

Mental Health Council of Arkansas presents
The 43rd Annual Behavioral Health Institute
Hot Springs Convention Center | Hot Springs, Arkansas
August 4-6, 2015

*providing evidence based training for social work, counseling,
psychology, substance abuse professionals and paraprofessionals*



*Empowering
individuals to
paint the canvas
of their lives ...*

2015 Institute Registration



Empowering individuals to paint the canvas of their lives ...

Sometimes life can get pretty messy -- even in the best of circumstances -- but throw in mental illness, behavioral problems or addictive behaviors to the mix and individuals have even more complex issues to work through. As behavioral health providers, our desire is to help our clients to live their lives to their fullest potential by “empowering individuals to paint the canvas of their lives”... Oftentimes, this ends up being even more beautiful than we or they can imagine.

The cool part of all of this is that each and everyone represented at this 43rd Annual Behavioral Health Institute has left numerous thumbprints on so many different canvases through the years.

We ARE making a difference and throughout this year’s Institute we will celebrate these amazing canvases...

Institute 2015

Regina Pierce, Institute Chair
CEO for South Arkansas Regional Health Center
President Elect, Mental Health Council of Arkansas

Tenesha Barnes
Kim Brown
Marilyn Copeland
Heather Duran

Lisa Evans
Marilyn Hampton
Matthew Knight
Shandra Ray
Christine Reid

Laura Tyler
Shelia Whitmore
Teresa Wilson
Van Hall

Schedule of Events...

Tuesday, August 4th

7:30 – 3:30	Check in Registration, Grand Hall/Lobby
8:30 – 12:00	Breakout Sessions
10:00 – 10:30	Break in Classroom Breezeway
12:00 – 1:30	Lunch (On your own)
2:00 – 6:00	Installation of Exhibit Booths – Exhibit Hall A
1:30 – 5:00	Breakout Sessions
3:00 – 3:30	Break in Classroom Breezeway

Wednesday, August 5th

7:30 – 3:30	Check in Registration, Grand Hall/Lobby
7:30 – 5:00	Exhibitors' Booths on Display
10:30 – 12:00	Breakout Sessions
10:00 – 10:30	Break in Exhibit Hall
12:00 – 1:30	Annual Awards Luncheon in Horner Hall
1:30 – 3:00	Breakout Sessions
3:00 – 3:30	Break in Exhibit Hall
3:30 – 5:00	Breakout Sessions
5:00 – 6:00	Exhibitors' Reception – Exhibit Hall A

Thursday, August 6th

7:30 – 1:30	Check in Registration, Grand Hall/Lobby
7:30 – 3:30	Exhibitors' Booths on Display
8:30 – 12:00	Breakout Sessions
10:00 – 10:30	Break in Exhibit Hall
12:00 – 1:30	Lunch (On your own)
1:30 – 3:00	Breakout Session
3:00 – 3:30	Break in Exhibit Hall
3:30 – 5:00	Breakout Sessions

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Tuesday, August 4th

7:30 – 3:30	Check in Registration, Grand Hall/Lobby
8:30 – 12:00	Breakout Sessions
10:00 – 10:30	Break in Classroom Breezeway
12:00 – 1:30	Lunch (On your own)
2:00 – 6:00	Installation of Exhibit Booths – Exhibit Hall A
1:30 – 5:00	Breakout Sessions
3:00 – 3:30	Break in Classroom Breezeway

8:30 AM - 5:00 PM

T1 Cultural Competency in the Mental Health Care Setting

Wrenda B. Gallien, MD

During this seminar, mental health participants will address complex issues regarding culturally competent care that brings together a combination of attitudes, skills and knowledge that allows mental health professionals to better understand and take care of their patients. Some of the issues that will guide the discussion in this seminar are the benefits of culturally competent care and the pitfalls of incompetence. A discussion of linguistic competence will outline the need for limited English proficiency (LEP) and impact on treatment. Participants will receive instructions on how to increase cultural competence in the health care encounter as well as how to overcome barriers to competent care.

Dr. Wrenda B. Gallien, is a psychiatrist, researcher, writer, trainer, and consultant. She graduated from the University of Arkansas for Medical Sciences and is board certified in General Psychiatry, Child and Adolescent Psychiatry, Quality Assurance and Utilization Review, Forensic Psychiatry, and Forensic Medical Examiner. She has over 30 years experience in private practice, consulting, and has held numerous medical directorships. She currently serves as medical director and senior consultant for Center for Living Motivated. In addition, she serves as a medical consultant in the area of Disability Qualification and Pain Management.

10:30 AM - 5:00 PM

T2 Ethics for Ragamuffins

Matthew Knight, LPC

In this workshop you will meet Rich Mullins, one of the most successful singer/ song writers in 80's Christian music. The film, Ragamuffin, tells Rich's story- the search to find himself, heal his family wounds, as well as his battles with alcohol and success.

Then the real fun begins... Rich is about to become your client. You will diagnose, develop a treatment plan, and maneuver the ethical challenges as we work our way through his life.

First, the movie- break out the popcorn and kleenex. And take good notes. Then, the planning- you'll be using those notes to make important decisions about Rich's life.

Tuesday, August 4th

Then the ethics- more to chew on than a box of milk duds. Four and one half hours will fly- provocative, entertaining, insightful... all the stuff that makes for a successful ethics workshop.

And, if time allows, we will discuss some hot-topic ethical sidebars about the integrity of self-care and the future of our professions. Let's put on our big boy/ big girl pants and make some decisions about who we ethically want to be in the days ahead.



For the last thirteen years, Matthew Knight has worked in education, public relations, and marketing for Mid-South Health Systems, an Arkansas Community Mental Health corporation. He develops and provides a variety of training programs for business, industry, and educational groups as well as Mid-South staff. In addition Matthew handles much of the public relations and marketing in Mid-South's thirteen county area. Prior to his current position, Matthew was director and therapist at Mid-South's Paragould Outpatient Clinic for three years.

As a Licensed Professional Counselor, he has thirty years experience in mental health services, education, and consulting for individuals and business in Arkansas, Texas, Tennessee, Mississippi and Missouri. In addition he has been a junior and senior high public school teacher, the administrator of a private school, started two businesses, written music in Nashville, and traveled extensively.

Matthew completed his bachelor's degree in education at Arkansas State University, a master's degree in counseling psychology and family studies at the University of Tennessee, and pursued post graduate studies in psychology at ASU.

T3 DSM-5: Adult Diagnosis

Purushottam Thapa, MD

This workshop will provide an Overview of DSM-5 and highlighting changes from DSM-IV. The presentation will feature a brief history of DSM and the development of DSM-5, highlight major changes in DSM-5, describe the content structure of DSM-5, and review changes in major groups of mental disorders using a case based approach to highlight diagnoses. The potential implications and criticisms of DSM-5 will also be briefly discussed.



