May 12–13, 2020
The Kellogg Center
Michigan State University, East Lansing, Michigan
Continuing Education contact hours are available for Social Workers and 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!

Community Mental Health staff responsible for PASRR evaluations may be 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 12
7:30–8:30 am — Registration and Continental Breakfast
8:30–9:00 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
10:30 am–12:00 pm — Concurrent Intensive Sessions: Part I
12:00–1:30 pm — Lunch & Exhibitors
1:30–4:15 pm — Intensive Sessions Resume: Part II
4:15–4:30 pm — Wrap up and Evaluations
4:30–6:00 pm — Reception

Keynote Presentation
Is There Anything We Can Do About Alzheimer's Disease?
The number of people diagnosed with Alzheimer's disease 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 intensive 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
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: An Introduction to 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: Managing Pain and Perplexing Behaviors in Older Adults
Effective pain management requires an interdisciplinary approach and an in-depth understanding of the ways in which pain may affect individuals physically, emotionally, socially, and spiritually. This master class prepares clinicians to take a comprehensive approach to pain management and explore pain mechanisms along with coping and treatment strategies. We will also explore many of the behavioral manifestations of pain.
Sheria G. Robinson-Lane, PhD, RN (Meets pain CE requirements for MI Social Workers and Nurses)

Please join us at the reception to share hors d’oeuvres and network with your colleagues.
*Reception graciously sponsored by Michigan Home and Community Network Services.*
A-1 Demystifying End of Life Conversations
Talking about death often provokes discomfort, anxiety, and fear. This workshop will provide an opportunity to explore issues surrounding death, the business of death, funerals and rituals, and end of life conversations. We will examine these components of death, enabling you to increase your comfort level in conversations with clients, to better advocate, and to understand how the grief trajectory may be influenced by events that do or do not happen at the time of death.
Susan Sefansky, LMSW, ACSW

A-2 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 presenter will also discuss the impact of generational differences between younger workers serving older adults and between younger and older co-workers.
Lynn A. Sweeney, MA, CCC-SLP

A-3 Positive Behavior Interventions and Important Considerations Regarding Challenging Behaviors in Individuals with Intellectual/Developmental Disabilities
This workshop will focus on many types of behavioral interventions that have proven effective over time for individuals with I/DD. The presenter will examine methods for evaluating and treating problematic behaviors.
Price Pullins, MA

A-4 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-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.
Michelle DeRose, LMSW, ACSW, 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 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 to discuss in small groups.
Catherine A. Macomber, PhD, LMSW (Meets 3 of 5 ethics CE requirements for Michigan Social Workers)

A-7 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-1 Understanding the Relationship Between Borderline Personality, Complex Trauma, and Addiction
This presentation will discuss the history, diagnosis, and treatment of Borderline Personality Disorder. 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

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 about new trainings and tools available at no cost to all mental health professionals, and how these can be integrated into current practice.
Peter A. Lichtenberg, PhD, ABHP and Ron Tatro, BA

B-3 The Role of Palliative Care in Dementia
As dementia progresses, symptoms can become burdensome for the individual and create care challenges for family and caregivers. Palliative care can be an essential resource to assist people with dementia and their families throughout this journey. The presenter will discuss the evolution of dementia, typical symptoms, and unique considerations faced by families. The workshop will address strategies for proactively accessing and engaging palliative care.
John Mulder, MD, FAAHPM, HMDC

B-4 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-5 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-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 to discuss in small groups. *Repeat of workshop A-6
Catherine A. Macomber, PhD, LMSW (Meets 3 of 5 ethics CE requirements for Michigan Social Workers)

B-7 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 Ypma, MPA (Meets pain CE requirements for Michigan Social Workers and Nurses)
Registration deadline is April 30th  
Payment is due May 5th  
Register online at www.lcc.edu/mhap

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

Michelle DeRose, LMSW, ACSW, State Administration Manager, Office of Specialized Nursing Homes/OBRA Programs, MI 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

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.

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

Peter A. Lichtenberg, PhD, ABPP, Director, Institute of Gerontology and Merrill Palmer Skillman Institute, Wayne State University, Detroit.

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

John Mulder, MD, FAAHPM, HMDC, Chief Medical Consultant for Hospice and Palliative Care, Holland Home; Medical Director, Trillium Institute, Grand Rapids

Price Pullins, MA, Chief Psychologist/Consultant, Behavioral Health and Developmental Disabilities Administration, MI 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, Clinical Social Worker, Retired, University of Michigan Health Systems, Social Work Program Manager, Office of Decedent Affairs, Wayne County Medical Examiner’s Office, Detroit

Lynn A. Sweeney, MA, CCC-SLP, Speech Language Pathologist and Owner, Sweeney Communication & Consultation; Graduate Faculty Member, Central Michigan University, 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

Nurses can receive up to 5.5 nursing contact hours on May 12 and up to 6.5 nursing contact hours on May 13. 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. Provider number: WICEAP-601-1.

Social Workers can receive up to 5.5 social work continuing education contact hours for May 12, and up to 6.5 social work continuing education contact hours for May 13. 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@lcc.edu by April 10.

Overnight Accommodations
Please make your own hotel reservations. Refer to Group Code 2005MHAC32. Kellogg Center has blocked rooms for the conference until April 11, 2020.

Kellogg Center: 517-432-4000. Parking is included in the room rate.

Standard: $125; Regular Deluxe: $145; Luxury: $155. Rates do not include taxes.
Register online at WWW.LCC.EDU/MHAP
Register online and pay with credit card
OR
Complete and fax registration form to: Marcy Fuhr at 517-483-1852

Registration Form – Due April 30, 2020

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 (____________) ______________________________

$255 Two Day          ☐ I require a vegetarian meal
$175 One Day          ☐ NO CHANGES DAY OF CONFERENCE
$8 Pre-Pay Parking    ☐ I am a nurse
(PER DAY) *(+$12 day of)
*Parking included with hotel stay*
☐ Part/All of my job involves OBRA/PASRR
TOTAL DUE

Check will be mailed on (date): __________________________

Registration and Payment Information
• Payment is due in our office by May 5, 2020
• Make checks payable to Lansing Community College and mail to:
  LANSING COMMUNITY COLLEGE
  Health & Human Services Building
  Mental Health & Aging Project
  515 N Washington Sq, STE 010 (suite # must be included)
  LANSING, MI 48933
• Register and pay ONLINE: www.lcc.edu/mhap
• OR FAX registration to (517) 483-1852 ATTN: Marcy

Note: You can register NOW to reserve your place at the conference, and your agency can send the payment later.

Community Mental Health staff responsible for PASRR evaluations may be 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 a registration is cancelled by April 30th. 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 Marcy Fuhr at FUHRM@LCC.EDU or 517-483-1529.

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

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Michigan State University
East Lansing, Michigan