

Michigan Mental Health & Aging Conference

May 12 – 13, 2026

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

Continuing Education available for Social Workers and Nurses

**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 37th Annual Mental Health and Aging Conference

Tuesday, May 12

7:30 - 8:30 a.m.	Registration, Exhibitors, Continental Breakfast
8:30 - 8:45 a.m.	Welcome: Alicia Hostetler, Director, MHAP
8:45 - 10 a.m.	Keynote Presentation
10 - 10:30 a.m.	Break
10:30 a.m. - Noon	Concurrent Intensive Sessions: Part I
Noon - 1:30 p.m.	Lunch & Exhibitors
1:30 - 4:30 p.m.	Intensive Sessions Resume: Part II
4:30 - 6 p.m.	Reception in Big Ten AB

Keynote Presentation

Rethinking Substance Use and Misuse in Older Adults: Practical, Updated Recommendations

Frederic C Blow, PhD, Rachel Upjohn Research
Professor of Psychiatry, Professor of Psychiatry and
Program Director of Addiction Psychiatry, Medical
School, University of Michigan, Ann Arbor

Intensive 1: An Introduction to Acceptance & Commitment Therapy:

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 how to build a valued life through purposeful action. This intensive session will combine didactics with experiential exercises and will 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' work to remain effective.

Eric F. Miller, PhD

Intensive 2: Pain Management: A Crucial Component of Self-Care:

This session will assist clinicians/caregivers to enhance their awareness and ability to utilize self-care as part of pain management. In the rapidly growing field of knowledge of the brain, trauma, and pain, it is essential to continually reboot these concepts to facilitate our practice models and enhance our work with clients. Participants will learn how to maintain a level of consistency in their self-care; how to establish an accountability plan/partner; and will recognize the necessity of self-care in order to provide quality care to others (Meets criteria for 2 pain CEs for MI Social Workers and Nurses).

Rhonna Nelson, LMSW, ACSW, CAADC, PC

Intensive 3: Advanced Cognitive Behavioral Therapy Skills for the Treatment of Depression:

This skill-based intensive session will focus on assessment and cognitive behavioral therapy in the treatment of adults with depression. Participants will learn how to use behavioral activation, one of the most effective interventions with severely depressed and suicidal persons. The presenter will review cases and engage in role-plays to demonstrate techniques. **This session is designed for clinicians with a baseline knowledge of Cognitive Behavioral Therapy (CBT)**, and its content reflects advanced, current material relevant to effective clinical practice. We will discuss how to integrate Acceptance and Commitment Therapy skills to enhance outcomes with patients who are struggling with depression in the context of complex medical issues.

Laura M. Lokers, LMSW

Intensive 4: *Tapping into the Power of Emotional Memories & Trauma-Informed Dementia Care: Creating Safety and Trust Through a Universal Approach (This intensive contains two parts):*

A) *Tapping into the Power of Emotional Memories:* Emotional memories often last longer than factual memories—and for individuals living with Alzheimer’s disease, emotions can remain vivid long after details fade. These memories may be triggered through the five senses, shaping how a person experiences the present moment. This interactive session explores how emotional memory works in dementia and offers practical strategies to create positive emotional experiences, strengthen connection, and enhance communication through sensory-based approaches.

B) *Trauma-Informed Dementia Care: Creating Safety and Trust Through a Universal Approach:* Caring for a person living with dementia requires more than physical support—it also means creating emotional safety, trust, and comfort. For some individuals, especially those with a trauma history, dementia-related changes may cause past traumatic memories or emotions to resurface and influence behavior. This session introduces a universal trauma-informed approach and provides practical strategies to reduce distress, build trust, and support dignity in everyday care.

