Michigan Mental Health & Aging Conference

May 14-15, 2013

The Kellogg Center
Michigan State University
East Lansing, Michigan

Social Workers can earn up to 11.5 CE credits
Nurses can earn up to 12.9 CE credits

Register on-line at www.lcc.edu/mhap

Sponsored by the Michigan Department of Community Health
Coordinated by the Mental Health & Aging Project
A program at Lansing Community College
The Mental Health and Aging Conference is 25 Years Old!

The first OBRA Conference in Michigan was held in 1989 in response to nursing home reform mandated by Congress in the 1987 Omnibus Budget Reconciliation Act (OBRA ’87). The conference was targeted to CMH staff who were responsible for assessing and treating nursing home residents with psychiatric or developmental disabilities. Over the years, the conference has expanded both its content and audience and in 2004 was renamed the Michigan Mental Health and Aging Conference.

Although this is the 10th Michigan Mental Health and Aging Conference, the conference is actually in its 25th year. Join us in celebrating a quarter century of workshops designed to help CMH clinicians and other human services professionals expand their knowledge and skills in order to improve the lives of people who are aging with mental illness, intellectual disabilities or dementia.

Please share this brochure with other colleagues in your agency and community who work with older people. The brochure can also be downloaded from the MHAP website at www.lcc.edu/mhap.

Note: CMH staff responsible for PASRR evaluations may obtain reimbursement for all conference-related costs through the regular PASRR billing process.

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Register on-line at www.lcc.edu/mhap
AGENDA
Tuesday, May 14th

7:15–8:45 am  Registration and Continental Breakfast

8:45–9:00 am  Welcome —– James K. Haveman, MSW
Director, Michigan Department of Community Health

9:00–10:00 am  Keynote Presentation: Happy Birthday CMH!
Celebrating Fifty Years of Change and Growth

Malkia Maisha Newman

In 1963 Congress enacted legislation leading to the creation of the community mental health system, which marked the beginning of the transition away from institution-based “care” and toward a system that provides supports and services to people in their chosen communities.

Ms Newman will reflect on the evolution of the CMH system, the development of recovery-based approaches, and how changes in the way we provide services have impacted older adults with psychiatric disabilities.

Malkia Maisha Newman
Community Educator, Anti-Stigma Program,
Community Network Services and
Chairperson, Oakland County CMHA Board

10:30 am–12:00 pm  Concurrent Intensive Sessions: Part I

12:00–1:00 pm  Lunch

1:30–4:30 pm  Intensive Sessions Resume: Part II

4:30–6:00 pm  Reception

At the conclusion of the first day’s workshops, please join your colleagues in Big 10 A-B-C for a last look at the exhibits, a final chance to sign up for the prize drawing, and the opportunity to share hors d’oeuvres and network with your colleagues from across the state.
#1 Addressing Substance Abuse in Older Adults
Abuse of alcohol and prescription medications is a growing problem in older adults. It is estimated that one in five older Americans may have problems with both alcohol and medication misuse. This workshop will examine the assessment and treatment of substance abuse and misuse in older adults. Participants will receive tools appropriate for use with older persons and will learn how to apply motivational enhancement strategies to assist older individuals with substance abuse problems. **CEs for Addiction Professionals are pending.**

Stephen R. Wiland, LMSW, ICADC

#2 Incorporating Elements of DBT in Therapy with Older Adults
Dialectical Behavior Therapy (DBT) is an acceptance-based cognitive-behavioral therapy that has been shown to be effective in treating mood disorders. Extensive training is required to become a competent practitioner of DBT, but experienced clinicians can choose to incorporate key concepts of DBT into their treatment approach. The presenter will outline the assumptions underlying DBT and will describe how components of this therapeutic modality can be adapted for successful interventions with older individuals.

Suzanne Keller, PhD

#3 From Learned Helplessness to Self-Determination: Supporting Individual Control in the Context of Loss
Learned helplessness is a frequent outcome when individuals feel or truly experience a loss of control. In contrast, self-determination is a state of mind supported by a set of skills, practices and opportunities that fortify an individual with positive control and sense of self. In this session we will explore the differences between Learned Helplessness and Self-Determination, the correlates with depression, immune response and socialization, and ways to support self-determination to the best degree possible for individuals with daily living, cognitive and communication challenges.

Lynn A. Sweeney, MA, CCC-SLP; Tiffany Durst

#4 Using Group Therapy Approaches with Older Adults
This session will present three evidence-based therapies that can be effective in group work with older persons: Cognitive Behavioral Therapy, Mindfulness-based Cognitive Therapy, and Positive Aging. Participants will receive detailed information on all three approaches, the contents of group sessions and how they benefit older adults with depression or anxiety. Suggestions on how to plan, market and implement the group formats will also be provided.

