Register Now!

CASRA 2016 Spring Conference

Partnering for Recovery Outcomes

May 4 & 5
Crowne Plaza Hotel, Concord

To Register for the Conference, click here.
For Hotel Reservations, click here.

Over 30 timely workshops
plus…
Free continuing education credits!
Opportunities for networking
Includes lunch
Welcome and Keynote Address  9 - 10:30

_Dina Tyler—The Meaning of Life_

Dina’s address will focus on her journey of recovery, how she came to understand her voice-hearing experience and her mission to inspire others to forge a path forward in their lives.

Session I       10:45 - 12:15

Workshop #1
_Welcome to Motivational Interviewing_
Kristen Dempsey, MFT, Senior Associate, _California Institute for Behavioral Health Solutions_

In this three-part workshop, explore the basic components of Motivational Interviewing (MI) focusing on the “spirit” of this practice. Part I will take you through the essential definition and building blocks of MI and review how the components work together to provide effective treatment for a variety of challenging issues addressing behavior change. Includes a new view video of MI in action.

Workshop #2
_Address the Impact of Public and Client Trauma on Helping Professionals_
Rachael Michaelsen, LCSW, _Private Practice_

Learn self-care techniques from the field of energy psychology to address the impact of exposure to reports of public trauma (gun violence, terrorism) and client’s trauma (abuse, neglect, interpersonal violence). Participants will explore a variety of resources and techniques to increase wellness.

Workshop #3
_Operationalizing Holistic Health: Using a Comprehensive Wellness Profile in Assessment and Planning_
Ed Diksa, Ph.D., Consultant, _Private Practice_

The Wellness Profile is a new tool to help individuals create and reach their recovery goals. It is comprised of 12 health domains rated on 10-point scales. The tool helps practitioners to assess the individual’s current status and then help the individual to set goals that are personally prioritized. Participants will learn how to use this practical and helpful instrument that guides service planning with client-defined success.
Workshop #4
*Black Lives Matter2!*
Gigi R. Crowder, LE, Ethnic Services Manager/Cultural Responsiveness Coordinator, *Alameda County Behavioral Health Care Services*

This workshop will provide strategies to better serve and promote improved behavioral health outcomes for the currently inappropriately served African American population. Recommendations of culturally congruent and culturally responsive community defined practices and strategies will be presented. Additionally, an introduction to training programs and faith based campaigns developed in response to the ACBHCS African American Utilization Study will be provided.

Workshop #5
*HOPE— Pioneering Peer-Led Support Groups for Suicide Prevention*
Stephen Marks, Dean of Recovery and Wellness Education and Eduardo Vega, CEO and President, *Mental Health Association of San Francisco*

HOPE, a peer led support group for people dealing with suicide thoughts and attempts, is demonstrating effectiveness in the reduction of key factors leading to suicides. Participants will learn how to help people return to their communities inspired to deal with the stigma of suicide, provide suicide prevention peer-led support groups and learn about several evaluation instruments focused specifically on suicide prevention methods for suicide attempters and those who experience suicidal intensity.

Session II  1:15 - 2:45

Workshop #6
*Motivational Interviewing, Part II: The Process and Techniques of Motivational Interviewing*
Kristin Dempsey, MFT, Senior Associate, *California Institute for Behavioral Health Solutions*

This session will look at the process of MI and how it can be used as a roadmap for effective engagement and behavioral change. Participants will review interaction techniques, have some opportunity to practice and see how techniques work with the process to move the work along.

Workshop #7
*Balancing Act: Effective Partnering for Elder Care Decision-Making*
Paul Takayanagi, MFT, Training Officer, *Alameda County Behavioral Health Care Services*

This interactive session explores how the growing phenomenon of elder care impacts families and work-places. Participants will learn how to use effective partnering to influence care decisions for and by elders in order to maximize dignity, self-respect and choice for all parties.

Workshop #8
*Mad Diversity: Healing through Telling the Stories*
Tim Dreby, MFT, Rehabilitation Counselor, *Alameda County Behavioral Health Care Services*

Redefining “psychosis” in group therapy has led to a cultural exploration of what it means to be mad. Learn how the telling of silenced stories can help unite mad people from diverse experiences and backgrounds. Participants will learn about eight healing strategies used in groups to help individuals to find meaning and to enhance their level of social rehabilitation.
**Workshop #9**

*Cultural Moments, Anyone?*

Peter McKimmon, CPRP, Ph.D, LMFT

A comment at work or an incident at the supermarket checkout line can trigger a memory or evoke a buried thought which prompts us to reflect on a culturally learned assumption in the form of a faulty belief or an uninformed opinion—these are cultural moments. Participants will learn about how to recognize and use these moments as a chance to see old events differently and let go of ideas which hold us back from being the more inclusive, open, and compassionate self we wish to become.