Purushottam Thapa, MD, is the Section Chief and Staff Psychiatrist, Teaching Unit, Arkansas State Hospital & recently achieved full Professor status to the Department of Epidemiology, College of Public Health, University of Arkansas for Medical Sciences. Dr. Thapa is board certified in Psychiatry & Neurology. He previously served at Vanderbilt University School of Medicine as the Assistant Professor of the Department of Preventive Medicine.

Wednesday, August 5th

- 7:30 – 3:30 Check in Registration, Grand Hall/Lobby
- 7:30 – 5:00 Exhibitors' Booths on Display
- 10:30 – 12:00 Breakout Sessions
- 10:00 – 10:30 Break in Exhibit Hall
- 12:00 – 1:30 Annual Awards Luncheon in Horner Hall
- 1:30 – 3:00 Breakout Sessions
- 3:00 – 3:30 Break in Exhibit Hall
- 3:30 – 5:00 Breakout Sessions
- 5:00 – 6:00 Exhibitors' Reception – Exhibit Hall A

10:30 AM - NOON

W4 Parent-Child Interaction Therapy

Joy Pemberton, PhD
Sufna John, PhD
Tiffany West, PhD

Early intervention using evidence-based treatments is very important for children with behavior problems. This presentation will discuss Parent-Child Interaction Therapy (PCIT), one of the most effective treatments for early childhood behavior problems. This presentation will give an overview of PCIT, its research support, adaptations, and the therapist training process.



Joy R. Pemberton, PhD, is a Licensed Psychologist and Assistant Professor in the Department of Psychiatry, College of Medicine, University of Arkansas for Medical Sciences (UAMS). Her areas of expertise include assessment and treatment of children and adolescents with a history of trauma and/or behavior problems, parenting interventions, and dissemination of evidence-based practices. She earned her doctorate in clinical psychology from Texas Tech University, completed her internship at UAMS, and completed a postdoctoral fellowship at the Central Arkansas Veterans Healthcare System.



Sufna G. John, PhD, is a Postdoctoral Fellow in the UAMS Psychiatry Department. Her expertise includes assessment and treatment of children and families, including those with histories of trauma. She completed her doctorate (clinical psychology) at Southern Illinois University and her internship at UAMS; she will complete her postdoctoral fellowship in June 2015 and begin an Assistant Professor position at UAMS.



Tiffany D. West, PhD, is an intern in the UAMS Psychiatry Department. Her expertise includes assessment and treatment of children and families with histories of trauma and/or behavior problems. She has completed doctoral requirements (clinical psychology) at the University of Nebraska and will complete her internship in June 2015.

W5 What HIPAA Means to Behavioral Health Practice

Debbie Thetford Nye, JD

A practical review of HIPAA and how it affects the behavioral health clinic practice as viewed by the regulators.



Debbie Thetford Nye, JD, is a Partner in a National Corporate Health Care Law Firm representing health providers in all aspects of their daily compliance activities.

W6 Compassion Cultivation: Implications for Mental Health

Dent Gitchel, Jr., PhD, CRC

The purpose of this presentation is threefold:

1. To provide a thorough overview of current prominent definitions of compassion
2. To present current research findings concerning the neuro-correlates of compassion and the effects of compassion cultivation interventions, and
3. To discuss the implications of the current science of compassion on the field of mental health.

Presentation will include both content delivery and experiential exercises.



Dent Gitchel, Jr. PhD, CRC, is an Assistant Professor in Rehabilitation Counseling at the University of Arkansas at Little Rock. He was one of the first Certified Compassion Cultivation teachers through the Center for Compassion and Altruism Research and Education at Stanford University. He teaches Compassion Cultivation classes in the community and is currently conducting grant funded research in this area. He has twice been named as a Senior Investigator at the Mind and Life Summer Research Institute. He has over ten years experience working in community-based psychiatric rehabilitation programs.

W7 Medication Assisted Treatment for Opioid Dependence

Michael J. Mancino, MD

This presentation will review methods for identifying opioid use disorders as well as the medication options to treat opioid use disorders and briefly discuss unique challenges of treating pregnant opioid dependent patients with medication.



Michael Mancino, MD, graduated medical school from Northeastern Ohio University College of Medicine. He completed his training at UAMS in Psychiatry in 2004. He is board certified by the American Board of Psychiatry and Neurology as well as the American Board of Addictions Medicine. He is Program Director of the Center for Addictions Research at the Psychiatric Research Institute at UAMS.

W8 Suicide Prevention; Research to Evidence-based Practice

Tammy Alexander, PsyD

This presentation will review current research on suicide risk factors, protective factors, and evidence-based treatment implications for combat veterans, non-combat veterans, and civilian populations. Local, state and national resources will be highlighted as well. Resources specific to veterans will also be reviewed. Psychiatric Advanced Directive information will be provided.



Tammy Alexander, PsyD, is a clinical psychologist with a wide range of mental health experience including community mental health, state government, primary care, inpatient treatment and psychological evaluations. She currently works as a Psychologist at the Central Arkansas Veterans Healthcare System.

W9 Compassion Fatigue

Wes Johnson, LPC

C.R. Figley wrote, “There is a cost to caring...Sometimes we feel we are losing our sense of self to the clients we serve.” This presentation is designed to clearly identify the components of compassion fatigue, symptomology, and preventative strategies which can be employed to restore a healthy balance to life.



Wes Johnson, LPC, is currently employed as the Staff Development Coordinator at Centers for Youth and Families. Wes is a licensed professional counselor and has 20 years of experience in mental health, which includes both inpatient and outpatient treatment. Wes has a history of working within the employee assistance program industry, overseeing substance abuse components as well as providing counseling, trainings and critical incident stress debriefings. Wes also continues to teach as an adjunct college professor at Pulaski Tech for the past 14 years.

1:30 PM - 5:00 PM

W10 Diagnosing Neurodevelopmental Diagnosis and Prenatal Alcohol Exposure (ND-PAE)

David Deere, LCSW

Using the DSM-5, social workers are able to diagnose people affected by prenatal alcohol exposure. ND-PAE results in many people being incarcerated, schools dealing with a variety of behavior problems, and costing the USA more than \$4 billion annually. Participants will learn about diagnosis and treatment of the condition.



David Deere, LCSW, is the executive director of Partners for Inclusive Communities, a program of the University of Arkansas. His agency is the University Center for Excellence in Developmental Disabilities for the State of Arkansas. For the past five years, he has been the state coordinator for the CDC-funded Midwest Regional Fetal Alcohol Syndrome Training Center. He is currently a member of a CDC-funded team developing a FASD national training curriculum for behavioral health professionals.

W11 Effects of Trauma in Early Childhood

Allison Martin, LMSW, AR-ECMHC
Kim Whitman, LCSW, AR-ECMHC

Participants will begin to recognize what childhood trauma is and what typical children’s reactions to trauma are. From there, participants will understand how trauma can impact young children and participants will be able to describe what it means to be “trauma informed” in their interactions with children. Finally, participants will become familiar with being a “trauma trigger detective” and will identify strategies that can support young children who have experienced trauma.



