MICHIGAN MENTAL HEALTH & AGING CONFERENCE

MAY 16-17, 2017
THE KELLOGG CENTER
MICHIGAN STATE UNIVERSITY
EAST LANSING, MICHIGAN
CONTINUING EDUCATION CONTACT HOURS ARE AVAILABLE FOR SOCIAL WORKERS AND NURSES
REGISTER ON-LINE 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
Welcome to the 29th Annual Mental Health and Aging Conference!

Community Mental Health staff responsible for PASRR evaluations are eligible for reimbursement (to their agency) for all conference-related costs using the regular PASRR billing process through the MDHHS QMP, OBRA Section.

AGENDA
Tuesday, May 16
7:30–8:30 AM — Registration and Continental Breakfast
8:30–9:00 AM — Welcome — Nick Lyon, Director, Michigan Department of Health and Human Services
9:00–10:00 AM — Keynote Presentation — Helen C. Kales, MD
10:30 AM–12:00 PM — Concurrent Intensive Sessions: Part I
12:00–1:30 PM — Lunch & Exhibitors
1:30–4:30 PM — Intensive Sessions Resume: Part II
4:30–6:00 PM — Reception

KEYNOTE PRESENTATION
“We Already Do All That!”
Shifting the Paradigm of Managing Behavioral and Psychological Symptoms of Dementia

Considered a national and international expert on assessment and management of behavioral and psychological symptoms of dementia (BPSD), Dr. Kales will present a review of the current methods of managing BPSD, the evidence base for ecobiopsychosocial alternatives, and the new approaches she and her colleagues are devising at the University of Michigan.

Helen C. Kales, MD, Professor of Psychiatry; Director, The Program for Positive Aging; Associate Director for Mental Health & Aging Research, The Geriatrics Center, U of M; Research Scientist, VA Center for Clinical Mgmt. Research; Research Scientist, Geriatric Research Education and Clinical Center, Ann Arbor

Intensive 1: Cognitive Functions and the Environment in Dementia
This intensive session will explore cognitive changes in persons with dementia that result from changes in specific areas of the brain. Participants will learn the role cognitive strengths and weaknesses play in a person’s ability to respond to the environment. The presenter will introduce specific environmental interventions, including modifications of the physical surroundings and visuospatial interventions to enhance response to the environment. Shelly Weaverdyck, PhD

Intensive 2: Culture and Race in the Delivery of Mental Health Services to Older Adults
This interactive intensive 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 positionality 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. A combination of storytelling, lecture, case studies and experiential exercises will be employed. D. John Lee, PhD

Intensive 3: Identifying and Treating 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 Obsessive Compulsive Disorder. 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: Interviewing & Interacting: Individuals with Complex Communication Needs
This session will review medical neurologic, motoric, developmental, and situational conditions that challenge communication between consumers and those who strive to help them. Attendees will be provided with ways to help determine status and improve outcomes, determine needs/choices, and collect information in interview and interactions. The presenters will model assessment strategies and “on the spot” examples of alternative ways to obtain information from those with significant limitations in mobility, vocalization, and/or cognition. Ms. Durst will demonstrate her use of sophisticated voice output computer communication technology, and the presenters will work together to demonstrate a variety of no-tech and low-tech ways to provide communication access and self-determination. This session will be highly interactive and participants will be provided with materials to attempt strategies highlighted. Lynn A. Sweeney, MA, CCC-SLP, and Tiffany Durst, Public Speaker

Intensive 5: Advanced Training in Motivational Enhancement with Older Adults
Difficulty in changing long-standing behavior patterns is a particular challenge when working with older adults. Motivational Interviewing has come to be known as an effective method for facilitating and engaging internally motivating factors within older clients in order to change target behaviors about which they may be ambivalent. This session is designed for clinicians who have a baseline practice knowledge of motivational work and want to strengthen their skills in this goal-oriented, client-centered counseling style to better elicit behavior change in older adults. Stephen R. Wiland, LMSW, ICADDC

