

MICHIGAN MENTAL HEALTH & AGING CONFERENCE



May 16-17 2023

The Kellogg Center

Michigan State University, East Lansing

Continuing Education available for Social Workers and
Continuing Professional Development available for 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 34th Annual Mental Health and Aging Conference

Tuesday, May 16

7:30 - 8:30 am - Registration, Exhibitors, Continental Breakfast
8:30 - 8:45 am - Welcome: Alicia Hostetler, Director, MHAP

8:45 - 9:00 am - Welcome: Farah Hanley, Chief Deputy Director for Health, Michigan Department of Health & Human Services

9:00 - 10:00 am - Keynote Presentation:
Benjamin Hampstead, PhD, ABPP/CN

10:30 - 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 in Big Ten AB

Keynote Presentation

Treating Cognitive Deficits With The Use Of Non-Pharmacologic Methods

Benjamin Hampstead, PhD, ABPP/CN, Stanley Berent, Ph.D., Collegiate Professor of Psychology; Director, Research Program on Cognition and Neuromodulation Based Interventions; Staff Psychologist, Mental Health Service, VA Ann Arbor Healthcare System; Clinical Core Leader, Michigan Alzheimer's Disease Research Center, University of Michigan, Ann Arbor

Intensive 1: *Dialectical Behavior Therapy: Changing Disordered Coping*

Dialectical behavior therapy (DBT) is a structured type of cognitive behavioral treatment with a strong educational component, designed to provide skills for managing intense emotions and effectively negotiating social relationships. Originally developed to curb self-destructive impulses, it has become the treatment of choice for borderline personality disorder, and has been shown to be effective in the treatment of other behavioral health conditions, including addictions. This session will cover the various "active ingredients" of DBT and how they can be included in the treatment of multiple conditions with symptoms of cognitive and affective dysregulation, as well as ineffective responses to personal and interpersonal distress.

Stephen R. Wiland, LMSW, ICADC, CCS

Intensive 2: *Autism: Building Understanding, Respect, and Support*

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

Intensive 3: *Imagery as a Target for Treatment in Older Adults: How Imagery Can Process Emotions, Change Behaviors, and Build Habits.*

Historically, American Cognitive Behavioral Therapy (CBT) has primarily relied on verbal interventions with clients and has reserved the use of imagery for relaxation and exposure treatment. British CBT recognizes that imagery, a key element of Sports Psychology, can be a powerful tool to transform clients' lives. As a teacher of martial arts, Dr. Miller has relied on imagery techniques to help students overcome their fears, control their frustration, change their reactions, and develop new habits. Drawing from his experience as a Clinical Psychologist, Dr. Miller will discuss how therapists can help consumers learn to use imagery to aid motivation, change unwanted reactions, process emotions, develop new skills, and change habits.

Eric F.D. Miller, PhD

Intensive 4: *Dementia Behaviors and Expressions of Need: Improving the Effectiveness of Our Interactions*

Sensory impairment, combined with aging and/or cognitive deficits, can create a perfect storm of miscommunication and may impact quality of life, as well as assessment and management of pain. This session will examine the sensory and behavior changes which can occur with dementia. We will explore how to provide effective assessment and how to improve communication with individuals who are born with, or are aging with, cognitive deficits.

Linda "Andi" Chapman, RN, CDP, CADDCT, EPECT, CMDCP (*Meets criteria for 1.5 pain CEs for Social Workers and Nurses*)

Intensive 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

WEDNESDAY MORNING, MAY 17

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

8:00 - 8:30 am - Keynote Presentation: Erin Wallace, Project Manager, Stay Well Program

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

A-1 When Trauma Leads to Persistent Depression in Veterans and Older Adults

Some people who experience trauma develop PTSD, but many others, especially older adults, begin to use defensive strategies such as cynicism, pessimism, and the devaluation of emotions to dampen their emotional reactivity. In this workshop, you will learn how trauma can lead to Persistent Depression/Dysthymia in older adults and why it may be resistant to treatment. We will explore how to use principles from Motivational Interviewing, Mindfulness, and Acceptance and Commitment Therapy to help the client reconnect to the present moment, their values, and the possibility of enjoying life again.

Eric F.D. Miller, PhD

A-2 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. This workshop will address strategies for proactively accessing and engaging palliative care.