Allison M. Martin, LMSW AR-ECMHC, works primarily with preschool children and their families in central Arkansas. She is also one of the few certified early childhood mental health consultants in the State of Arkansas working for Project PLAY for the past 4 years. She provides child/ parent psychotherapy to traumatized children and their caregivers, part of a small group of clinicians in the State to do so.



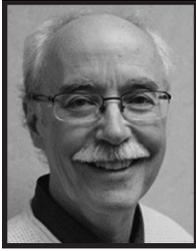
Kim Whitman, LCSW AR-ECMHC, has worked with providers and parents of young children as a mental health therapist, a trainer, and consultant for over 10 years. Ms. Whitman also develops curriculum and trainings for teachers and parents that emphasize the value of positive discipline and relationships with children. Ms. Whitman received her Master of Social Work degree from the University of Washington and her Bachelor of Arts degree in Economics from Ohio Wesleyan University.

W12 Cognitive Enhancement Theory -Physical Therapy of the Brain

Ray Gonzalez, ACSW, LISW-S

Since 2001, CET (Cognitive Enhancement Therapy), a SAMHSA recognized EBP, has been disseminated to 31 sites in 10 states. During 48 once-a-week sessions of computer exercises, social cognition groups and individual coaching, clients learn how to be socially wise and vocationally effective. CET groups average 75 to 85% attendance and graduation rates.

Attendees will learn how CET promotes recovery by participating in a typical CET session: computer exercises; social cognition talk; completing homework questions; and an interactive cognitive exercise. A PowerPoint talk will describe the neuroscience research supporting CET; the social, vocational and educational effectiveness of CET; using CET with adults, transitional aged youth, persons with high-level autism; in diverse ethnic and socio-economic settings.



Ray Gonzalez, ACSW, LISW-S, has 37 years of direct services (casework for a wide range of clients), administration (CEO of state psychiatric hospital; founded and led PLAN of Northeast Ohio for 21 years and since 2009, is the Executive Director of the Center for Cognition and Recovery) and program development for persons recovering from mental illnesses. He has a MSW from Ohio State University. Mr. Gonzalez has been a NAMI member for 28 years; has co-lead four CET groups; has presented on CET at over 90 local, regional and national conferences; and has helped establish 31 CET Programs in 10 states.

3:30 PM - 5:00 PM

W13 Hooked on Games

Todd Clements, MD

An estimated 3 million people in the United States are addicted to video gaming—a large majority of these are adolescents. While playing video games in moderation can be fun and even healthy for your brain—excessive gaming harms your physical health and mental health, often leading to isolation, depression, and in some cases physical aggression or suicide.

Many parents who would never allow their kids to use drugs will allow them to play hours upon hours of video games, which can set up an addiction that is just as hard to break. Video game makers are masters at making the games addictive.

We'll examine what's healthy versus unhealthy gaming; how the new games get kids and adolescents hooked; what can be the mental and physical price of excessive gaming; how excessive gaming wrecks relationships and the ability to connect; how bad habits in gaming in high school can lead to failure in college; and what parents and teens can do to make sure gaming doesn't get out of hand.



Todd Clements, MD, is an adolescent and adult psychiatrist, certified by the American Board of Psychiatry & Neurology (ABPN) and the American Board of Addiction Medicine (ABAM). Dr. Clements was chosen in both 2007 and 2008 as one of the top adolescent psychiatrists in the country by the “Consumers’ Research Council of America.”

Dr. Clements grew up in Arkansas and graduated medical school in his home state at the University of Arkansas. He then completed his psychiatric residency at the University of Oklahoma.

Dr. Clements practiced with the Meier Clinics in Richardson, Texas and then with the Amen Clinics in Newport Beach, California. Following this he founded the Clements Clinic in Plano, Texas where he served as the medical

director from 2008-2012.

Dr. Clements has authored (co-authored) 5 books. Dr. Clements lives in his hometown of Jonesboro, Arkansas with Lynda, his wife of 18 years.

W14 Workplace Violence

Wes Johnson, LPC

Violent behavior does not “just happen”. There is a progressive series of signs and symptoms, which can warn an individual of the potential for violence. Knowledge of the three-stage crisis development model with increased awareness of the influences on the potential for violent behavior and establishment of prevention strategies and response protocols is the goal of this training.



Wes Johnson, LPC, is currently employed as the Staff Development Coordinator at Centers for Youth and Families. Wes is a licensed professional counselor and has 20 years of experience in mental health, which includes both inpatient and outpatient treatment. Wes has a history of working within the employee assistance program industry, overseeing substance abuse components as well as providing counseling, trainings and critical incident stress debriefings. Wes also continues to teach as an adjunct college professor at Pulaski Tech for the past 14 years.

W15 Mental Health & Intellectual Disability: Challenges & Issues

Ginny Reding, LAC, LAMFT
Patty Brewer, CRC

Participants will learn about the history of the START model, its core components, and how START has been implemented in Arkansas. The session will provide an overview of how the START system is being adapted from the national Center for START Services and integrated into local systems of care to enhance access to supports for people with intellectual disabilities with concurrent mental health needs.



Ginny Reding, LAC, LAMFT, received her MS in 2010 at John Brown University. She has worked in community mental health and now operates her own private practice. She is also a Coordinator Intern and Team Leader for Arkansas START, Southeast Region.



Patty Brewer, CRC, received her Master's in Rehabilitation Counseling in 1982 from Arkansas State University. She works as an ACS Waiver Case Manager for Abilities Unlimited in Jonesboro where she has worked in various professional capacities since 1982. She is also a Coordinator Intern and Team Leader for Arkansas START in their Northeast Region.

Thursday, August 6th

- 7:30 – 1:30 Check in Registration, Grand Hall/Lobby
- 7:30 – 3:30 Exhibitors' Booths on Display
- 8:30 – 12:00 Breakout Sessions
- 10:00 – 10:30 Break in Exhibit Hall
- 12:00 – 1:30 Lunch (On your own)
- 1:30 – 3:00 Breakout Sessions
- 3:00 – 3:30 Break in Exhibit Hall
- 3:30 – 5:00 Breakout Sessions

8:30 AM - 10:00 AM

TH16 Functional Behavior Assessments: Understanding and Intervening on Maladaptive Behavior

Susan Elswick, PhD

During this presentation participants will learn ways in which to evaluate, assess, intervene, and monitor behavioral progress of clients. The specific forms and processes will be reviewed and discussed, and specific data collection practices and processes will be identified. The FBA process will be discussed in detail (Indirect assessment, Direct assessment, data collection, data monitoring, and the use of graphic displays of data) and a few applicable evidence-based interventions for Behavior Intervention Plans (BIP) (based on the hypothesized function) will be identified and reviewed. The participants will leave this session with a better understanding of the FBA process as well as data collection templates for monitoring progress, and a list of appropriate and applicable interventions and resources to address problematic behavior within the classroom. www.pbisworld.com



Susan Elswick, PhD, is the CEO/ owner of Behavior Services of the Mid-South LLC. Dr. Elswick received her master's degree in social work from the University of Tennessee and her doctorate in Special Education with a specialty in Applied Behavior Analysis from the University of Memphis. She is a Licensed School Social Worker in TN, a Licensed Clinical Social Worker, and she runs a consulting company that provides on-site, school-based behavioral health services. She is also currently an Assistant Professor and Director of MSW Field Placements/BSW University Coordinator for University of Memphis Department of Social Work. Prior to starting this site-based service model she was a school-based social work clinician for 10 years. She has provided school-based social work services in both rural and urban school settings, and has previous experience in community mental health and residential services. She has recently been published in educational, behavior, and social work journals (*Children and Schools*, *The Clearing House*, and *Beyond Behavior*). Her research interests include assessment and intervention for children with both academic and behavioral difficulties, the use of Response to Intervention in multiple settings, and the use of evidence-based interventions and services to correct maladaptive behaviors in order to improve educational outcomes for children.

