

MICHIGAN MENTAL HEALTH & AGING CONFERENCE



May 13-14, 2025

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

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

Register online at www.lcc.edu/mhap

The Michigan Department of Health and Human Services, through Lansing Community College, has provided funding for this initiative through the Federal Community Mental Health Block Grant.

Lansing Community College is an equal opportunity, educational institution/employer.

Welcome to the 36th Annual Mental Health and Aging Conference

Tuesday, May 13, 2025

7:30 - 8:30 am - Registration, Exhibits, Breakfast

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

8:45 - 10:00 am - Keynote Presentation

10:30 - 12:00 pm - Concurrent Intensive Sessions

12:00 - 1:30 pm - Lunch and Exhibits

1:30 - 4:30 pm - Intensive Sessions Resume

Keynote Presentation

Recent Developments in Alzheimer's Disease Research & Practical Strategies for Supporting Cognitive Health

Ana Daugherty, PhD
Director, Healthy Brain Aging Laboratory, Institute of Gerontology
Associate Professor, Institute of Gerontology and Department of Psychology, Wayne State University.

Intensive 1: From Shadow Work to Internal Family Systems: Parts Work Simplified for Older Adults

The concept that our minds comprise multiple, sometimes conflicting perspectives is ancient—rooted in philosophy. The inner conflict among these aspects can lead to various common mental health disorders that affect everyone, but they are particularly significant when working with older adults. Over time, psychotherapy has evolved to address these “parts” directly and indirectly. Today’s intensive session will provide a brief overview of the history of parts work and then focus on applying a simplified version of the most commonly used modern approach, Internal Family Systems Therapy, to help treat mental health issues prevalent among older adults. These include dementia, anxiety, depression, concerns about meaning and legacy, and chronic pain.

Eric F. D. Miller, PhD

Intensive 2: Introduction to Dementia in People with Developmental Disabilities.

People with intellectual and developmental disabilities (I/DD) are living longer than ever, and with longer life comes an increased risk of dementia. In addition, some developmental disabilities, such as Down syndrome, are associated with a significantly higher risk of dementia. Join us to learn the unique signs and symptoms of dementia in this population and best practices for screening and diagnosis. We will explore common behavior and self-care changes, communication changes and strategies, and end of life issues for people with dementia.

Kristi Davis, CTRS and Kate Pierce, 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 (OCD). 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: Harnessing the Psychology of Happiness and Well-Being for Yourself and Your Work

For over 25 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. In this session you will learn strategies that can improve your own well-being, as well as your relationships and outcomes with co-workers and consumers. Learn how small adjustments in focus and behavior can result in surprising and significant changes in feelings, coping and positive outcomes for yourself and others.

Lynn A. Sweeney, MA, CCC-SLP

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 14, 2025

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

8:00 - 8:30 am - Keynote Presentation: Jim Mangi, PhD, Dementia-Friendly Saline

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

A-1 *Understanding Eye Movement Desensitization & Reprocessing (EMDR) Therapy*

EMDR is a form of psychotherapy designed to reduce trauma-related stress, anxiety, and depressive symptoms associated with Post-traumatic Stress Disorder, and to improve overall mental health functioning. Although different in its approach from traditional therapy, EMDR is one of the most heavily researched interventions for effectively resolving post-traumatic stress. This workshop will explain how PTSD symptoms and traumatic memory occur, and how the use of EMDR can uniquely resolve these aftereffects of trauma.

Stephen R. Wiland, LMSW, ICADC, CCS

A-2 *Addiction and the Opioid Crisis in Older Adults*

Opioid misuse among older adults has become an increasing public health concern. This relapsing disorder has biological and behavioral components. This workshop will look at the biology of addiction, how opioids affect brain function, the signs and symptoms of misuse, and potential treatments. The presenter will discuss guidelines for use with pain and the benefits and risks of current treatments. *Meets one pain CE requirements for Michigan Social Workers and Nurses*

James Ypma, MPA

A-3 *Preventing and Managing Burnout in Behavioral Health Professionals*

This training focuses on burnout among behavioral health professionals and exploring the unique challenges they face. Participants will learn how to recognize burnout, implement self-care strategies, and promote a supportive work environment.

Sarah Fraley, LMSW

A-4 *Learning to Walk Again... and again... and again...*

This didactic and experiential workshop will survey the many aspects of grief and adjustment to age-related losses such as mobility, vision, and hearing. Using an Acceptance and Commitment Theory informed lens, relationships will be examined between age-related losses and loneliness, depression, and personality changes. Participants will explore their own personal sense of purpose and meaning, the shadows cast by loss, and the practices that enhance resiliency during grief and loss.

Cheryl Fox, LMSW

A-5 *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. *Meets one pain CE requirements for Michigan Social Workers and Nurses.*

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

Wednesday Afternoon, May 14, 2025

12:00 - 1:00 pm - Lunch

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

4:15 pm - Conference Ends

B-1 *Preventing Suicide in Late Life*

Older people are the demographic group with the highest rates of suicide death globally. Untreated depression, functional disability, chronic disease, social disconnection, and the use of more lethal means can create added risk. This presentation will differentiate suicidal ideation from morbid ideation (thoughts of death), discuss risk and protective factors that are unique to older adults, review evidence-based screening and assessment methods, and outline interventions for keeping people safe at various levels of risk. Common myths, cultural factors, and applications across settings of care will also be discussed.