Jennifer Reeder, LCSW, SIFI

Intensive 5: *Omnibus Budget Reconciliation Act (OBRA) 101*

Newer OBRA coordinators and evaluators will receive an introduction to the OBRA & Preadmission Screening and Resident Review (PASRR) process. This intensive session 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, Marshall B. Cronican-Walker, LMSW, Kristen Guise, LMSW, and Kathy Johnson, LMSW

Wednesday Morning, May 13

7:30 - 8 a.m.	<i>Registration (if attending Wed. only) & breakfast</i>
8 - 8:30 a.m.	<i>Keynote Presentation: Scott L. Wamsley, Director, Bureau of Aging, Community Living, and Supports</i>
8:30 - 9 a.m.	<i>Break</i>
9 a.m. - Noon	<i>Series A Workshops</i>

A - 1 *Cognitive Evaluation in Later Life: A Practical Guide for Clinicians:*

Cognitive concerns frequently emerge for older adults in both medical and mental health settings, often presenting as mood changes, anxiety, behavioral shifts, or diminished treatment response. This presentation offers clinicians a practical, geropsychology-informed overview of cognitive evaluation. Participants will learn to recognize cognitive red flags, distinguish normal aging from neuro-cognitive and psychiatric conditions, and determine when referral for comprehensive neuropsychological evaluation is indicated. Emphasis is placed on contextual interpretation, ethical practice, and integrating cognitive findings into effective, person-centered mental health care.

Allison Ilem, PhD, BCBA

A - 2 Caregiver Mental Health: Practical Strategies for Individuals and Organizations:

Being a family caregiver is a high-demand and often unexpected role. The stress of caregiving can take a toll on health, particularly when caregivers are not recognized or supported by healthcare systems, workplaces, or community organizations. This interactive workshop explores how caregiving affects mental and physical health across varying types of care recipient disability, levels of support, and family relationships. Participants will learn about common mental health challenges caregivers face and how to recognize early signs of emotional strain. We will examine practical, research-informed strategies to support caregiver mental health and identify ways organizations can better support caregivers.

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

A - 3 Addressing Compassion Fatigue and Secondary Traumatic Stress:

Individuals working with high-need client populations face the risk of developing burnout, compassion fatigue, and/or secondary traumatic stress. This workshop will help participants understand, identify and address these at-risk conditions in order to provide help in the healthiest, most effective manner.

Stephen Wiland, LMSW, ICADC, CCS

A - 4 Emotional and Spiritual Pain:

Pain, long term or chronic, is often a subjective experience. We may not always see the hidden reasons for pain. Emotional and spiritual aspects of suffering can linger for years. In this workshop, we will define chronic, emotional, and spiritual pain. We will examine the impact of emotions and trauma on pain, and how adaptive responses such as forgiveness, gratitude, and humor can shape the experience of pain.

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

A - 5 Introduction to Psychiatric Medications for Older Adults:

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

A - 6 Artificial Intelligence and Older Adults: Ethical Considerations Across Disciplines:

This workshop examines the ethical use of artificial intelligence (AI) with older adults, including AI types, terminology, and applications. Participants will explore how AI is used with and by older adults and analyze ageism in AI across multiple levels. The presentation addresses key ethical considerations such as social connectedness, emotional and physical well-being, access, bias, transparency, privacy, informed consent, trust, and monetization. Attendees will be introduced to practical tools and frameworks to evaluate AI systems for ethical use with older adults and consider their professional role in responsible AI development, implementation, and practice. **Repeated in workshop B – 6.**

Meets 3 of 5 ethics Continuing Education (CE) requirements for Michigan Social Workers.

Dawn Brown, LMSW

Wednesday Afternoon, May 13

Noon - 1 p.m. *Lunch*

1 - 1:15 p.m. *Break*

1:15 - 4:15 p.m. *Series B Workshops*

4:15 p.m. *Conference Ends*

B - 1 *Interacting with Adults Who Have Social and Pragmatic Communication Disorders:*

Difficulty with social communication is a defining feature of autism spectrum disorders at all levels of functioning. Impairment of social or pragmatic communication is also identified in those with traumatic brain injury, aphasia and dementia. Individuals with these diagnoses are often mislabeled. Problems understanding and interpreting the perspectives of others, "rules" of interaction, flexible and contextual word meanings, and what messages should remain private are just some of the difficulties individuals may struggle with and experience as barriers to building relationships. Understanding social communication disorders can help reduce staff/consumer conflicts and open up possibilities for reduced anxiety and improved relationship building. This session will identify common features of social/pragmatic communication disorder and provide receptive and expressive strategies for improved interactions.