TH17 A Slob's Way of Organizing Your Life: The Difference Between Affect and Effect

Bradley D. Hyde, BSc, GA, MHPP

This presentation will discuss how our decisions affect/effect how we organize our lives. It will offer examples to make meetings more effective, how to create better projects and will assist those attending in identifying "self-sabotaging" techniques that hinder productive, goal oriented results.

The format will include PowerPoint presentation with educational components, group discussion, and a question and answer period as time allows.



Bradley Hyde is the Social Media Administrator & Referral Development Coordinator for Delta Medical Center of Memphis.

He has been in the mental health field for over 20 years and has worked in outpatient, inpatient, for profit, not-for-profit, private & community mental health treatment. He has worked for treatment centers in Arkansas, Missouri and Tennessee.

Bradley previously served as Marketing Director and/or Mobile Assessor for several other behavioral health providers as well as his present position at DMC. He serves as a community educator & speaker in social skills, healthcare, mental health and organizational/corporate motivation.

Bradley has a Bachelor of Science Degree in Public Relations & a Bachelor of Arts in Political Science from Arkansas State University in Jonesboro.

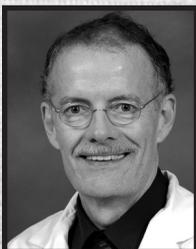
Currently he serves as Chairman of Friends of the Children's Trust Fund Board of Directors. Bradley has served on two taskforce committees.

8:30 AM - NOON

TH18 Addiction: An Overview

Kim E. Light, PhD

This session will provide an overview of the current neurobiological understanding of addiction and how it alters brain functions. The linkage of these alterations to specific aspects of the behavioral pathology as well as different treatment approaches will be discussed. The potential of medication-assisted treatment will be discussed within the context of the many cognitive, psychosocial, and spiritual tools of recovery. The value of recovery management in prevention of relapse and sustaining lifetime recovery will be included.



Kim Light, PhD, is a Professor of Pharmacology and currently holds the endowed OADAP Professorship on Alcohol and Drug Abuse within the College of Pharmacy at the University of Arkansas for Medical Sciences. Along with his teaching and research commitments at UAMS, he has been active in providing educational programs on alcohol and other drug abuse issues targeting a wide variety of audiences including counselors, parents, teachers, law enforcement officers, and workers in many types of industries.

TH19 The Sheldon Principle: Working With Individuals Who are “Know It Alls”

Carol Mapp, LCSW

Sheldon Cooper, one of the main characters of the hit television series the Big Bang Theory is the quintessential archetype for the “know it all” individual. Friends, coworkers, and strangers alike have identified Sheldon as an intellectual, narcissist, histrionic, and as someone with a low social quotient. We have all worked with or alongside a “know it all”. This presentation will assist you to develop an understanding regarding the “Sheldon” in your life, recognize his behaviors, identify possible root causes, and develop strategies to work effectively with him.



Carol Mapp, LCSW, founder and president of Integrated Healthworks, a mental health counseling center. Ms. Mapp has developed expertise in myriad areas of counseling, mediation, as well as business development.

Ms. Mapp has ten years experience as a clinical Social Worker and counselor trainer. She has facilitated numerous local, statewide, and national workshops for social workers, educators, school counselors, parents, and the legal community regarding mental health and family issues. Ms. Mapp has developed programs, curriculum, interventions, and evaluative tools for at-risk youth and their families. Ms. Mapp has also written *Therapist 2 Go*, a documentation handbook for clinicians in private or agency practice. Currently Ms. Mapp is a certified mediator in civil and family matters in the State of Texas.

Ms. Mapp earned her BS in Elementary Education from North Texas State University and earned her Master of Science in Social Work from the University of Texas at Arlington.

TH20 Emotional Regulation and Play Therapy

Heather Chapman-Henry, LCSW, RPT

In this experiential workshop, participants will learn about emotional regulation and some possible causes of dysregulation. Participants will learn play therapy and other techniques to help children learn about themselves, their experiences and how to be emotionally regulated.



Heather Chapman-Henry, LCSW, RPT, has worked extensively with children, families and adults in a variety of settings.

Heather has developed expertise in the areas of autism, PTSD, anxiety, ADHD, depression, sensory integration, self-esteem, stress management, behavior disorders, grief and loss and parenting. Heather also develops and presents a variety of trainings and workshops related to working with children and families and helping them reach their full potential. Heather’s approach is prescriptive to what each client needs. She uses a supportive, strengths-based approach to her work with families, children and individuals.

TH21 Beyond Graduate School – The Basics of Clinical Documentation

Patricia Gann, LPC

Throughout graduate school students learn to understand the theoretical basis for treatment, understand mental illness, and to adhere to the ethics of practice. Unfortunately, most clinicians are not trained in the administrative and regulatory aspects of providing clinical services, a significant aspect of which is the documentation of clinical services. Clinical documentation is the primary focus and scrutiny of most audits. Documentation that does not support medical necessity for treatment potentially results in recoupment, decertification of clients, and possibly licensure sanctions. To meet the demands of ever increasing health care standards, clinicians

need a working knowledge of the process of documenting to meet standards and support medical necessity of all services.



Patricia Gann, LPC is the Chief Operating Officer and Corporate Compliance Officer for South Arkansas Regional Health Center. Prior to joining the SARHC team, she was responsible for provider education and consultation for ValueOptions, Arkansas as the Provider Relations Manager and Project Director.

Patricia graduated from Cameron University in Lawton, OK with a BA in Psychology and was awarded her Masters in Community Service Counseling from the University of Central Arkansas. Patricia has 20 years of experience in outpatient mental health in various roles including MHPP, clinician, and clinical director.

Patricia has been married to Tim for 15 years and they have three adult children and two amazing grandchildren.

10:30 AM - NOON

TH22 Crisis Intervention Team (CIT)

Dale Hull

The Crisis Intervention Team (CIT) is an innovative first-responder model of police-based crisis intervention with community, health care, and advocacy partnerships. The CIT Model was first developed in Memphis and has spread throughout the country. CIT provides law enforcement-based crisis intervention training for assisting those individuals with a mental illness, and improves the safety of patrol officers, consumers, family members, and citizens within the community. CIT provides a forum for effective problem solving regarding the interaction between the criminal justice and mental health care system and creates the context for sustainable change.



