

# ***MICHIGAN MENTAL HEALTH & AGING CONFERENCE***

***May 10-11, 2022***

***The Kellogg Center  
Michigan State University, East Lansing, MI  
LIMITED Virtual Sessions Offered***

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

***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 33rd Annual Mental Health and Aging Conference

## Tuesday, May 10

7:30 - 8:30 am - Registration, Exhibitors, and Cont. Breakfast

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

8:45 - 9:00 am - Welcome: Michigan Department of Health and Human Services

9:00 - 10:00 am - Keynote Presentation:  
Anne K. Hughes, PhD, MSW

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

### *LGBTQ+ Aging: Opportunities for Providers to Partner and Advocate*

Older LGBTQ+ adults have unique needs as they age and interact with the health care system. Research findings will be discussed with the aim of improving services to LGBTQ+ older adults. We will discuss barriers to culturally competent care and their impact on LGBTQ+ older adults. Attendees will learn how to improve their practice with this vulnerable population. Resources on supporting the community and making change in organizations will be provided.

Anne K. Hughes, PhD, MSW, FGSA, Director, School of Social Work, Michigan State University, East Lansing

### **Intensive 1: *Harnessing the Psychology of Happiness and Well-Being for Yourself and Your Work***

For over 20 years the field of Positive Psychology has been engaged in the scientific study of what constitutes positive aspects of the human experience, and the actions and attitudes that keep us strong and thriving in difficult times. You will learn strategies that can improve your own well-being, as well as your relationships and outcomes with co-workers and consumers. The extraordinary circumstances and experiences of the past 24 months have made strategies for resiliency and coping, and therefore the information in this program, more relevant.

**Lynn A. Sweeney, MA CCC-SLP**

### **Intensive 2: *Addressing Compassion Fatigue and Secondary Traumatic Stress*** 🎬

Individuals working with high-need client populations face the risk of developing burnout, compassion fatigue, and/or secondary traumatic stress. The risk is higher than ever for service providers due to the impact of Covid-19 and the multiple ways the pandemic has altered so many aspects of our daily lives. This intensive session will help participants understand, identify, and address these at-risk conditions in order to provide help in the healthiest, most effective manner.

**Stephen R. Wiland, LMSW, ICADC, CCS**

### **Intensive 3: *Using Mindfulness and Grounding with Older Adults*** 🎬

Mindfulness interventions have become so pervasive that ironically, mindfulness is often taught in rote and “unmindful” ways, with similar scripts regardless of the situation. This interactive workshop will explore a wide range of applications for use with older adults and for our own self-care. This will include very practical, concrete grounding exercises for clients that do not like meditation. The presenter will address mindfulness informed by Dialectical Behavior Therapy, by Acceptance and Commitment Therapy, and by Internal Family Systems Therapy. Applications include helping clients get “unstuck” from non-beneficial habits, encouraging clients to connect to appreciation and gratitude, and assisting clients to gain perspective on their life and situations, thus making better, more purposeful choices.

**Eric F. D. Miller, PhD**

### **Intensive 4: *Addressing Substance Misuse in Older Adults***

More than half of older adults who drink alcohol in excess of the recommended limits and/or misuse psychoactive medications have a co-occurring mental disorder, such as depression, anxiety, or dementia. The combination of these problems places older adults at increased risk for poor treatment outcomes, increased health problems, disability, and suicide. This workshop will address issues of screening, assessment, differential diagnosis, brief interventions, treatment, and outcomes for older adults with co-occurring disorders.

**Fredric C. Blow, PhD**

PLEASE JOIN US AT THE RECEPTION, GENEROUSLY  
SPONSORED BY RELIANCE COMMUNITY CARE PARTNERS,  
TO SHARE HORS D'OEUVRES AND RECONNECT WITH  
YOUR COLLEAGUES FROM ACROSS THE STATE.



## WEDNESDAY MORNING, MAY 11

7:30 - 8:00 am - Registration (if attending Wed. only) & Breakfast

8:00 - 8:30 am - Keynote Presentation: *National Council of Dementia Minds: People Living With Dementia Transforming the Worldview of Neurocognitive Disorders*, Brenda Roberts, MA

9:00 am - 12:00 pm - Series A Workshops

### A-1 Culturally Responsive Dementia Care at End of Life

Dementia affects thinking, reasoning, memory and, ultimately, an individual's ability to care for themselves independently. Understanding how culture may influence behavior and care expectations can make a significant difference in both care delivery and the quality of life for persons with dementia and their family caregivers. This presentation will provide clear strategies for addressing the diverse care needs of persons with dementia at the end of life, in both residential and home-based care settings.