**Workshop #10**

*Bleep Your Rules! Maintaining a Culture of Recovery While Setting Limits*

Jason Tate, Program Manager, *Iversen Center*, Cardum Harmon, Executive Director, *Heart and Soul* and Guyton Colantuano, Executive Director, *Project Return Peer Support Network*

Explore the evolution and development of Wellness Center expectations and policies. Panelists from around the state will share their experiences, challenges and successes in this pioneering work., followed by a round table discussion.

**Session III  3:00 - 4:30**

**Workshop #11**

*Motivational Interviewing: On the Trail of Change, Part III*

Kristen Dempsey, MFT, Senior Associate, *California Institute for Behavioral Health Solutions*

This last session will focus on identifying, “growing” and developing CHANGE TALK in Motivational Interviewing. Participants will learn the finer techniques of working with Change Talk, even when it’s challenging to find. Participants will practice techniques and have opportunity to see Change Talk in action.

**Workshop #12**

*Dual Diagnosis Services 2.0: A Paradigm Shift with the ASAM Criteria*

Scott Boyles, Senior National Director, *Train for Change*

The next evolution for comprehensive co-occurring disorder treatment is here. Learn about the ASAM Criteria - the most widely used and comprehensive set of guidelines for placement, continued stay and transfer/discharge of clients with addiction and co-occurring conditions. Participants will be introduced to the guiding principles and six dimensions of a multi-dimensional assessment that guides a holistic, individualized treatment process.

**Workshop #13**

*Embracing the Metaphor: The Expressive Arts and Psychosis*

Alicia Parker, Interim Admissions Manager/Dual Diagnosis Counselor and Nima Salaabi, Dual Diagnosis Counselor, *Bonita House*

A hands-on introduction to Expressive Art Therapy. Through exploration of metaphor and meaning, explore how this modality enables PSR practitioners to engage more collaboratively with clients who are dealing with thought disorders, voices, unusual experiences and psychosis. Not just a Powerpoint!
Workshop #14

Overcoming Internalized Stigma—Culturally-Relevant, Evidence-Based, & Peer-Based Support Groups
Michelle Thomas, Associate Director, Veronica Liu, Program Director, Peers Envisioning and Engaging in Recovery Services (PEERS) and Valerie Wai-Yee Jackson, PhD, MPH, Clinical Psychology Post-Doctoral Fellow, Stanford University and Lawrence Yang, PH.D., Columbia University

Many populations need culturally-specific and culturally-relevant interventions and support modules to be effective. Learn how the Everyone Counts Campaign (ACBHCS) and Dr. Larry Yang combined peer-based support and clinical-based support to help an underserved community—the Chinese Immigrants with mental health experiences—reduce internalized stigma.

Workshop #15

The Exercise Effect for Mental Health
Jonay Grant, Transition–Age Youth Coordinator and Maricel Oca, Case Manager, Caminar

This workshop provides a snapshot of Caminar’s successful health and exercise program for participants in the Supported Education Program for Transition-Age youth. Through digital story-telling, fun and interactive activities, participants will get the resources they need to facilitate an exercise group with people of all ages.

Thursday, May 5th, 2016

Late Registration and Check-in 8 - 9am

Session I  9:00 - 10:30

Workshop #16

Introduction to PSR—The Values and Principles that Support Recovery
Ken Starr, MFT, Consultant, Momentum for Mental Health

The PSR practitioner works from a foundation built on hope, recovery and community integration. Explore the values and principles of the field of psychosocial rehabilitation in this engaging, experiential workshop and get grounded in the tenants that underpin the work of “walking with” on the road to recovery.