Nina Abney, LMSW, ACSW; Mariko Foulk, LMSW, ACSW; Mary Rumman, LMSW

#5 Preventing and Responding to Challenging Behaviors in Persons with Non-Alzheimer’s Dementias
A person with dementia may present with behaviors that are experienced as difficult by others. These behaviors often reflect the unique brain changes that accompany Alzheimer’s Disease (AD), Dementia with Lewy Bodies (DLB) or Frontotemporal Dementia (FTD). This session will examine the differences among AD, DLB, and FTD and the impact on the individual’s cognition and behavior. Participants will learn how to develop effective, non pharmacological interventions that are individualized to the person, situation, disorder, and stage of disorder.

Shelly Weaverdyck, PhD
AGENDA
Wednesday, May 15th

7:45–8:15 am  Registration
(for those attending Wednesday only)

8:15–8:30 am  Welcome — Rhonda Powell
Deputy Director
Michigan Office of Services to the Aging

9:00 am–12:00 pm  Workshops (Series A)

12:00–1:00 pm  Lunch

1:30–4:30 pm  Workshops (Series B)

4:30 pm  Conference Ends
A-1 Ethical Issues in Working with Older Adults
This interactive session will examine ethical dilemmas faced by social workers and other clinicians who work with older adults with psychiatric disorders and/or dementia. The presenter will provide an ethical framework and use case examples to facilitate discussion of ethical challenges that may arise. Participants are encouraged to bring examples of situations encountered in their work. (Repeated in the afternoon: B-1). This workshop meets the ethics CE requirements for Michigan social workers.

Dennis Potter, LMSW, CAADC, CCS, FAAETS

A-2 Addressing Pain in Older Adults
This workshop will examine the complex challenges that can occur when treating pain in older individuals. Participants will learn how to recognize and treat pain in a person with dementia or another form of cognitive impairment. (Repeated in the afternoon: B-2) This workshop meets the pain management CE requirements for Michigan social workers.

Sheria Grice Robinson, RN, MSN, MHA, CHN

A-3 Assisting Individuals with Dementia and Their Families in Decision-Making
Persons with dementia and their family members face many challenges and decisions as the condition progresses. Participants will examine the emotional issues that may arise as decisions are made, discuss key points for decision-making, and practice intervention strategies for working with families.

Beth Spencer, MA, LMSW

A-4 OBRA 101
New* OBRA coordinators and evaluators will receive an introduction to OBRA and the PASRR process. This workshop will focus on the fundamentals of PASRR, including the Level II evaluation, placement options, and recommendations for mental health services.

Eva Duckworth, RN, BSN; Michelle DeRose, LMSW, ACSW
*In the job one year or less.

A-5 Clinical Approaches to Hoarding
This session will provide an introduction to hoarding disorder and the impact of age on the severity of symptoms and treatment interventions. Participants will learn cognitive-behavioral therapy interventions that address the specific treatment challenges clinicians face when working with individuals with hoarding disorder.

Laura M. Lokers, LCSW

A-6 Health Care Decisions: Who Decides?
If an individual is unable to participate in a treatment decision, who is authorized to make which decisions? The appropriateness and interrelationship among durable power of attorney, mental health advance directive, living will, do-not-resuscitate declaration, family consent, civil commitment, and guardianship will be discussed.

Brad Geller, JD

A-7 Communicating through a Different Lens
This interactive workshop will use small group discussion and exercises to explore how culture influences our assumptions about the ‘other’ and how we communicate. Participants will examine their own perceptions, values, and biases to increase their capacity to communicate effectively when interacting with individuals from diverse cultures and perspectives.

Lois Smith Owens, MSW
B Series
1:30 pm – 4:30 pm

B-1 Ethical Issues in Working with Older Adults
This interactive session will examine ethical dilemmas faced by social workers and other clinicians who work with older adults with psychiatric disorders and/or dementia. The presenter will provide an ethical framework and use case examples to facilitate discussion of ethical challenges that may arise. Participants are encouraged to bring examples of situations encountered in their work. This workshop meets the ethics CE requirements for Michigan social workers. (Repeat of A-1).
Dennis Potter, LMSW, CAADC, CCS, FAAETS

B-2 Addressing Pain in Older Adults
This workshop will examine the complex challenges that can occur when treating pain in older individuals. Participants will learn how to recognize and treat pain in a person with dementia or another form of cognitive impairment. This workshop meets the pain management CE requirements for Michigan social workers. (Repeat of A-2)
Sheria Grice Robinson, RN, MSN, MHA, CHN