Please join us at the reception for an opportunity to share hors d’oeuvres, network with your colleagues from across the state, and sign up for the prize drawing!
AGENDA
WEDNESDAY MORNING, MAY 17
7:30–7:45 am — Registration (if attending today only) & Continental Breakfast
7:45–8:00 am — Welcome: Thomas J. Renwick, Director, Bureau of Community Based Services, MDHHS Behavioral Health and Developmental Disabilities Administration
8:00–8:30 am — Keynote - Integrity: Coping with Personal and Existential Traumatic Stress. Dr. Frank Ochberg, a pioneer in traumatic stress studies, will summarize elements of PTSD, of successful and unsuccessful coping, and of effective therapy. He will identify and discuss the challenges facing older adults and those who care for them with reference to Erik Erikson’s ultimate stage of life which culminates with either integrity or despair.
9:00 am–12:00 pm — Series A Workshops

A-1 Effective Advocacy & Intervention for the Emotionally and Morally Wounded Post Traumatic Stress Disorder is frequently misunderstood, misdiagnosed, and stigmatized. PTSD is an injury, not a disorder. Advancing age complicates diagnosis and treatment. This workshop will address effective therapy, the concerns of therapists who treat traumatized older adults, and advocates who advance public appreciation of their needs. Time will be devoted to audience concerns. Frank Ochberg, MD

A-2 OBRA 101 New OBRA coordinators and evaluators, who have been in the job one year or less, will receive an introduction to the OBRA and PASRR process. This workshop will focus on the fundamentals of PASRR, including the Level II placement, placement options, and recommendations for mental health services. Navigating the electronic data base will not be the primary focus of this workshop. Michelle DeRose, LMSW, ACSW, Stacy O’Hair, LMSW, and Connie Youngert, RN, BSN

A-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 include a look at assistive devices and accommodations. Charlyss Ray, OTR-L, and Brenda Neubeck, BS, BA

A-4 Working with Older Adults: Addressing Ethical Issues This workshop will use a multidisciplinary approach to examine ethical dilemmas and ethical problems that may arise when working with older adults and their families. Tools that are helpful for decision making will be presented. Participants will practice using these tools with case scenarios. Catherine A. Macomber, MSW, LMSW (Meets 3 of 5 ethics CE requirements for Michigan Social Workers). *Repeat of workshop A-4.

A-5 Recognizing & Supporting Adults with Autism Spectrum Disorders As the number of individuals with autism continues to rise, an adult care crisis is becoming evident. Less than 1% of adult care providers have special training related to individuals with autism. This workshop provides an overview of spectrum and related neurological disorders and the special needs, abilities, challenges and response patterns of adults with these diagnoses. The presenter will discuss special issues relevant to aging with autism and proven strategies for providing proactive supports to improve communication and functioning while reducing the likelihood of anxiety attacks and challenging behaviors. Lynn A. Sweeney, MA, CCC-SLP

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? How do we preserve and honor the individual’s choices and preferences? The presenter will discuss 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. Roxanne J. Chang, JD, MS, LLP

A-7 Living with Pain: A Guide for Professional Caregivers More than half of older adults and persons with disability experience daily pain which affects both mental and physical health. Unmet pain needs can also significantly increase caregiver burden. This workshop will prepare caregivers to more effectively manage pain for the individuals they care for, including those with cognitive impairment. Participants will learn how to recognize and assess pain, manage medications, utilize non-pharmacological therapies, community resources, and strategies for self-care. Sheria G. Robinson-Lane, PhD, RN *Repeat in workshop B-7.

AGENDA
WEDNESDAY AFTERNOON, May 17
12:00–1:30 pm — Lunch
1:30–4:30 pm — Series B Workshops
4:30 pm — Conference Ends

B-1 An Introduction to Acceptance & Commitment Therapy ACT is a cognitive behavioral therapy that utilizes mindfulness, acceptance, and values clarification. This workshop 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. Eric Miller, Ph.D

B-2 Life Review & Reminiscence: Relevance & Implementation Life Review and Reminiscence can result in positive mental health and increased life satisfaction for all age groups, but most profoundly for older adults. This presentation will help participants understand these concepts, and learn how to utilize them in clinical work. The presenter will review current research; explore benefits to the individual, family, and caregivers; consider potential risks; and discuss how we can integrate these powerful techniques into our professional and personal lives. Arlene Campanella, MC, LPC