Dale Hull is a community leader and mental health care advocate. He served as a minister in Indiana, Oklahoma and currently serves as a lay pastor at the New Life Church Greater Little Rock campus. He has recently partnered with Grace Alliance, a faith-based mental health recovery organization out of Waco, TX, to provide community support groups offering comfort through sharing, learning, and navigating the journey of mental health recovery.

TH23 The Importance of Early Intervention: Effective First Episode Psychosis Programs

Lisa Evans, PhD

Early intervention is important in battling many health conditions - psychosis is one of them. An overview of first episode psychosis will be provided including challenges and opportunities presented by the young adult population. Effective new programs and interventions will be reviewed broadly including On Track and CBT-P. The workshop will also highlight programs that are currently in use in Arkansas.



Lisa Evans, PhD, is a licensed clinical psychologist with interests in psychiatric rehabilitation, specifically in the implementation of evidence-based practices for underserved persons with severe and persistent mental illness. She completed her PhD at Purdue University at Indianapolis with a specialty in clinical rehabilitation psychology. Her residency training was done at University of Washington with a focus on public policy and mental health services research. She is currently the Clinical Director at the Little Rock Community Mental Health Center. She is also an Assistant Professor at University of Arkansas for Medical Sciences (UAMS) in Little Rock, AR. In her role with UAMS, she supervises clinical rotations at the community mental health center for trainees at the University.

Along with the implementation of evidence-based practices, Dr. Evans has also been involved in local and state policy matters that impact services for persons with mental illness. She has worked with mental health policy in Washington, Indiana, Louisiana, and Arkansas, all related to creating policies that support research-based practices, cost-effective services, and recovery-oriented care.

1:30 PM - 3:00 PM

TH24 An Overview of Consumer Advisory Councils

Tom Masseau

John Jones, BS, MS

The results of a survey of Arkansas CMHC Consumer Advisory Councils (CACs) will be presented. Similarities and differences in CAC operations across Centers will be highlighted. Following this, presenters and participants will discuss best practices for CACs and brainstorm the development of a statewide support and information-sharing network for Arkansas CACs.



Tom Masseau has worked to protect and advocate for the rights of persons with disabilities throughout his professional career, notably as Director of Government and Media Relations for Michigan Protection and Advocacy Service, Inc. and as Executive Director of Disability Rights Wisconsin. He is currently Executive Director of Disability Rights Arkansas.



John Jones has worked as a therapist, a services manager, and a state-level services administrator in the Arkansas behavioral healthcare system. From 1987 until 2005 he worked as Director of Mental Health Advocacy, then as Information Systems Administrator for Disability Rights Center, Inc. He is currently working as Special Projects Consultant for Disability Rights Arkansas.

1:30 PM - 5:00 PM

TH25 On Being an Ally/Advocate to LGBTQ

Courtney Frierson, LCSW

Angie Bowen, LPC

This presentation will include a brief lecture reviewing terminology relevant to talk about LGBTQ people. There will be 4-5 additional speakers in a “fish bowl” style presentation (audience observes their conversation), followed by questions from the audience. The content will focus on therapeutic relationships, what not to say and working with individuals and families.



Courtney Frierson, LCSW, yoga therapist, earned her Master’s Degree of Social Work from University of Arkansas at Little Rock. She earned her Bachelor of Arts at Agnes Scott College in Atlanta, Georgia where she studied Political Science and Women’s Studies. Courtney is registered with the Yoga Alliance (RYT-200), and she is a member of the International Association of Yoga Therapists (IAYT). Courtney is an Arkansas Licensed Certified Social Worker (LCSW) and a yoga therapist. Courtney’s yoga training has given her insight into the mind body connection, especially concerning anxiety, depression, loss/grief, and sexuality and gender expression issues.

Courtney has also received specialized training (and trains other mental health professionals) in working with gender variant clients, such as individuals identifying as transgender. She has worked with couples regarding intimacy issues, as well as with families who use the yoga experience to strengthen relationships, develop trust and facilitate communication. She is in private practice in Little Rock and can be found online at WellspringRenewalCenter.com and [FB.com/SatNamYogaTherapy](https://www.facebook.com/SatNamYogaTherapy).



After moving to Arkansas from Wisconsin, Angie Bowen received her LAC in June, 2011, and her LPC in February, 2014. Additional professional pursuits have included becoming EMDR-trained in 2013 and adding a Technology Assisted/Distance Counseling specialty license in March, 2015.

Angie began her own private practice in April, 2012, in Little Rock. While she enjoys working with a widely diverse population of people, she is particularly committed to serving trauma survivors and members of the LGBTQ community.

Angie is the current president of ArMHCA, has been a presenter at many conferences and programs across the State, as well as at the American Mental Health Counselors Association last July. She also currently serves on the Rules and Regulations Subcommittee for the AR Board of Examiners in Counseling.

TH26 Wheels of Intervention

Maureen Skinner, LPE

Angela Cartwright, LCSW

Interactive edutainment for mental health professionals to provide evidence-based resources in a collaborative environment. Presenters will provide information regarding specific cases and engage the audience in the practice of clinical skills. Topics will include: Depression, Anxiety, PTSD, Borderline Personality Disorder, Bipolar, Anger, Substance Abuse/Dependence, Social Anxiety, etc.



Maureen Skinner is an independently Licensed Psychological Examiner and behavioral health care professional with Thriveworks in Conway. Her practice specializes in using a combination of strengths based focus and basic behavioral and cognitive principles in a client centered manner; practicing CBT and Motivational Interviewing with an emphasis on partnering with her clients in order to facilitate their intrinsic motivation for change. A proponent of alternative therapies, Maureen believes that therapeutic content can be gained from nearly any experience and strives to meet the clients “where they are” in order to move forward. Her background is diverse, including working with adults and children, acute-severe mental illness, as well as couples and individuals seeking greater understanding of themselves. Teaching and learning are an important component of her practice and finding ways to engage with other mental health professionals in a fun, interactive

environment is at the center of her participation in conferences and workshops. She earned a BS in Psychology with a minor concentration in Sociology and her Master of Science in Counseling Psychology at the University of Central Arkansas. She is a proud mother of two children and lives happily in the woods where there is no cell phone service.



Angela Cartwright is a Licensed Clinical Social Worker. She received her Master's degree from the University of Arkansas at Little Rock and a Bachelor of Science in Psychology from the University of Central Arkansas. She has worked in the capacity of a licensed social worker for approximately four years but feels she has been a social worker her entire life. Ms. Cartwright has worked with individuals from different socioeconomic backgrounds, age groups, cultures with varying mental health needs. She is currently the Assistant Clinical Director for New Beginnings Behavioral Health Services and her past employment experiences include working at the Arkansas State Hospital, Birch Tree Communities, New Beginnings and Baptist Health Medical Center. Person-centered, strengths-based and positive therapies are central to her therapeutic skill base. Ms. Cartwright is the proud parent of three wonderful boys. She enjoys spending time with her sons, family and friends.