B-3 How to Connect With People Experiencing Psychosis
Voice-hearing or unusual beliefs can be confusing for caregivers. Do you want to strengthen your connection with people who experience “altered states”? This workshop introduces innovative approaches to psychosis that build relationship and support recovery. You will hear stories of recovery from people diagnosed with chronic schizophrenia in their own words. We will also learn about and practice basic skills: holding the hope, normalizing, and Voice Dialogue.
Rebecca Hatton, PsyD

B-4 Transforming Theatre Ensemble: LGBT Elders and the Service System
MSU’s Transforming Theatre Ensemble (TTE) provides an interactive learning experience that engages audiences in collaborative problem solving and creates a safe distance for an audience to reflect on and analyze attitudes and behaviors as a first step toward transformation. This workshop will present a theatrical sketch and audience interaction with the characters to identify the unique challenges and barriers faced by aging LGBT individuals and their families. You will increase your ability to provide culturally sensitive services to aging LGBT individuals and their families
Michigan State University’s Transforming Theatre Ensemble

B-5 Appropriate Use of Psychoactive Medication in Older Adults or Nursing Home Residents
This session will focus on medications that are used to treat psychiatric symptoms, with an emphasis on treatment of depression. Recommended usage, expected results, and common side effects will be addressed. The presenters will also discuss gradual dose reduction (GDR) and the documentation required for continued use of psychoactive medication in nursing home residents.
Jonathan Henry, MD

B-6 Incorporating the Spiritual Dimension into Person-Centered Care
Research studies have confirmed a strong correlation between health and spirituality. This interactive session will provide a framework for definitions, concepts, insights, and knowledge of the spiritual dimension. Participants will be invited to explore their own understanding and comfort with the spiritual. Therapeutic interventions and a variety of tools/instruments will be discussed.
Linda J. Keilman, DNP, GNP-BC
B-7 The Role of Community Initiatives in Addressing Elder Abuse and Exploitation

Coordinated community response teams (CCR’s) are being developed throughout Michigan to address elder abuse and exploitation. This workshop will describe how communities across the state are developing CCR’s, establishing death review teams, and providing elder abuse training. Learn why CMH, DHS, and AAA staff should be involved in these efforts at the local level.

Catherine A. Emerson, JD; Stacy Fox-Elster, LMSW; Toni A. Young, ACSW, LMSW

Register on-line at www.lcc.edu/mhap
Directory of Presenters

**Nina Abney, LMSW, ACSW**  
Geriatric Social Worker, University of Michigan Geriatrics Center, Ann Arbor

**Michelle DeRose, LMSW, ACSW**  
Appeals Coordinator, Office of Nursing Homes/OBRA Programs, MI Dept. of Community Health, Lansing

**Eva Duckworth, RN, BSN**  
PASRR Reviewer, Office of Specialized Nursing Home/OBRA Programs, MI Dept. of Community Health, Lansing

**Tiffany Durst**  
Augmented Communicator, Public Speaker, and Adult Head and Neck Trauma Survivor

**Catherine A. Emerson, JD**  
Elder Justice Resource Prosecutor, Prosecuting Attorneys Association of Michigan, Lansing

**Mariko Foulk, LMSW, ACSW**  
Geriatric Social Worker, University of Michigan Geriatrics Center, Ann Arbor

**Stacy Fox-Elster, LMSW**  
Coordinator, Older Adult Services/OBRA, CMH of Clinton-Eaton-Ingham, Lansing

**Brad Geller, JD**  
Asst. State Long Term Care Ombudsman, MI Office of Services to the Aging, Lansing

**Rebecca Hatton, PsyD**  
Licensed Psychologist, Independent Practice, Ann Arbor

**Jonathan Henry, MD**  
Consulting Psychiatrist for CMH of Central Michigan, Mt. Pleasant

**Linda J. Keilman, DNP, GNP-BC**  
Asst. Professor & Gerontological Nurse Practitioner, College of Nursing, Michigan State University, Faculty Associate, Geriatric Education Center of Michigan, East Lansing

**Suzanne Keller, PhD**  
Licensed Geropsychologist, Assistant Professor, Wayne State University School of Medicine, Dept. of Psychiatry and Behavioral Neurosciences, Detroit

**Laura Lokers, LCSW**  
Clinical Social Worker, Anxiety Disorders Program, Dept. of Psychiatry, University of Michigan, Ann Arbor

**Malkia Maisha Newman**  
Community Educator, Anti-Stigma Program, Community Network Services and Chairperson, Oakland County CMHA Board, Farmington Hills

**Lois Smith Owens, MSW**  
Director of Recruitment and Admissions, Assistant Professor, School Of Social Work, Grand Valley State University, Grand Rapids
Please make your own hotel reservations. Identify yourself with the Mental Health & Aging Conference and ask for the conference rate. These hotels have blocked rooms for the conference dates – their web sites may not show all availabilities, so call. The rates below do not include taxes.