B-3 New Methods to Assess Financial Decision Making & Financial Capacity This workshop will discuss the intersection of early cognitive decline, financial decision-making deficits, and financial exploitation. New assessment tools, including a 10-item screening instrument, will be introduced. Attendees will learn how to administer this new tool with older adults who are experiencing cognitive decline and dementia. Peter Lichtenberg, PhD, ABPP

B-4 Working with Older Adults: Addressing Ethical Issues This workshop will use a multidisciplinary approach to examine ethical dilemmas and ethical problems that may arise when working with older adults and their families. Tools that are helpful for decision making will be presented. Participants will practice using these tools with case scenarios. Catherine A. Macomber, MSW, LMSW (Meets 3 of 5 ethics CE requirements for Michigan Social Workers).

B-5 Senior-To-Senior Bullying Please note: Class size is limited to 30 registrants
Senior-to-senior bullying is a common issue in many settings, yet staff often feel he/she is powerless to address these interactions. This workshop will demonstrate the significant impact these behaviors have on the well-being of residents and staff training program that includes individual interventions and senior center which enhance the well-being of residents and reduce incidents of bullying. Sara Socia, LBSW

B-6 Introduction to Psychiatric Medications This session will provide an overview of psychiatric medications, including common uses, side effects, and implications for care. The role of psychotropic medications, brain physiology, and their impact on treatment outcomes will be discussed. The presenter will cover medications for mood, anxiety, and thought disorders. James Ypma, MPA

B-7 Living with Pain: A Guide for Professional Caregivers More than half of older adults and persons with disability experience daily pain which affects both mental and physical health. Unmet pain needs can also significantly increase caregiver burden. This workshop will prepare caregivers to more effectively manage pain for the individuals they care for, including those with cognitive impairment. Participants will learn how to recognize and assess pain, manage medications, utilize non-pharmacological therapies, community resources, and strategies for self-care. Sheria G. Robinson-Lane, PhD, RN *Repeat of workshop A-7.
Overnight Accommodations

Please make your own hotel reservations. The hotel has blocked rooms for the conference dates but it fills up fast, so make your reservation now. The rates below do not include taxes.

Kellogg Center: 517-432-4000. Parking is included in the room rate. Standard: $110; Regular Deluxe: $125; Corner deluxe: $145; Luxury: $145; Suite: $225. Cut-off-date: April 15. When making your reservation refer to Group Code: 1705mental

Continuing Education

Nurses can receive up to 5.5 continuing nursing education contact hours for May 16 and 6.5 continuing nursing education contact hours for May 17. Nursing continuing education contact hours are provided by Lansing Community College Nursing Program as an approved provider by the Michigan Board of Nursing R338.10602G. For grievances, contact Kathleen Kessler at 734-751-0807.

Social Workers can receive up to 5.5 social work continuing education contact hours for May 16 and 6.5 social work continuing education contact hours for May 17. 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 Matt Beha at beham@lcc.edu by April 15.

CMH consumers may apply for scholarships to cover the registration fee.

Registration Information

Registration deadline is May 5
Payment is due May 9
Register on-line at WWW.LCC.EDU/MHAP
Payment Information
• Payment is due in our office by May 9.
• Make checks payable to Lansing Community College and mail to:
  LANSING COMMUNITY COLLEGE
  Mental Health & Aging Project
  515 N Washington Sq, STE 010 (suite # must be included)
  LANSING MI 48933
  Federal I.D. number: 38-1787641

Note: If your agency is sending a check for the registration fee, be sure to reserve your place at the conference by completing the registration form at WWW.LCC.EDU/MHAP or faxing it to 517-483-1852, attn Matt.

Community Mental Health staff responsible for PASRR evaluations are eligible for reimbursement (to their agency) for all conference-related costs using the regular PASRR billing process through the MDHHS QMP, OBRA Section.

Cancellation Policy
The registration fee, minus a $50 administrative charge, will be refunded if the registration is cancelled by May 5. 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.

Questions? Contact Matt Beha at BEHAM@LCC.EDU or 517-483-1529.

Interested in being an exhibitor at the conference? Contact Alicia Hostetler at HOSTETA3@STAR.LCC.EDU or 517-483-1526.
Michigan Mental Health & Aging Conference

29th Annual

MAY 16 -17, 2017

The Kellogg Center
Michigan State University
East Lansing, Michigan