TH27 Trauma Focused Therapy

Teresa Kramer, PhD
Benjamin Sigel, PhD
Sufna John, PhD
Tiffany West, PhD
Janelle Von Storch, LPC

Large-scale dissemination of trauma-informed evidence-based practices is essential to address current shortages of quality services for children exposed to trauma. This presentation focuses on the components, process and outcomes of Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT), an evidence-based treatment for children and adolescents exposed to trauma. Three case studies will be presented that highlight the effectiveness of this intervention in addressing trauma in young and older children who have been exposed to acute as well as complex trauma.



Teresa L. Kramer, PhD, is a professor and chief psychologist at the University of Arkansas for Medical Sciences Psychiatric Research Institute. She also directs Arkansas Building Effective Services for Trauma (ARBEST), a statewide initiative to improve mental health care for children exposed to trauma. She received her doctorate in clinical psychology from the University of Cincinnati.



Benjamin Sigel, PhD, is an assistant professor at the University of Arkansas for Medical Sciences Psychiatric Research Institute. He also directs the Arkansas Network for Early Stress and Trauma (ARNEXT), a statewide initiative to disseminate evidence-based practices for families with young children who have experienced trauma. He received his doctorate in clinical psychology from Oklahoma State University.



Sufna John, PhD, is an assistant professor at the University of Arkansas for Medical Sciences Psychiatric Research Institute. She received her doctorate in clinical psychology with a speciality in the treatment of children and adolescents from Southern Illinois University.



Tiffany West, PhD, is a post-doctoral fellow at the University of Arkansas for Medical Sciences Psychiatric Research Institute. She received her doctorate in clinical psychology with a speciality in the treatment of children and adolescents from University of Nebraska-Lincoln.



Janelle Von Storch, MA, is a licensed professional counselor with Arkansas Families First in North Little Rock and Napa Valley Counseling Center in Little Rock. She graduated with a Bachelor of Arts in Behavioral Science from Sterling College in Kansas and a Master of Arts in Counseling from Dallas Theological Seminary.

5:30 PM - 5:00 PM

TH28 School Bullying: How Can We Stop It?

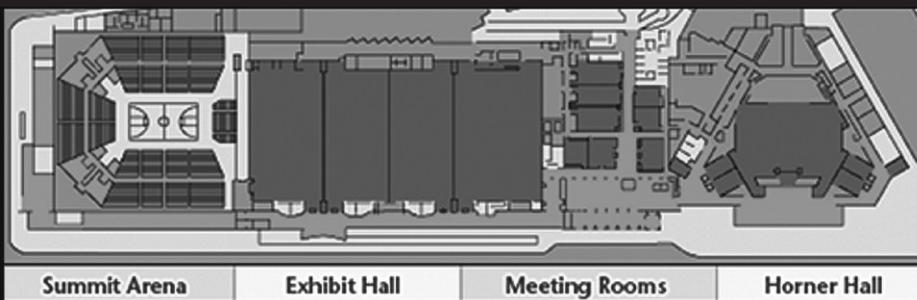
Kathleen Courtney, BSE, MS

All school districts have provided training for staff in bullying, yet the problem still exists in most of our schools. Attendees will be provided information on reasons why some bullying prevention efforts are missing the mark, and what can be done at the school level to promote safer schools.



Kathleen Courtney has been working in the health education field for 30 years. She spent 11 years teaching health education at the middle school level, and has spent the past 19 years at the Arkansas Department of Education working on HIV/STD/teen pregnancy prevention efforts through funding from the Centers for Disease Control and Prevention (CDC).

The Hot Springs Convention Center sits right in the midst of one of America's treasures - a Victorian downtown district that is enclosed within Hot Springs National Park, the first area ever set aside (by President Andrew Jackson in 1832) for protection by the federal government. Quaint shops, thermal-water bathhouses and spas, a thriving fine arts community, fine dining, the charms of unspoiled nature - all are just outside the front doors of the Hot Springs Convention Center.



Sponsorship Opportunities

This year, several sponsorship levels are available to maximize your participation and opportunities to a large audience of behavioral healthcare professionals:

Platinum Level \$10,000.00	Large logo and listing on conference welcome banner, premium sponsorship signage at Institute event of your choice, listing on cover of final program, FULL page ad in final program and listing on MHCA website for six months. 10' x 10' booth
Gold Level \$5,000	Includes listing on conference banner and final program, 1/2 page ad in final program and listing on MHCA website for six months. 10' x 10' booth
Silver Level \$2,500	Includes listing on conference banner and final program and 1/4 page ad in final program. 10' x 10' booth
Bronze Level \$1,000	Includes listing on conference banner and final program. 10' x 10' booth

Advertising Opportunities for Final Program

- 1/4 page \$500.00**
- 1/2 page \$1,000.00**
- Full Page \$1,500.00**
- Front Inside Cover \$2,000.00**
- Back Cover \$2,000.00**

more information

To learn more, call Dianne Skaggs, MHCA Executive Director at 501-372-7062 or email her at dskaggs@mhca.org.

Not sure what works best for you? Have other ideas?

Contact Dianne and she will custom design a package for you.

MARKET

The Arkansas Behavioral Health Institute is an annual conference bringing together behavioral health consumers, family members, providers, and policy makers from Arkansas and surrounding states. The Institute is the mid-south's largest behavioral healthcare forum. Participants will gather to share the latest information pertaining to behavioral healthcare delivery, to become informed about new treatment and service management technologies, and to enhance skills for effective diagnostic and treatment interventions.

WHEN TO SUBMIT CONTRACT

Exhibit contracts are due on or before July 10, 2015 if you wish to be included in the Final Institute Program publication.

WHAT TO SUBMIT WITH CONTRACT

Signed copy of the contract

Description (50 words or less) of your organization or services for printing in the final program booklet

Check made out to the Mental Health Council of Arkansas

FACILITIES & SCHEDULES

Reservations for sleeping rooms are to be made directly with the Embassy Suites by calling 501-321-4430 or 501-321-4407 before July 10, 2015. Attendees must identify themselves as being part of the MHCA conference in order to receive the reduced rate. Reservations can also be made on-line with Embassy Suites at www.hot springs.embassysuites.com and use the group code "MHC".

Other hotels located close to the Hot Springs Conference Center:

- + Austin Hotel -1-877-623-6697
- + Arlington Resort Hotel & Spa 1-800-643-1502

Installation of Exhibits

2:00-6:00 p.m. August 4, 2015

Exhibitor's Reception in Exhibit Hall A

5:00 – 6:00 p.m. August 5, 2015

Display of Exhibits

7:00 AM-5:00 PM August 5th, 2015

7:00 AM-3:30 PM August 6, 2015

Dismantling of Exhibits

3:30 PM – 6:00 PM August 6th, 2015

WHERE TO SUBMIT CONTRACT

Mental Health Council of Arkansas
501 Woodlane, Suite 136 S
Little Rock, AR 72201
Phone: 501-372-7062 FAX: 501-372-8039
E-mail: mhca@mhca.org | www.mhca.org

Go to www.mhca.org to register online.

