MICHIGAN MENTAL HEALTH & AGING CONFERENCE

May 14 -15, 2019
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 31st 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.

**Tuesday, May 14**

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<td>7:30–8:30 am</td>
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<td>8:30–9:00 am</td>
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<td>9:00–10:00 am</td>
<td>Keynote Presentation: Marty Richards, MSW, LICSW</td>
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<td>Concurrent Intensive Sessions: Part I</td>
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**Keynote Presentation**

**Keeping Hope Alive In Difficult Times: Challenges for Older Adults, Families and Service Providers**

Hope plays a key role in maintaining good quality of life, yet challenges abound in keeping it vibrant for older adults, their carers, and others working with them. Richards will discuss attributes of hope within the construct of practice and offer practical suggestions for nurturing it. Workers’ ability to keep hope for themselves will be highlighted.

Marty Richards, MSW, LICSW, Author: Caresharing: A Reciprocal Approach to Caregiving and Care Receiving in the Complexities of Aging, Illness or Disability; Member Washington State Dementia Action Collaborative

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**Intensive 1: Introduction to Solution Focused Therapy for Professional Caregivers Working with Older Adults**

This intensive session combines didactics with experiential exercises to introduce attendees to the basic principles of Solution Focused Brief Therapy (SFBT). SFBT is a collaborative approach to therapy which focuses on questions that help switch a client’s focus from a presenting problem to the outcome they want to experience in life. It is a collaborative approach, and an ideal partnering with clients that might otherwise present “resistance” to provider driven approaches to therapy. This session will address using SFBT techniques with clients, families (beneficial when client has cognitive impairment), and for personal self-care and stress management. Eric F. Miller, PhD

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**Intensive 2: Secondary Trauma and Self-Care**

Secondary traumatic stress occurs because of exposure to the traumatic experiences of others. Professionals and other caregivers who are exposed to secondary traumatic stress can develop symptoms similar to post-traumatic stress disorder. This exposure results in adverse effects to the mind, brain, and body. In this interactive workshop, you will learn about these adverse effects from a physical and emotional perspective. You will discuss concrete intervention models and strategies that promote reduced anxiety and a sense of well-being for both the client and the helper. You will also learn mindfulness techniques and the importance of self-compassion. Annie L. Lange, BSN, LMSW, ACSW

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**Intensive 3: Advanced Cognitive Behavioral Therapy Skills for Treatment of Anxiety Disorders**

Anxiety disorders are extremely prevalent, yet finding access to evidence based treatment remains a challenge. The focus of this skill-based intensive is on the concepts, theory, principles, and procedures appropriate to the assessment and effective cognitive behavioral therapy of adults with anxiety disorders. The presenter will also address the diagnostic changes in the anxiety disorders spectrum which occurred in DSM-5. *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 and issues associated with effective assessment and implementation of a variety of anxiety disorders.* Laura M. Lokers, LMSW

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**Intensive 4: Pain Management: Challenges and Opportunities in Mental Health**

Pain is the leading cause of disability worldwide. In the US, more than 60 million adults experience daily pain. For many, this pain limits mobility, exacerbates anxiety and depression, and negatively affects cognition. This seminar will explore the dynamic relationship between pain and mental health. Attendees will review current pain management treatment options and best practices for assessment and management of pain. Sheria G. Robinson-Lane, PhD, RN (Meets pain CE requirements for MI Social Workers and Nurses)

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**Intensive 5: Autism: Best Practices and Practical Supports**

This intensive session provides an overview of autism and the most frequent co-occurring disorders seen in individuals with an autism diagnosis. A greater neurobehavioral and practical understanding of autism provides those in service positions with the knowledge base to better select procedures, tools and approaches to effectively serve this growing population. Case examples will be used to help emphasize when cross-referral is needed, as well as to identify approaches, tools, supports, and adaptations likely to allow for the best life outcomes. The presenter will discuss issues relevant to aging with autism and the importance of providing proactive supports to improve communication and functioning, while reducing the likelihood of anxiety attacks and difficult behaviors. Lynn A. Sweeney, MA, CCC-SLP
**Wednesday Morning, May 15**

7:30–7:45 am - Registration (if attending today only) & Breakfast

7:45–8:00 am - Welcome: Michigan Department of Health and Human Services

8:00–8:30 am - Keynote - New Findings on Risk Factors for Suicide in Later Life: The Key Role of Substance Abuse

Frederic C. Blow, PhD Rates of suicide in the population are highest for older adults, and despite heightened suicide prevention efforts, these rates appear to be increasing. This presentation will provide a brief overview of suicide rates in aging adults and key risk factors for suicide attempts and completed suicide, including the emerging role of substance abuse as an important risk for suicide.