Lynn A. Sweeney, MA, SLP-CCC

B - 2 *A Polyvagal-informed Approach to Trauma:*

Older adults with behavioral health and substance use disorders frequently have a high prevalence of historical trauma and associated symptoms of posttraumatic stress. Informed by Polyvagal Theory perspectives and concepts, this workshop will take participants through the initial steps of screening, assessment, and considerations of available, research-based, first-order group and individual treatments. Use of the most recent version of the Posttraumatic Stress Disorder Symptom Checklist (PCL-5) for client education, diagnostic assessment, and treatment planning considerations will be addressed.

Stephen Wiland, LMSW, ICADC, CCS

B - 3 *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. (If you attended this session in 2025, please do not register again, as space is limited.)

Janet Joiner, PhD, LMSW

B - 4 *Culturally Responsive Care: Practical Strategies for Effectively Serving Individual Populations:*

Culturally responsive care for older persons is both an ethical responsibility and a clinical necessity. This dynamic session equips attendees with practical strategies to move beyond cultural awareness toward culturally competent, humble, and fluent practice that honors dignity and the right to self-determination among older adults. Participants will explore the impact of implicit assumptions and personal triggers on care delivery while learning tools to strengthen cross-cultural communication, practice expansive empathy, and sustain self-care in demanding healthcare environments. Attendees will leave with actionable skills to build trust and confidently serve aging populations with integrity and respect.

Hawra Khraizat, LMSW, MA

B - 5 *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 1 pain CE requirement for Michigan Social Workers and Nurses.

James Ypma, MPA

B - 6 Artificial Intelligence and Older Adults: Ethical Considerations Across Disciplines:

This workshop examines the ethical use of artificial intelligence (AI) with older adults, including AI types, terminology, and applications. Participants will explore how AI is used with and by older adults and analyze ageism in AI across multiple levels. The presentation addresses key ethical considerations such as social connectedness, emotional and physical well-being, access, bias, transparency, privacy, informed consent, trust, and monetization. Attendees will be introduced to practical tools and frameworks to evaluate AI systems for ethical use with older adults and consider their professional role in responsible AI development, implementation, and practice. **Repeat of workshop A – 6.**

Meets 3 of 5 ethics CE requirements for Michigan Social Workers.

Dawn Brown, LMSW

Presenter Directory

Frederic C. Blow, PhD, Rachel Upjohn Research Professor of Psychiatry, Professor of Psychiatry and Program Director of Addiction Psychiatry, Medical School, University of Michigan, Ann Arbor

Dawn Brown, LMSW, Clinical Social Worker in private practice, founder of the Frontline Social Worker, Part time Lecturer Wayne State University School of Social Work, Detroit

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

Marshall B. Cronican-Walker, LMSW, OBRA PASRR Determination and Federal Regulation Coordinator, Specialized Nursing Home OBRA Section, Bureau of Aging, Community Living and Supports, MDHHS – Health Services Administration, Lansing

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

Kristin Guise, LMSW, OBRA/PASARR Appeals Coordinator, Specialized Nursing Home OBRA Section, Bureau of Community Living, and Supports, MDHHS -Health Services Administration, Lansing

Allison Ilem, PhD, BCBA, Clinical Geropsychologist, Board Certified Behavior Analyst, Owner, Jaybird and Oak, Grand Rapids

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

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

Hawra Khraizat, LMSW, MA, National Presenter, Center Director, PACE Southeast Michigan, Dearborn

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

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

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

Sheria G. Robinson-Lane, PhD, MSN, MHA, RN,
Associate Professor, University of Michigan School of
Nursing in the Department of Systems, Populations,
and Leadership, Ann Arbor

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

Scott L. Wamsley, Director, Bureau of Aging,
Community Living, and Supports, Health Services,
Michigan Department of Health & Human Services
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

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.

Registration Form – Due April 30, 2026.

Registration cost:

\$260 Two days

\$195 One day

Payment is due by May 4, 2026.

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 1170.

Parking rate with hotel room is \$15/night

Cancellation Policy

The registration fee, minus a \$25 administrative charge, will be refunded if a registration is cancelled by May 1, 2026.

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 can receive up to 5.5 contact hours for May 12, and up to 6.5 contact hours for May 13. 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 12, and up to 6.5 social work continuing education contact hours for May 13. This event has been approved by the NASW-Michigan Chapter for synchronous social work CEs: Approval Number 20260512-CA-LCCMHAP.