Workshop #17

Building a Mindfulness Culture as the Foundation for Person-Centered Recovery-Oriented Services
Inbal Yassur, Director Community Support Services, Encompass Community Services

Prepare to experience an educational, experiential and interactive workshop exploring the benefits of integrating mindfulness—awareness practices into organizational culture and clinical work with consumers. This workshop is designed specifically for members of community-based behavioral health organizations.
Workshop #18  
**Cognitive-Behavioral Therapy for Psychosis (CBTp) for Front Line Providers**  
Anna Ballas, CBTp Trainer, *Felton Institute* and Program Manager, *PREP*

This evidence-informed practice demonstrates effectiveness in reducing distress associated with psychotic symptoms. Learn about strategies appropriate for a wide range of providers including clinicians and case managers. These behavioral approaches support engagement, client centered care planning, implementation of services and helping individuals achieve their recovery goals.

Workshop #19  
**Tackling the Paper Giant—De-Cluttering the Paper in Our Lives**  
David Bain, Senior Peer Facilitator, *Mental Health Association San Francisco*

Paper is a problem that affects a lot of us, not only people with a hoarding disorder. In this session, you will discover why people hold onto paper, what and why we need to keep to some paper and techniques for de-cluttering as well as managing the paper in your life.

Workshop #20  
**Documenting Recovery in a Compliance Environment: Audit Ready Charting**  
Dee Schweitzer, Director of Quality and Compliance, and Stephanie Schuman, Quality and Compliance Coordinator, *Buckelew Programs*

Social Rehabilitation is provided in agencies that as distinct legal entities must comply with many regulatory guidelines established for the healthcare industry functioning under a medical model. How can service providers effectively document clients’ recovery in a way that meets county and state chart audit standards?

**Session II      10:45 - 12:15**

Workshop #21  
**Super-Engagers: Overcoming Barriers to Change**  
Debra A. Brasher, MS, CPRP, Director of Education and Training and Lucinda Dei Rossi, MPA, CPRP, Public Policy Coordinator, *California Association of Social Rehabilitation Agencies (CASRA)*

Ever feel frustrated that some clients just don’t seem to make progress towards their goals? This workshop explores the practitioners’ role in change—how engagement in a meaningful way and practitioner beliefs set up expectations for success—or not. Participants will gain practical strategies and tools that help to create a Recovery Relationship.

Modern Mysticism or Madness? Exploring How Intense Spiritual Experience Can Be Opportunity for Transformation  
Cardum Harmon, MA, Executive Director, *Heart and Soul, Inc.*

For those who undergo intense spiritual experiences or live through altered states of consciousness, successful reintegration into the everyday life of home, work and family can be a challenge. Participants will hear the presenter’s lived experience of altered states of consciousness and the stories of others. Share and explore what these experiences mean, the benefits and challenges of such encounters and how peer support can be a healing tool.
Workshop #23  
**Building a Mindfulness Culture as the Foundation for Person-Centered Recovery-Oriented Services**  
Inbal Yassur, Director Community Support Services, *Encompass Community Services*  
Part II Continued.

Workshop #24  
**Help More People Get and Keep Competitive Jobs with IPS Supported Employment**  
Rick DeGette, Vocational Services Director and Jackie Pogue, Individualized Placement and Support Trainer, *Alameda County Behavioral Health Care Services*  
Almost fifty percent of people with mental health challenges receiving Individual Placement and Support (IPS) Supported Employment work regular jobs in their communities. Come find out how you can improve your competitive employment outcomes in your program by using this evidence-based practice.

Workshop #25  
**Suicide Assessment & Intervention for Mental Health Professionals**  
Christina Rita, Program Coordinator, *Crisis Support Services of Alameda County*  
All PSR practitioners need this information: common warning signs and risk factors for suicide, risk assessment information, skills for asking about suicide and suicidal thoughts and increased understanding through learning about the Interpersonal Theory of Suicide. Learn how to create a Safety Plan with your client and implement it.

Session III  
1:15 - 2:45

Workshop #26  
**The Art and Skill of Advocacy: Impacting State and Local Mental Health Policy, Planning and Services**  
Sally Zinman, Executive Director, *California Association of Mental Health Peer Run Organizations (CAMHPRO)*  
The MHSA mandates that stakeholders be involved in every part of the behavioral health system. How can stakeholders be effective as advocates? Join the highly esteemed Sally ZInman, a founder of the national consumer/survivor movement, for inspiration as well as practical strategies for making a difference as an advocate.