John Mulder, MD, FAAHPM, HMDC

A-3 Understanding and Managing the Traits of Borderline Personality Disorder

Borderline personality disorder (BPD) is a behavioral health condition that impacts the way a person thinks and feels about themselves and others, causing problems in everyday life across multiple domains of functioning. Symptoms typically include self-image issues, difficulty managing emotions and behavior, and a pattern of unstable relationships. Intense fear of abandonment, difficulty tolerating being alone, inappropriate anger, impulsiveness and frequent mood swings tend to interfere with more effective interpersonal relationships. This workshop will explain contributing factors to the development of BPD, with a focus on understanding symptomatic behaviors in order to inform more effective management when they occur.

Stephen R. Wiland, LMSW, ICADC, CCS

A-4 Practical Parkinson's: Clinical and Personal Insights for Improved Quality of Life

Parkinson's Disease (PD) is the second most common neurodegenerative disease with numbers increasing worldwide. Many individuals are misdiagnosed, late diagnosed, or are not receiving appropriate treatment. A wide range of symptoms are expressed differently across individuals, which makes it even more difficult for care providers and family to understand the disease and how to help. With the combined experience of a PD trained clinician and an individual living with PD, this session will provide important information for recognizing and supporting individuals with PD in practical ways and in different settings.

Lynn Sweeney, MA, SLP-CCC and Robert Goesten

A-5 Compassion Fatigue: Helping the Helping Professional

Helping professionals are impacted by many of the emotions their clients experience. This workshop will introduce the concepts of compassion fatigue and compassion satisfaction. Participants will understand these concepts and will learn methods for addressing risk and promoting resilience in the work they do with vulnerable populations.

Catherine A. Macomber, PhD, LMSW

A-6 Ethics in Mental Health Practice with Older Adults

This session will provide a practical approach to ethical decision making, using two different ethical frameworks. We will utilize case studies and discussion to help attendees navigate the difference between ethical concerns and ethical dilemmas when working with older persons and their families. *Repeated in workshop B-6

Kimberly S. Johnson, LMSW (Meets 3 of 5 ethics CE requirements for Michigan Social Workers)

WEDNESDAY AFTERNOON, May 17

12:00 - 1:00 pm - Lunch

1:15 - 4:15 pm - Series B Workshops

4:15 pm - Conference Ends

B-1 Sexuality and Aging

Sexual expression and intimacy remain important in the lives of older adults despite health concerns, partner loss, and other obstacles. Understanding how aging can impact sexual identity, sexual behavior, relationships, and physical or mental health is an important part of providing competent care. This workshop will review knowledge about sexuality and suggest strategies to maximize quality of life for aging clients.

Lucy R. Mercier, PhD, LMSW, ACSW

B-2 Level of Care Determination (LOCD)

Individuals seeking Medicaid reimbursed long-term services and supports from a Medicaid certified nursing facility, the Program of All-inclusive Care for the Elderly (PACE), the MI Choice Waiver Program, or MI Health Link, must meet the Medicaid State Agency's definition of Nursing Facility (NF) Level of Care (LOC). The criteria determining NF LOC is outlined in the Michigan Medicaid Nursing Facility Level of Care Determination (LOCD). In this session we learn the LOCD processes and program eligibility specifics for these four programs, which depend upon the LOCD to determine functional eligibility. Experts on each program will present information and be available to answer your questions.

Jennifer Cornell, ABA, AS; Laurie Ehrhardt, BS; Elizabeth Gallagher, MPA; Kristin Guise, LMSW; Aimee Khaled, LMSW; Roxanne Perry, RN, MS

B-3 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 between these common geriatric syndromes and will 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-4 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 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

B-5 Health Care & 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, MS LLP, JD

B-6 Ethics in Mental Health Practice with Older Adults

This session will provide a practical approach to ethical decision making, using two different ethical frameworks. We will utilize case studies and discussion to help attendees navigate the difference between ethical concerns and ethical dilemmas when working with older persons and their families. *Repeat of workshop A-6

Kimberly S. Johnson, LMSW (Meets 3 of 5 ethics CE requirements for Michigan Social Workers)

Presenter Directory

Roxanne J. Chang, JD, MS LLP, Elder Law and Special Needs Attorney and Advocate, Plymouth

Linda “Andi” Chapman, RN, CDP, CADDCT, EPECT, CMDCP, National Council of Certified Dementia Practitioners Instructor, Certified Dementia Practitioner, Certified Montessori Dementia Care Professional, Amara Hospice Community Hospice Educator, SelectMed Seminars & Consulting, Grand Blanc

Jennifer Cornell, ABA, Nursing Facility Quality Analyst, Long Term Care Operations, Long Term Care Services Division, Bureau of Aging, Community Living and Supports, MDHHS, Lansing