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

**A-1 When It Isn’t Alzheimer’s: Exploring Lewy Body Dementias**

This workshop will provide an overview of the Lewy body dementias, how they differentiate from other forms of dementia, how treatment differs, and the consequences of improper treatment. The presenter will discuss behaviors or “signs” that may help a clinician distinguish between the different types, and how one might advocate for a client who may have been misdiagnosed. Educational resources, including the Rinne Lewy Body Dementia Initiative, will be shared. We will conclude with a patient-carepartner presentation and discussion on “10 Things We Learned with Lewy”.

Susan M. Maixner, MD; Barry and Annette Kaufman

**A-2 An Introduction to Motivational Enhancement with Older Adults**

Difficulty in changing long-standing behavior patterns is a particular challenge when working with older adults. Motivational Interviewing is recognized as an effective method for identifying and strengthening internally motivating factors within older clients in order to support targeted behavior change in areas where there may be ambivalence. This session will introduce the goal-oriented, client-centered counseling style and techniques used in motivational work for the purpose of promoting behavior change in older adults by helping them to explore and experience ambivalence.

Stephen R. Wiland, LMSW, ICADC, CCS

**A-3 Older Adults with Co-occurring Disorders: At-Risk Drinking, Drug Misuse and Mental Health Problems**

More than half of older adults who drink alcohol in excess of 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.

Frederic C. Blow, PhD

**A-4 Loneliness and Older Adults: Addressing Negative Health Consequence**

Loneliness has a significant negative impact on wellbeing and is a growing public health concern. Age is one risk factor of loneliness, and life events such as a move to a more restrictive environment or the need for professional care, increase the risk of loneliness. This workshop will identify risk factors and potential interventions to address loneliness in older adults.

Catherine Macomber, PhD, LMSW

**A-5 Strategies for Assisting Individuals with Multiple Sclerosis**

This session will address the pathophysiology and variations in the natural course of MS that impact the work of CMH care providers. Participants will learn to distinguish functional impairments requiring CMH intervention from those seen in the majority of individuals with MS; to evaluate usual MS management strategies for appropriateness for the person requiring CMH services; and to anticipate care challenges associated with providing support for the homebound/facility individual with MS.

Louise O’Donnell, RN, MS, NP

**A-6 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.

Stacy O’Hair, LMSW, LMT and Connie Youngert, RN, BSN

**A-7 Ethical Challenges for Working with Older Adults and Their Carers in Practice**

This workshop will examine how social work and other values affect how ethical dilemmas are presented and resolved for older adults and their families. A framework for working through these issues will be used to walk through case scenarios. Participants will be encouraged to identify how their personal values, governmental values, and the values of the “helping professions” affect their work.

Marty Richards, MSW, LICSW (Meets 3 of 5 ethics CE requirements for Michigan Social Workers), *Repeated in workshop B-7*

**Wednesday Afternoon, May 15**

12:00–1:30 pm — Lunch

1:30–4:15 pm — Series B Workshops

4:15–4:30 pm — Wrap up and Evaluations

4:30 pm — Conference Ends

**B-1 Recognizing and Addressing Motor Speech Disorders**

Motor speech disorders occur in isolation and in developmental and acquired medical conditions such as stroke, Parkinson’s disease and MS. Incidence rates of motor disorders increases with age and can significantly impact speech, breath support, oral functions for eating and swallowing, and natural airway protections. Improved recognition of these disorders can enhance caregiver ability to improve quality of life and safety. This knowledge can also forewarn health professionals of neurological changes that may require cross-referral or emergency intervention. This session will review key features of dysarthrias, apraxias and other related disorders with an eye toward functional supports and indicators for further assessment.

A-1 When It Isn’t Alzheimer’s: Exploring Lewy Body Dementias

**B-2 The 3Ds of Geriatric Care: Depression, Dementia, and Delirium**

Delirium is often unrecognized or misdiagnosed as depression or progressing dementia. This presentation will define and differentiate these common geriatric syndromes and cover frequently used screening tools and assessment methods for each. We will also discuss evidence-based interdisciplinary treatment approaches and intervention strategies to assist with accurate diagnosis and treatment planning.

Allison Ilem, PhD, BCBA

**B-3 Health Care and Financial Decisions: Who Decides?**

If an individual is incapacitated or unable to participate in health care or financial decisions, who is authorized to make which decisions? How do we preserve and honor the individual’s choices and preferences? The presenter will discuss options for health care decision making, including health care powers of attorney, living wills, do-not-resuscitate orders, family consent and guardianship, and for financial decision making, including durable powers of attorneys, trusts, representative payees, and conservatorship.

Roxanne J. Chang, JD, MS, LLP

**B-4 Drugs of Abuse: The Opioid Crisis**

Michigan is no exception in the nation’s opioid epidemic, and misuse among older adults is becoming an increasing public health concern. 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 opioid use for pain, the benefits, and alternatives to reduce the risk of addiction in older adults.

