 contact hours of Nursing Continuing Professional Development on May 11 and up to 7 contact hours of Nursing Continuing Professional Development on May 12. Lansing Community College Nursing Program is approved as a provider of nursing continuing professional development by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Provider number: WICEAP-601-1. For questions please contact Nancy Hayward, RN at haywardn@lcc.edu or 517-285-3817

Social Workers can receive up to 5 social work continuing education contact hours on May 11, and up to 7 social work continuing education contact hours on May 12. Social work continuing education hours are provided by Lansing Community College's Mental Health & Aging Project, which is an approved provider with the Michigan Social Work Continuing Education Collaborative. Approved Provider number: MIEC-0069. For grievances, contact Robin Simpson at 517-487-1548.

ADA Accommodations:

If you require accommodations to permit your attendance or participation, please provide a written request to Alicia Hostetler at hosteta3@lcc.edu by April 1.

**For general questions or information about being an exhibitor
please contact Alicia Hostetler at
hosteta3@lcc.edu or 517/483-1526**