

MICHIGAN MENTAL HEALTH & AGING CONFERENCE



May 14-15 2024

**The Kellogg Center
Michigan State University, East Lansing**

Continuing Education available for Social Workers
Nursing Continuing Education has been applied for

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 35th Annual Mental Health and Aging Conference

Tuesday, May 14

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: Scott Wamsley, Director, Bureau of Aging, Community Living, and Supports, MDHHS

9:00 - 10:00 am - Keynote Presentation:
Lynn A. Sweeney, MA, CCC-SLP

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 in Big Ten AB

Keynote Presentation

Empowerment Through Positive Psychology In Our Work and World

The principles and practices of positive psychology can help us strengthen ourselves and those we work with, and care for, in meaningful and healthful ways.

Lynn A. Sweeney, MA, CCC-SLP, Clinician, Consultant, Public Speaker, and Owner of Sweeney Communication & Consultation Services. She is a nationally and internationally recognized presenter.

Intensive 1: Motivational Interviewing: A Person Centered Approach Toward Change

This training will explore Motivational Interviewing (MI) from a beginner and intermediate perspective. The key concepts of MI will be introduced along with identifying barriers to client engagement and behavior change. Attendees will develop skills in applying the core principles of MI, acquire strategies for addressing resistance and ambivalence in older adults, and learn how to foster a sense of autonomy and independence in older persons.

Sarah Fraley, LMSW

Intensive 2: Trauma-Informed Behavioral Health Care for Older Adults

The effects of unresolved or under-resolved post-traumatic stress are increasingly recognized as contributing to the co-occurrence of mental/emotional and substance use disorders which accumulate over the course of a lifetime. For older adults, additional risk factors can further complicate effective treatment, including increased grief and loss, isolation, and age-related challenges to cognitive functioning. This session will address the likelihood of the occurrence of post-traumatic stress in older adults, how trauma-informed principles are important to apply in the provision of behavioral health care services, and will describe three evidence-based trauma-resolution treatment approaches.

Stephen R. Wiland, LMSW, ICADC, CCS

Intensive 3: 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

Intensive 4: Pain, Trauma, and Cognition in Aging Populations: Strategies for Equitable and Effective Care Delivery

This seminar will explore common sources of trauma for older adults and the relationship between pain, trauma and cognition. We will identify how trauma, pain, and cognitive decline may affect the individual. The presenter will discuss the impact of racism and other biases on care access, delivery, and outcomes. Participants will learn best practices for effective communication that address cognitive, emotional, and physical needs. *(Meets criteria for 1.5 pain CEs for MI Social Workers and Nurses)*

Sheria G. Robinson-Lane, PhD, MSN, MHA, RN

Intensive 5: Sensory Changes, Cognitive Changes, and Easing Communication Challenges

In order to promote safety and independence, and enhance quality of life for persons with dementia, care partners must be able to communicate effectively. Sensory and cognitive changes make communicating far more difficult and may lead to "challenging behaviors". The presenter will review brain function and control centers and their relationship to sensory and cognitive changes. We will examine cognitive assessment tools and the importance of non-verbal communication skills. Commonly prescribed medications and the use of CBD/THC will be discussed. *(Meets criteria for 1.0 pain CEs for MI Social Workers and Nurses)*

Linda "Andi" Chapman, RN, CDP, CADDCT, EPECT, CMDCP

WEDNESDAY MORNING, MAY 15

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

8:00 - 8:30 am - Keynote Presentation: Dana Nessel, Michigan Attorney General

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

A-1 Understanding and Treating Depression in Long-Term Care Settings and Beyond

Older residents in long-term care settings have a high risk for depression. Depression in these situations can be treatment resistant. Participants will learn what research tells us about successful treatment of late-life depression and what elements these treatments have in common. We will explore a specific intervention for depression, BE-ACTIV, that was developed for nursing home residents. Attendees will learn what evidence supports this intervention and how to implement it. The presenter will discuss how the principles of this treatment can be applied and adapted to other settings.

Suzanne Meeks, PhD

A-2 Utilizing Acceptance and Commitment Therapy in the Treatment of Anxiety Disorders

Acceptance and Commitment Therapy (ACT) shifts the emphasis from viewing anxiety as a "problem" to be solved, to the recognition that successful interventions are focused on how the person reacts/interacts with anxiety. Attendees will learn how ACT uses six core processes of change to reduce suffering and improve quality of life. The presenter will discuss how to help an individual shift from anxiety-driven behaviors and help clients interact with anxiety more effectively.

Laura M. Lokers, LMSW

A-3 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-4 Introduction to Solution Focused Therapy for Professional Caregivers Working with Older Adults

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

Eric F. D. Miller, PhD

A-5 Aphasia and Stroke Related Syndromes

Aphasia is one of the most common communication disorders following from stroke, traumatic brain injury and a variety of other neurogenic or degenerative disorders, including dementia. This workshop will focus on post-stroke changes affecting speech, language, and interactive behavior skills. Characteristics of aphasia and stroke related communication disorders will be presented in a functional intervention context. This presentation is intended for a multi-disciplinary audience.