James Ympa, MPA (Meets pain CE requirements for Michigan Social Workers and Nurses)

**B-5 Alternative Strategies for Self-Care, Stress-Reduction and Relaxation**

We all need healthy strategies for self-care, stress-reduction and relaxation. This workshop will explore several different options for self-care including Therapeutic Massage, Reiki, Use of Mandalas, Aromatherapy, Breathing Exercises and Meditation. The format will consist of lecture and demonstration of various techniques.

Stacy O’Hair, LMSW, LMT

**B-6 Strategies for Assisting Individuals with Advanced Parkinson’s Disease**

This session will provide an overview of the commonly seen physical, emotional, and cognitive dysfunctions in Advanced Parkinson’s Disease. Participants will learn to anticipate common symptoms of Parkinson’s, to recognize side effects of medications, and to use non-pharmacological interventions to deal with symptoms and/or side effects of medications.

Louise O’Donnell RN, MS, NP

**B-7 Ethical Challenges for Working with Older Adults and Their Carers in Practice**

This workshop will examine how social work and other values affect how ethical dilemmas are presented and resolved for older adults and their families. A framework for working through these issues will be used to walk through case scenarios. Participants will be encouraged to identify how their personal values, governmental values, and the values of the “helping professions” affect their work.

Marty Richards, MSW, LICSW (Meets 3 of 5 ethics CE requirements for Michigan Social Workers), *Repeated in workshop B-7*
Registration deadline is May 3
Payment is due May 7
Register on-line at WWW.LCC.EDU/MHAP

Continuing Education
Nurses can receive up to 5.5 nursing contact hours on May 14, and up to 6.5 nursing contact hours on May 15. Lansing Community College Department of Nursing is an approved provider of continuing nursing education by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. For questions, contact Kathleen Kessler at 734-751-0807.

Social Workers can receive up to 5.5 social work continuing education contact hours for May 14, and 6.5 social work continuing education contact hours for May 15. 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 Marcy Fuhr at fuhrm@star.lcc.edu by April 12.

Overnight Accommodations
Please make your own hotel reservations. Refer to Group Code 1905MHAC31. Kellogg Center has blocked rooms for the conference until April 13.

Kellogg Center: 517-432-4000. Parking is included in the room rate.
Standard: $120; Regular Deluxe: $140; Corner deluxe: $150; Luxury: $150. Rates do not include taxes.
Register on-line at WWW.LCC.EDU/MHAP
Register on-line and pay with credit card
OR
Complete and fax registration form to: Marcy Fuhr at 517-483-1852

Registration Form – Due May 3, 2019

Please print or type your name as you would like it on your name tag:

Name ____________________________
Job Title __________________________
Organization _______________________
Address ____________________________________________
City __________________________ State _______ ZIP Code ___________
Email address ________________________________

Telephone ( ) __________________________

☐ $235 Two Day
☐ $155 Tuesday
☐ $155 Wednesday
☐ TOTAL DUE

☐ I require a vegetarian meal
☐ NO MEAL CHANGES DAY OF CONFERENCE**

☐ I will attend the reception on May 14th
☐ I will help with session sign in

Check will be mailed on (date): ____________________

Payment Information
• Payment is due in our office by May 7.
• 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: You can register NOW to reserve your place at the conference, and your agency can send the payment later. Complete the registration form at WWW.LCC.EDU/MHAP or fax it to 517-483-1852, atttn Marcy.

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Cancellation Policy
The registration fee, minus a $50 administrative charge, will be refunded if a registration is cancelled by May 3. 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 write “1” in the box by your 1st choice and “2” for your second choice.

Tuesday All-Day Intensive
☐ #1: Solution Focused Brief Therapy
☐ #2: Secondary Trauma
☐ #3: Anxiety Disorders
☐ #4: Pain Management
☐ #5: Autism: Best Practices

Wednesday Morning Workshop
☐ A-1 Lewy Body Dementia
☐ A-2 Motivational Enhancements
☐ A-3 Co-occurring Disorders
☐ A-4 Loneliness
☐ A-5 Multiple Sclerosis
☐ A-6 OBRA 101
☐ A-7 Ethical Challenges

Wednesday Afternoon Workshop
☐ B-1 Motor Speech Disorders
☐ B-2 Depression/Dementia/Delirium
☐ B-3 Healthcare & Financial Decisions
☐ B-4 Opioids
☐ B-5 Self-Care
☐ B-6 Parkinson’s Disease
☐ B-7 Ethical Challenges

Questions? Contact Marcy Fuhr at FUHRM@STAR.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.
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The Kellogg Center
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