Workshop #27  
**Discovering the Power of the “Heart Center” through Art and Movement**  
Roberta Wentzel-Walter, MA, ARP, BC, Co-Founder, Coleen Lorenz, MA, DTR, Founder and Artistic Director, Elsheva Herrara, Marketing Director, *Arts Unity Movement*  
The “heart center” can be understood as a doorway into empathy, higher awareness, and peaceful connection with self and others. Guided visualization, drumming, movement and art will be presented to create a direct experience and understanding of the power of the “heart center”.

Workshop #28

*Recovery-Oriented Supervision: Value-Driven Leadership*

Dena Stein, Director of Leadership Consultation Services and John Travers, Training and Workforce Development Specialist, *Mental Health America of Los Angeles*

What would happen if a leader worked to intentionally create a culture of recovery within his/her team? This institute will focus on specific techniques to help teams (re)discover and use their core values, passions and gifts in their daily work.

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Workshop #29

*Work Pays!*

Iris Rivera, Employment Specialist and Mayra Fernandez, Community Work Incentives Coordinator, *Crossroads Diversified Services*

Dispel the myths! This workshop will address how Social Security beneficiaries are able to make informed choices about working and increase their financial independence through the use of Work Incentives. Learn how to assist people in effectively utilizing their Ticket to Work to obtain employment services and supports.

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Workshop #30

*Getting What You Want from Police*

Kelly Kruger, Psychiatric Liaison and Sergeant/Inspector, *San Francisco Police Department* and Louise Foo, PhD, Director of Clinical Services, *Conard House*

What are the expectations of police when they arrive on a scene and there are providers or family members on the scene? This workshop offers an overview on what is important to provide to police dispatch when you call for assistance. Learn the how-to’s of a missing person’s report, telephoning dispatch and the laws as they apply to working in a facility.

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**Session IV   3:00 - 4:30**

Workshop #31

*Ethics and Boundaries in Recovery-Oriented Practice*

Louise Foo, PhD, Director of Clinical Services, *Conard House* and Ken Starr, MFT, Consultant, *Momentum for Mental Health*

This workshop presents a model for ethical decision making with an opportunity to apply it to real-life situations. It also addresses some of the trickier ethical concerns in our field – peer providers’ relationships with other consumers, socializing with clients and having contact with clients after work hours and when there is no longer a provider-client relationship.

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Workshop #32

*Recovering from your Recovery-Oriented Job*

Cesar Sosa, Assistant Employment Team Leader and Ronald Johnson, Transition-Age Youth Intake Coordinator, *Mental Health America of Los Angeles*

Self-care often falls secondary to assisting consumers in their recovery. Join Cesar and Ron as they outline a plan to support resilience and self-care on the job. Create and promote rituals that support you in your work. The workshop also presents a new look at supervision to enhance the well-being of staff.
Workshop #33

Recovery-Oriented Supervision: Values-Driven Leadership, Part II
Dena Stein, Director of Leadership Consultation Services and John Travers, Training and Workforce Development Specialist, Mental Health America of Los Angeles

Workshop #34

Workers with Psych Disabilities and Microenterprises for Social Entrepreneurship: New Opportunities, Old Challenges
Laysha Ostrow, CEO, Live and Learn, Inc.

Microenterprises are a strategy for workers with psychiatric disabilities to realize career and financial goals. Seldom explored despite extreme consequences of a poor economy for this population, new technologies and policies make self-employment a potentially huge force. This forum will discuss opportunities and challenges in business ownership.

Workshop #35

Community as a Resiliency Factor in Recovery and Whole Health
Betty Dahlquist, MSW, CPRP, Executive Director, California Association of Social Rehabilitation Agencies (CASRA)

This workshop introduces the field of Epigenetics and how environmental factors such as diet and stress can tell your genes to switch on or off. According to scientists, the key to managing stress is resiliency and there are 10 factors that impact resiliency. Among those key factors are social support and service to others. It has been observed that social ties could play a more important role in determining longevity than even smoking, lack of exercise or obesity. In addition, we explore the impact of the Relaxation Response developed by Herbert Benson (Harvard cardiologist) who demonstrated its ability to reduce stress.

Thank You to our Conference Sponsor!

Continuing Education Contact Hours:

CASRA is an approved provider of CEUs for MFTs, LCSWs, Registered Nurses, Certified Drug and Alcohol Counselors and Certified Psychiatric Rehabilitation Practitioners (CPRPs)