Allison Ilem, PhD, BCBA

B-2 *Beyond Calm and Caring: How the Crucible of Caregiving Transforms Lives and Relationships Through Change and Catastrophe*

Showing up as a professional in care spaces is often hard and exhausting work. It is also meaningful, transformational, and life enriching work. This reflective and skill-based workshop is as much for your own care as it is for the clients and families you serve. This session will examine practical approaches for daily emotional and mental alignment, and how to cultivate these approaches for yourself and share them with clients and caregivers.

Laura Rice-Oeschger, LMSW

B-3 *Addressing Disordered Substance Use in Older Adults*

Substance abuse among Americans 65 and older is on the rise. Disordered substance use is often more difficult to recognize in older adults, and presents unique negative outcomes, as well as particular engagement and treatment challenges. This workshop will cover strategies for effective assessment, engagement, treatment, and support for older adults facing the challenges brought on by the abuse of substances.

Stephen R. Wiland, LMSW, ICADC, CCS

B-4 *Older Adults: Connecting Services and Creating Safe Spaces*

Lesbian, gay, bisexual, and transgender (LGBT) older adults have unique physical and mental health needs, yet their experiences have often been ignored. Together we will explore not only the challenges and needs of this population, shaped by social stigma and systematic discrimination, but also their individual strengths and resilience.

Participants will engage in activities aimed at creating tools for communication and increasing an understanding of intersectionality.

Judith W. Lewis

B-5 *Qigong/Tai Chi and the Mind, Body, Breath Connection: Healing for the Ages*

As chronic illnesses associated with aging increase, interest in ancient eastern practices like Qigong/Tai Chi continues to grow. This experiential workshop will feature Qigong movements designed to enhance memory/cognition; decrease pain and inflammation in the body; improve physical stability to lessen fall potential; and improve mood and mental wellbeing. Practices learned during this workshop can be used with aging individuals, their caregivers, and others.

Workshop attendees are encouraged to dress comfortably and participate in the healing movements demonstrated.

Janet Joiner, PhD, LMSW

A-6 Ethics: Setting and Maintaining Healthy Boundaries

This workshop will assist social workers/clinicians in enhancing their awareness and understanding of the direct relationship between ethics, boundaries, self-care and intellectual humility. In our rapidly growing field of knowledge, it is essential to continually reboot these concepts to facilitate our practice models and enhance our work with clients. ***Repeated in workshop B-6 Meets three of five ethics CE requirements for Michigan social workers.**

Rhonna Nelson, LMSW, ACSW, CAADC, PC

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PRESENTERS

Ana Daugherty, PhD, Director, Healthy Brain Aging Laboratory, Institute of Gerontology; Associate Professor, Institute of Gerontology and Department of Psychology, Wayne State University.

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

Kristi Davis, CTRS, Program Manager, Developmental Disability Supportive Services Program, Alzheimer's Association - Michigan Chapter, Southfield.

Kathleen Faber, MS, LPC, OBRA Appeals Coordinator, OBRA Section, Bureau of Aging, Community Living, and Supports, MDHHS – Behavioral and Physical Health and Aging Services Administration, Lansing.

Sarah Fraley, LMSW, Director of Training, Concert Health; Owner and Clinical Therapist, Mind/Body Health Consultants PLLC, Ann Arbor.

Cheryll Fox, LMSW, Psychotherapist, The Wellbeing Counseling Practice, Grand Rapids.

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, Section Manager, Specialized Nursing Home OBRA Section, Bureau of Aging, Community Living, and Supports, MDHHS – Behavioral and Physical Health and Aging Services Administration, Lansing.

Janet Joiner, PhD, LMSW, Associate Professor, Department of Social Work, University of Detroit Mercy.

Judith W. Lewis, Lead Trainer, JW Lewis Consulting, Southfield.

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.

Jim Mangi, PhD, Alzheimer's Disease Advocate, Dementia-Friendly Saline.

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.

Kate Pierce, LMSW, Program Director, Developmental Disabilities Supportive Services, Alzheimer's Association-Michigan Chapter, Southfield.

Laura Rice-Oeschger, LMSW, Managing Director, Wellness Initiative, Michigan Alzheimer's Disease Center, University of Michigan, Ann Arbor.

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.

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.

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 not be complete until the payment is received.

Registration Form – Due April 30, 2025

Registration cost:

\$260 Two days

\$195 One day

Payment is due by May 6, 2025

Overnight Accommodations

A block of rooms is being held at the Kellogg Center until April 11, 2025. Please contact the Kellogg Center directly for reservations - 517/432-4000 - group code 2025MHAC36

Please note parking changes at Kellogg Center -- Parking is not included with an overnight stay and the advanced, reduced rate parking is no longer available.

Cancellation Policy

The registration fee, minus a \$25 administrative charge, will be refunded if a registration is cancelled by May 1, 2025.
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, 2025 .

Continuing Education

Nursing can receive up to 5.5 contact hours for May 13, and up to 6.5 contact hours for May 14. Nursing contact hours have been awarded for this activity by the Michigan Public Health Institute – Continuing Education Solutions (MPHI CES 20243031). Michigan Public Health Institute- Continuing Education Solutions (MPHI-CES) is approved as a provider of nursing continuing professional development by the Louisiana State Nurses Association - Approver, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Direct any questions to CEInfo@mphi.org.

Social Workers can receive up to 5.5 social work continuing education contact hours for May 13, and up to 6.5 social work continuing education contact hours for May 14. Social work continuing education hours are provided by Lansing Community College's Mental Health & Aging Project, which is an approved provider with NASW-Michigan Chapter. Approved Provider number: MIEC-0069.