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

### A-2 Persons Living with Dementia Promoting Wellbeing Through Education and Advocacy

This session will provide an opportunity to learn firsthand about living with dementia. We will begin with a video presentation created by and featuring eight men living with dementia. Following the video, you will have the opportunity to engage with these men in a candid Q&A session. They will discuss how participation in the education and advocacy activities of the National Council of Dementia Minds has positively impacted their well-being and quality of life.

**Brenda Roberts, MA**

### A-3 Thriving With Uncertainty: How To Use Exposure Based Treatments To Build Quality Of Life With Avoidance Behaviors

Anxiety disorders often lead to avoidance of situations, people, and sensations that people find anxiety provoking. Unfortunately, avoidance behaviors are highly correlated with increased disability, depression, and anxiety. This presentation will help you understand more about why some attempts to ease anxiety may actually reinforce the fears you are trying to treat. Strategies will be provided to reframe uncertainty from a fear producing experience to an opportunity for building resiliency. The focus will be on increasing quality of life while decreasing avoidance of anxiety provoking situations in a graduated way.

**Laura M. Lokers, LMSW**

### A-4 Spirituality and Aging

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. Spiritual distress will be defined. Therapeutic interventions and a variety of tools/instruments will be discussed.

**Linda J. Keilman, DNP, MSN, GNP-BC, FAANP**

### A-5 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.

**Donnoda Couch, BSN, RN, Kathleen Faber, MS, LPC, and Kathy Johnson, LMSW**

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

Ethical decision-making takes practice. This workshop will review the ETHIC model and apply the model in various scenarios including working with individuals with cognitive impairment, through telemedicine, and at end-of-life. Participants are encouraged to bring their own real-life examples of difficult decisions to discuss in small groups.

**Catherine Macomber, PhD, LMSW** (meets 3 of 5 ethics CE requirements for MI social workers) \*Repeated in workshop B-6

## WEDNESDAY AFTERNOON, May 11

12:00 - 1:30 pm - Lunch

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

4:30 pm - Conference Ends

### B-1 The Effects of Psychological Trauma on Brain Health and For Those Living with Dementia

This workshop will explore the relationship between the impact of dementia and the effects of trauma on brain health. Brain changes resulting from dementia may impair coping skills which the person has previously used to manage triggers from trauma, causing a re-emergence of PTSD. This knowledge can help care providers reframe distressing behaviors as symptoms from past trauma, and help guide trauma-informed care. Learning to reframe and assess behaviors such as aggression, agitation, withdrawal, and perceived sexual behaviors, can improve the response of family and professional caregivers working with the individual.

**Jennifer Reeder, LCSW, SIFI**

### B-2 Elder Abuse: The Science and Prevention

This workshop will begin by identifying current Michigan programs and activities to address elder abuse, including the Elder Abuse Task Force. The second part will explore the links between financial, physical, and mental health in later life. We will examine the intersection of cognitive aging, early dementia, financial decision making, and financial exploitation. Participants will learn how to use a person centered approach in assessing the domains of financial capacity, including financial management, financial decision making, and avoiding financial exploitation.

**Peter A. Lichtenberg, PhD, ABPP and Ron Tatro, BA**

### B-3 Grief and Loss in Older Adults

Older adults are likely to have an accumulation of losses which may impact the way grief and mourning are expressed. These losses may manifest in symptoms which can masquerade as other emotional or physical health issues. Factors including resources, resilience, culture, gender, and anticipatory grief preceding death can also influence this process. This workshop will examine issues, including the pandemic, which impact how grief is experienced by older adults.

**Susan Sefansky, LMSW, ACSW**

### B-4 The Opioid Crisis

Opioid misuse among older adults has become an increasing public health concern. Opioid use, abuse, and deaths have increased significantly in the past two years, in part due to the pandemic. This workshop will look at the biology of addiction, how opioids affect brain function, common opioids by class, signs and symptoms of misuse and treatments. The presenter will discuss new guidelines for use with pain, the benefits, and alternatives to reduce the risk of addiction in older adults.

**James Ypma, MPA** (Meets pain CE requirements for MI Social Workers and Nurses)

### B-5 Advanced Cognitive Behavioral Therapy Skills for the Treatment of Depression

This skill-based workshop will focus on assessment and cognitive behavioral therapy in the treatment of adults with depression. Participants will learn how to use behavioral activation, one of the most effective interventions with severely depressed and suicidal persons. The presenter will review cases and engage in role-plays to demonstrate techniques. This session is designed for clinicians who have a baseline practice knowledge of CBT, and content reflects advanced material of current relevance for effective clinical practice.