We agree to comply with the Exhibit Rules and Regulations and the said Rules and Regulations that are a part of this contract.
Booth Size: 10' X 10' at \$600 OR 10' X 20' at \$800

Exhibitor Representative Signature & Date

MHCA Representative & Date

Exhibitor Name (as it will appear on printed materials)

Contact Person & Title

Mailing Address

City, State, & Zip

Phone:

E-mail:

Exhibitors Information & Registration

Tuesday, August 4th

8:30-5:00

T1 Cultural Competency in
the Mental Health Care Setting

10:30-5:00

T2 Ethics for Ragamuffins

T3 DSM-5:
Adult Diagnosis

Wednesday, August 5th

10:30 - 12:00

- W4 Parent-Child
Interaction Therapy
- W5 What HIPAA Means to
Behavioral Health Practice
- W6 Compassion Cultivation:
Implications for Mental Health
- W7 Medication Assisted
Treatment for Opioid
Dependence

W8 Suicide Prevention; Research
to Evidence-based Practice

W9 Compassion Fatigue

1:30 - 5:00

W10 Diagnosing
Neurodevelopmental
Diagnosis and Prenatal
Alcohol Exposure (ND-PAE)

W11 Effects of Trauma in
Early Childhood

W12 Cognitive Enhancement
Theory-Physical Therapy
of the Brain

3:30 - 5:00

W13 Hooked on Games

W14 Workplace Violence

W15 Mental Health & Intellectual
Disability: Challenges & Issues

Thursday, August 6th

8:30 - 10:00

TH16 Functional Behavior Assessments: Understanding and Intervening on Maladaptive Behavior

TH17 A Slob's Way of Organizing Your Life: The Difference Between Affect and Effect

8:30 - 12:00

TH18 Addiction: An Overview

TH19 The Sheldon Principle: Working With Individuals Who are "Know It Alls"

TH20 Emotional Regulation and Play Therapy

TH21 Beyond Graduate School – The Basics of Clinical Documentation

10:30 - 12:00

TH22 Crisis Intervention Team (CIT)

TH23 The Importance of Early Intervention: Effective First Episode Psychosis Programs

1:30 - 3:00

TH24 An Overview of Consumer Advisory Councils

1:30 - 5:00

TH25 On Being an Ally/Advocate to LGBTQ

TH26 Wheels of Intervention

TH27 Trauma Focused Therapy

3:30 - 5:00

TH28 School Bullying: How Can We Stop It?

Please Note

** Temperatures vary by room. It is highly suggested that you dress in layers as it is impossible to regulate the temperature so that it is comfortable for everyone.

** Please turn all cell phones and pagers off or place them on vibrate.

** Please check the website for Institute updates.

** REMEMBER -badge registrants only will be admitted to Institute workshops

CONTINUING EDUCATION

The Annual Arkansas Behavioral Health Institute, sponsored by the Mental Health Council of Arkansas, is recognized by the National Board of Certified Counselors (NBCC) to offer continuing education for National Certified Counselors. The Institute adheres to NBCC continuing education guidelines.