Donnoda Couch, BSN, RN, PASRR Nurse Reviewer, Office of Specialized Nursing Homes/OBRA Programs, MDHHS, Lansing

Laurie Ehrhardt, BS, Manager of Long-Term Care Operations Section Nursing Facility Eligibility, Long Term Care Operations Section Manager, Bureau of Aging, Community Living and Supports, MDHHS, Lansing

Kathleen Faber, MS, LPC, OBRA Appeals Coordinator, Office of Specialized Nursing Homes/OBRA Programs, MDHHS, Lansing

Elizabeth Gallagher, MPA, Manager, Home and Community Based Services Section, Bureau of Aging and Community Living Supports, MDHHS, Lansing

Robert Goesten, Author, Retired Architect, and Advocate living with Parkinson’s Disease

Kristin Guise, LMSW, Departmental Analyst, C-Waiver Analyst, MI Health Link Program, Integrated Care Division, Behavioral and Physical Health and Aging Services Administration, MDHHS, Lansing

Benjamin Hampstead, Ph.D., ABPP/CN, Stanley Berent, Ph.D., Collegiate Professor of Psychology; Director, Research Program on Cognition and Neuromodulation Based Interventions; Staff Psychologist, Mental Health Service, VA Ann Arbor Healthcare System; Clinical Core Leader, Michigan Alzheimer’s Disease Research Center, University of Michigan, Ann Arbor

Allison Ilem, PhD, BCBA, Director of Behavioral Health, Clinical Geropsychologist, Board Certified Behavior Analyst, LifeCircles Program of All-Inclusive Care for the Elderly (PACE; Muskegon and Holland), Corewell Health, Grand Rapids

Kathy Johnson, LMSW, PASRR Determination Coordinator, Office of Specialized Nursing Homes/OBRA Programs, MDHHS, Lansing

Kim S. Johnson, LMSW, CBIS, Owner, Johnson Counseling and Consulting, LLC, Saginaw

Aimee Khaled, LMSW, Long Term Care Policy Specialist, MDHHS, Lansing

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, Assistant Dean, College of Health and Human Services, BSW Program Director, and Associate Professor of Social Work, Department of Social Work & Youth Services, Saginaw Valley State University, University Center

Lucy R. Mercier, PhD, LMSW, Professor of Social Work, Department of Social Work & Youth Services, Saginaw Valley State University, University Center

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

John Mulder, MD, FAAHPM, HMDC, Associate Professor and Associate Chair, Department of Family Medicine, and Director of the Division of Palliative Medicine, Michigan State University College of Human Medicine; Executive Director, Trillium Institute, Grand Rapids.

Roxanne Perry, RN, MS, Manager of PACE Program, Integrated Care Division, MDHHS, Lansing

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

Erin Wallace, Project Manager, Stay Well Program, MDHHS, Lansing

Stephen R. Wiland, LMSW, ICADC, CCS, Trauma and Addictions Therapist; Adjunct Faculty and Addictions Certificate Program Director, University of Michigan School of Social Work, Ann Arbor

Register online at WWW.LCC.EDU/MHAP

Registration deadline is May 5th

Payment is due May 9th

RECEPTION

Tuesday, May 16

4:30-6:00 pm

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



Registration and Payment Information

Register online at WWW.LCC.EDU/MHAP

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

Registration Form – Due May 5, 2023

Registration cost:

\$255 Two days

\$190 One day

Payment is due by May 9, 2023

Overnight Accommodations

A BLOCK OF ROOMS IS BEING HELD AT THE KELLOGG CENTER UNTIL APRIL 18.

**Please contact Kellogg directly for reservations - 517/432-4000 - refer to group code:
2305MHAACO**

Cancellation Policy

The registration fee, minus a \$25 administrative charge, will be refunded if a registration is cancelled by May 1, 2023.

No refunds will be made after this date.

ADA Accommodations:

If you require accommodations to permit your attendance or participation, please provide a written request to
Alicia Hostetler at hosteta3@lcc.edu by April 1.

Continuing Education

Nurses can receive up to 5.5 contact hours of Nursing Continuing Professional Development Contact Hours on May 16 and up to 6.5 contact hours on May 17. 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. For questions please contact Michelle Stimson, MSN, RN, CEN, CCRN at falatkorn@lcc.edu or 517-483-1519.

Social Workers can receive up to 5.5 social work continuing education contact hours for May 16, and up to 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.

**For general questions or information about being an exhibitor
please contact Alicia Hostetler at hosteta3@lcc.edu or 517/483-1526**