**Kellogg Center** – conference site –
www.kelloggcenter.com
1-800-875-5090 or 1-517-432-4000 –
Parking included in room rate,
Standard: $94; Deluxe: $104; Luxury: $114 — cut-off-date: 4/13 — **When making your reservation refer to Group Code: MHA050613**

**University Quality Inn, Lansing**
1-800-228-5151 or 1-517-351-1440
3121 E. Grand River, Lansing (1.03 mile from Kellogg Center)
Free shuttle service to Kellogg
$79.00 — cut-off-date: 5/1 (if still available)
Specify Mental Health And Aging Conference when you call.

**Howard Johnson East Lansing**
1-800-446-4656 or 1-517-351-5500 (use code CGLCC3)
1100 Trowbridge Rd (0.83 mile from Kellogg Center)
$72 double room — cut-off-date: 4/13

**Marriott East Lansing University Place**
1-800-228-9290 or 517-337-4440
300 M.A.C. Avenue, East Lansing (0.7 mile from Kellogg Center)
$145.00 (based on availability - ask for the Lansing Community College rate)

Candlewood Suites, Lansing
1-877-226-3539 or 1-517-351-8181
3545 Forest Rd (1.89 miles from Kellogg Center)
$89 room or $109 suite — cut-off-date: 5/4 (if rooms are still available)
Registration Information

How To Register:

- **Registration deadline is April 30th. Payment is due May 6th.**
- **Register on-line at www.lcc.edu/mhap**
- Or complete the registration form in the brochure and fax to Matt Beha at 517/483-1852.
- If your employer is paying for the conference, register with us and also give a copy to your accounting department. Ask them to send us the Notice of Late Payment if the check will not be received by May 6th. Please follow up to make sure the check or form has been mailed.
- **If you do not receive a confirmation by May 10th, contact Matt Beha to confirm that you are registered.**

Make checks payable to: Lansing Community College.

Mail check to:  
Lansing Community College  
3500-MHAP (this internal mail code must be included)  
P.O. Box 40010  
Lansing MI 48901-7210

For additional information: Contact Matt Beha by email at beham@lcc.edu or by phone at 517/483-1529.

ADA Accommodations:
If you require accommodations to permit your attendance or participation, please provide a written request to Matt Beha at the above address by April 16th.

Cancellation Policy
The registration fee, minus a $25 administrative charge, will be refunded if the registration is cancelled by May 6th. No refunds will be made after this date. Any individual who does not attend, but has registered without paying, will be billed $75 per day to help defray conference costs incurred by their registration.
Please print or type your name as you would like it to appear on your name tag:

Name

Job Title

Organization

Address

City _____________________________ State ______ ZIP Code _______

Phone ___________________________ Fax ___________________________

Email address _______________________

Please write (1) by your 1st choice and (2) by your 2nd choice for the Intensives and Workshops.

### Intensives

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Payment is due May 6th

- [ ] $210 Two Day
- [ ] $135 Tuesday
- [ ] $135 Wednesday

TOTAL DUE $______

[ ] I require a vegetarian meal.

Mental health consumers may apply for scholarships to cover the registration fee. For further information contact Matt Beha at beham@lcc.edu.
A staff person at your organization is registering for the Mental Health & Aging Conference. If the check will be sent after the due date, complete and send the notice of late payment form below to let us know when we may expect your check. Your staff person will not be registered for the conference until we either receive a check or the form below by May 6th.

- Lansing Community College’s Federal I.D. number is 38-1787641
- Payment is due in our office by May 6th.
- If this deadline cannot be met, please complete and fax the form below to Matt at 517/483-1852.
- Make checks payable to Lansing Community College and mail to:

Lansing Community College  
3500-MHAP (this internal mail code must be included)  
P.O. Box 40010  
Lansing MI 48901-7210

If you have any further questions, contact Matt Beha at 517/483-1529 or email at beham@lcc.edu. Thank you!

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Notice of Late Payment  
Fax to Matt at 517/483-1852

Name of Agency ____________________________________________

Name(s) of staff attending conference __________________________

__________________________________________________________________

The check in the amount of $ _______ will be mailed on (date) _______

Name of accounting department contact person ______________________

Phone _______________________________________________________

(Area Code)