Lynn A. Sweeney, MA, CCC-SLP

A-6 Medical Marijuana: Ethical Issues

This workshop is suitable for individuals with varying levels of experience who want to enhance their ability to set and maintain boundaries, and to improve their decision making skills when addressing ethical issues related to medical marijuana. Participants will increase their awareness and understanding of potential positive aspects and potential dangers of medical marijuana, increase awareness of social justice issues to enhance cultural competence, and demonstrate understanding of the ethics of medical marijuana in Substance Use Disorders treatment.***Repeated in workshop B-6** Meets 3 of 5 ethics CE requirements for

Michigan Social Workers)

Rhonna Nelson, LMSW, ACSW, CAADC, PC

WEDNESDAY AFTERNOON, May 15

12:00 - 1:00 pm - Lunch

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

4:15 pm - Conference Ends

B-1 Pseudo-Dementia vs. Dementia: A Comprehensive Approach to Assessment and Care Course

Studies have shown that many older adults with untreated depression can develop cognitive deficits very similar to dementia. This condition is known as "pseudodementia". Research indicates that depression can present with other risk factors such as PTSD, social isolation, and substance misuse. This type of similarity in cognitive symptoms can cause great difficulty in providing an accurate diagnosis. This interactive workshop will compare cognitive symptoms and diagnoses through case vignettes, identify potential consequences for older adults receiving an inaccurate diagnosis, and explore comprehensive approaches healthcare professionals can utilize to support the individual.

Jennifer Reeder LCSW, SIFI

B-2 Cognitive Behavioral Treatment of Hoarding Disorder

Hoarding disorder occurs across the lifespan but as individuals age, there are higher risks associated with hoarding behavior and an increase in the severity of the symptoms. This workshop will present an overview of the assessment and treatment of hoarding disorder. Participants will learn how to assess individuals with this disorder and how to develop specific interventions for the person. The presenter will also identify strategies that are not effective for working with people who hoard.

Laura M. Lokers, LMSW

B-3 Nursing Home Surveys in Long Term Care and Level of Care Determination (LOCD)

This two-part workshop will first examine how Michigan conducts the nursing home survey process and investigations of healthcare facilities to ensure that residents receive quality physical and mental health care in a safe environment. The second portion of the session will provide a brief overview of the LOCD with an emphasis on Doors 7 and 8. The appeals process will be discussed so most anyone involved with a resident can ensure they are educated and able to take full advantage of their right to an appeal.

David Donahue, BSN, RN and Ian Lowers

B-4 Using Mindfulness and Grounding with Older Adults

This interactive workshop will explore a wide range of applications for mindfulness to 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, as well as mindfulness informed by DBT, ACT, and/or Parts Work approaches, such as internal family systems therapy. Attendees will learn how to help clients get "unstuck" from unhelpful habits, connect to appreciation and gratitude, and gain perspective on their life and situations.

Eric F. D. Miller, PhD

B-5 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 and brain physiology, and their impact on treatment outcomes. Medications for mood, anxiety, and thought disorders will be discussed.

James Ypma, MPA

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Michigan Social Workers)

Rhonna Nelson, LMSW, ACSW, CAADC, PC

Presenter Directory

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

Donnoda Couch, BSN, RN, PASRR Nurse Reviewer, Long Term Care Operations Section, Bureau of Aging, Community Living and Supports, MDHHS – Behavioral and Physical Health and Aging Services Administration, Lansing

David Donahue, BSN, RN, Director, Long-Term Care Division, Bureau of Survey and Certification, Department of Licensing and Regulatory Affairs, Lansing

Kathleen Faber, MS, LPC, Long-Term Care Services Division, Bureau of Aging, Community Living, and Supports, MDHHS – Behavioral and Physical Health and Aging Services Administration, Lansing

Sarah Fraley, LMSW, Owner and Clinical Therapist, Mind/Body Health Consultants PLLC, Ann Arbor

Kathy Johnson, LMSW, PASRR Determination and Federal Compliance Coordinator, Long Term Care Operations Section, Bureau of Aging, Community Living, and Supports, MDHHS – Behavioral and Physical Health and Aging Services Administration, 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

Ian Lowers, Departmental Analyst, Long Term Care Operations Section, Bureau of Aging, Community Living, and Supports, MDHHS – Behavioral and Physical Health and Aging Services Administration, Lansing

Suzanne Meeks, PhD, Professor Emerita, Department of 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

Rhonna Nelson, LMSW, ACSW, CAADC, PC Psychotherapist and private practitioner, Royal Oak

Dana Nessel, Michigan Attorney General

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

Sheria G. Robinson-Lane, PhD, MSN, MHA, RN, Assistant Professor, University of Michigan School of Nursing in the Department of Systems, Populations, and Leadership; Associate Director, University of Michigan National Clinician Scholars Program, Ann Arbor

Susan Sefansky, LMSW, ACSW, Retired, Social Work Program Director for Office of Decedent Affairs and Wayne County Medical Examiner’s Office, Ann Arbor

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

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

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

Registration deadline is April 30th

Payment is due May 6th

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

Registration and Payment Information

Register online at WWW.LCC.EDU/MHAP

***You will be taken to the payment link after the registration form is filled out. Your registration will be complete once payment has been received.**

Registration Form – Due April 30, 2024

Registration cost:

\$260 Two days

\$195 One day

Payment is due by May 6, 2024

Overnight Accommodations

A BLOCK OF ROOMS IS BEING HELD AT THE KELLOGG CENTER UNTIL APRIL 12. Please contact Kellogg directly for reservations - 517/432-4000 - group code 2405MHACON

Please note parking changes at Kellogg Center -- Parking NOT included in overnight stay and advanced, reduced rate parking no longer available.

Cancellation Policy

The registration fee, minus a \$25 administrative charge, will be refunded if a registration is cancelled by May 1, 2024.
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

Nursing Continuing Education has been applied for.

Social Workers can receive up to 5.5 social work continuing education contact hours for May 14, and up to 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.