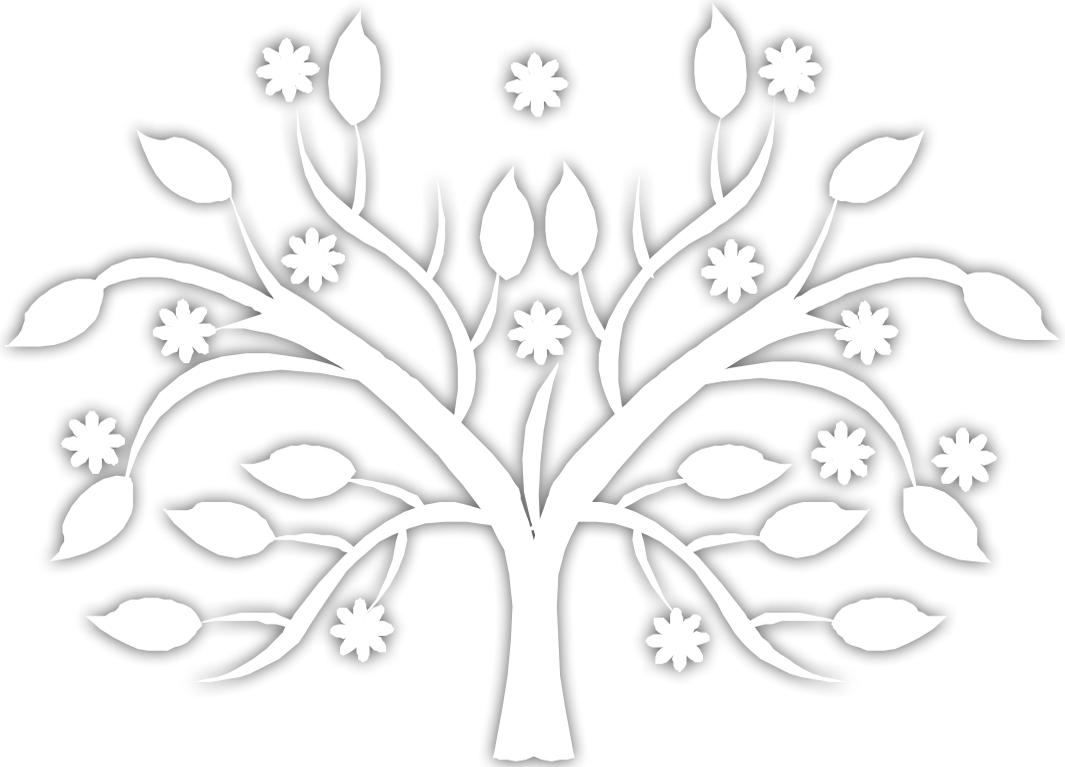
LODGING

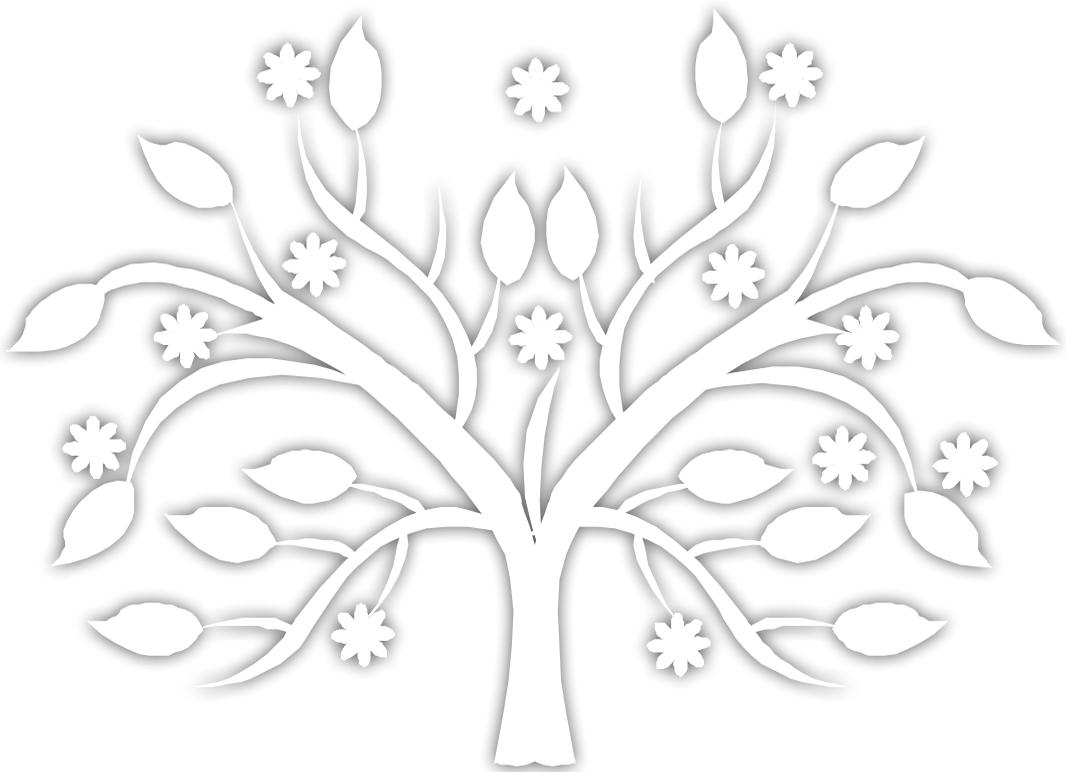
The Hot Springs Convention Center will be the site of this year's Institute activities. Lodging reservations are to be made directly with the, Embassy Suites 501-321-4430 or 501-321-4407 by July 10, 2015. Attendees must identify themselves as being part of the MHCA conference in order to receive the reduced rate. Also, reservations can be made on-line with Embassy Suites at www.hotspings.embassysuites.com with the group code "MHC".

			
Hot Springs Convention Center (501) 321-2277 134 Convention Blvd Hot Springs, AR 71901-4135	Embassy Suites 501-321-4430 or 501-321-4407 \$142/Single \$152 Double \$162 Triple \$172/Quad	Austin Hotel 1-877-623-6697	Arlington Hotel 501-609-2533

Convention Center Address:

134 Convention Boulevard, Hot Springs, AR 71901





43RD Annual Behavioral Health Institute

REGISTER ONLINE!!! WWW.MHCA.ORG

Registrant Information		Payment Information	
Name		<input type="checkbox"/> Visa <input type="checkbox"/> MC	
Organization		Card Number	
Address		Exp Date	
City, State, Zip		Cardholder's Name	
E-Mail Address		Cardholder's Signature	
Billing Information		<input type="checkbox"/> CHECK OR MONEY ORDER ENCLOSED	
<input type="checkbox"/> BILL MY COMPANY		Total Due	
Name		Amount Enclosed	
Organization		Check Number	
Address		REFUND POLICY - A full refund may be received on or before July 10th, 2015. After July 10th, 2015, another person may substitute for the original registrant with MHCA approval.	
City, State, Zip			
E-Mail Address			
PO Number			



MHCA REGISTER ONLINE!

www.mhca.org

EMAIL FORM TO:
mhca@mhca.org

FAX FORM TO:
(501) 372-8039

MAIL FORM TO:
Mental Health Council
of Arkansas
501 Woodlane
Suite 136 S
Little Rock, AR 72201

MAKE CHECKS PAYABLE
TO: Mental Health
Council of Arkansas

Please contact the
MHCA office if special
accommodations
are needed
(501) 372-7062

PLEASE CIRCLE THE COST OF EACH EVENT YOU ARE PURCHASING

Event	Advance (June 15-July 15)			Late & On-site (on/after July 15)		
	Regular Fee	Student Fee	Consumer Fee	Regular Fee	Student Fee	Consumer Fee
Pre-Institute Workshops Only (Tuesday)						
Pre-Institute (Tuesday)	\$160	\$60	\$60	\$185	\$70	\$70
Pre-Institute & Institute Workshops (Tuesday, Wednesday, Thursday)						
1/2 Day Tues., Full Wed. & Thurs.	\$310	\$60	\$60	\$335	\$70	\$70
Full Days Tues., Wed., & Thurs.	\$360	\$60	\$60	\$385	\$70	\$70
Institute Workshops (Wednesday, Thursday)						
Institute Workshops (Wed., Thurs.)	\$250	\$60	\$60	\$275	\$70	\$70
One Day Fee	\$160	\$60	\$60	\$185	\$70	\$70
Special Events						
Awards Luncheon (Wednesday, 12:00-1:30 PM)	With Institute Registration			Without Institute Registration		
	Included			Included		

PLEASE NOTE: You must complete the form at the bottom of this page indicating which workshops you plan to attend. Workshops are being filled on a first-come, first-serve basis. In order to ensure all attendees will be provided with a comfortable, enjoyable experience, attendance is limited according to room size.

TUESDAY, 8:30-5:00

- T1 Cultural Competency

TUESDAY, 10:30-5:00

- T2 Ethics for Ragamuffins
- T3 DSM-5: Adult Diagnosis

WEDNESDAY, 10:30 - 12:00

- W4 Parent-Child Interaction Therapy
- W5 What HIPAA Means
- W6 Compassion Cultivation
- W7 Medication Assisted Treatment...
- W8 Suicide Prevention...
- W9 Compassion Fatigue

WEDNESDAY, 1:30 - 5:00

- W10 Diagnosing (ND-PAE)
- W11 Effects of Trauma in Early Childhood
- W12 Cognitive Enhancement Theory

WEDNESDAY, 3:30 - 5:00

- W13 Hooked on Games
- W14 Workplace Violence
- W15 An Overview of the START Model

THURSDAY, 8:30 - 10:00

- TH16 Functional Behavior Assessments...
- TH17 A Slob's Way of Organizing

THURSDAY, 8:30 - 12:00

- TH18 Addiction: An Overview
- TH19 The Sheldon Principle:
- TH20 Emotional Regulation
- TH21 Beyond Graduate School

THURSDAY, 10:30 - 12:00

- TH22 Crisis Intervention Team (CIT)
- TH23 The Importance of Early Inte...

THURSDAY, 1:30 - 3:00

- TH24 An Overview of Consumer

THURSDAY, 1:30 - 5:00

- TH25 On Being an Ally/Advocate ...
- TH26 Wheels of Intervention
- TH27 Trauma Focused Therapy

THURSDAY, 3:30 - 5:00

- TH28 School Bullying...



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2015 Institute Registration

Mental Health Council of Arkansas presents
The 43rd Annual Behavioral Health Institute
Hot Springs Convention Center | Hot Springs, Arkansas
August 4-6, 2015