**Laura M. Lokers, LMSW**

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

Ethical decision-making takes practice. This workshop will review the ETHIC model and apply the model in various scenarios including working with individuals with cognitive impairment, through telemedicine, and at end-of-life. Participants are encouraged to bring their own real-life examples of difficult decisions to discuss in small groups.

**Catherine Macomber, PhD, LMSW** (meets 3 of 5 ethics CE requirements for MI social workers) \*Repeat of workshop A-6



# Presenter Directory

**Arnold Beresh, MD**, National Council of Dementia Minds Representative and Advocate Living with Dementia

**Frederic C. Blow, PhD**, Professor and Director, University of Michigan Addiction Center and Substance Abuse Program; Department of Psychiatry, Michigan Medicine; Professor, Department of Psychiatry; Adjunct Professor, Dept. of Psychology, University of Michigan, Ann Arbor

**Jim Butler**, National Council of Dementia Minds Representative and Advocate Living with Dementia

**Frank Commiskey**, National Council of Dementia Minds Representative and Advocate Living with Dementia

**Donnoda Couch, BSN, RN**, PASRR Nurse Reviewer, Office of Specialized Nursing Homes/OBRA Programs, Michigan Department of Health and Human Services, Lansing

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

**Anne K. Hughes, PhD, MSW, FGSA**, Director, School of Social Work, Michigan State University, East Lansing

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

**Barry R. Kaufman**, National Council of Dementia Minds Representative and Advocate Living with Dementia

**Linda J. Keilman, DNP, MSN, GNP-BC, FAANP**, Associate Professor, Gerontology Content Expert, College of Nursing, Michigan State University, East Lansing

**Peter A. Lichtenberg, PhD, ABPP**, Director, Institute of Gerontology and Merrill Palmer Skillman Institute, Distinguished University Service Professor of Psychology, Wayne State University, Detroit; President, the Gerontological Society of America

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

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

**Jennifer Reeder, LCSW, SIFI**, Director of Education and Social Services, Alzheimer's Foundation of America, New York

**Jay Reinstein**, National Council of Dementia Minds Representative and Advocate Living with Dementia

**Brenda Roberts, MA**, Executive Director, National Council of Dementia Minds, Alma

**Mark Roberts**, National Council of Dementia Minds Board of Directors and Advocate Living with Dementia

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

**Paul Seehaver**, National Council of Dementia Minds Representative and Advocate Living with Dementia

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

**Lynn A. Sweeney, MA, CCC-SLP**, Owner, Sweeney Communication & Consultation, Mt. Pleasant

**Ron Tatro, BA**, Vice President, Administration, and Director, Michigan Elder Justice Coordinating Council, Elder Law of Michigan, Inc., Lansing

**Stephen R. Wiland, LMSW, ICADC, CCS**, Trauma and Addictions Therapist; Addictions Certificate Program Director, University of Michigan, 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](http://WWW.LCC.EDU/MHAP)**

**Registration deadline is April 26th**

**Payment is due May 3rd**

# Registration and Payment Information

Register online at [WWW.LCC.EDU/MHAP](http://WWW.LCC.EDU/MHAP)


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

## Registration Form – Due April 26, 2022

### Registration cost:

**\$270** - Two days in person

**\$195** - One day in person

**\$220** - Two day limited virtual with sessions indicated by 

**Payment is due by May 3, 2022**

### Overnight Accommodations

**A BLOCK OF ROOMS IS BEING HELD AT THE KELLOGG CENTER UNTIL APRIL 8. PLEASE CONTACT KELLOGG DIRECTLY FOR RESERVATIONS - 517/432-4000 - REFER TO GROUP CODE: 2205CONFER**

### Cancellation Policy

The registration fee, minus a \$25 administrative charge, will be refunded if a registration is cancelled by April 29th. **No refunds will be made after this date.**

### Continuing Education

**Nurses** can receive up to 5.5 contact hours of Nursing Continuing Professional Development on May 10 and up to 6.5 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 5.5 social work continuing education contact hours for May 10, and up to 6.5 social work continuing education contact hours for 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](mailto:hosteta3@lcc.edu) by April 1.

**For general questions or information about being an exhibitor, please contact Alicia Hostetler at [hosteta3@lcc.edu](mailto:hosteta3@lcc.edu) or 517/483-1526**

