

NJAMHAA 2015
Annual Conference
**INSPIRING
PROGRESS**

Seizing Opportunities

April 15-16, 2015

Renaissance Woodbridge
Hotel - Iselin, NJ

**Registration
Details**

sponsored by: **abs**

Agenda at a Glance

Wednesday, April 15

Open Registration, Continental Breakfast and Vendor Browsing

8:15 a.m. – 10:45 a.m.

NJAMHAA Annual Membership Meeting

**For NJAMHAA Members Only*

9:15 a.m. - 10:15 a.m.

Welcome and Introductions

10:45 a.m. – 11:00 a.m.

Keynote Presentation

11:00 a.m. – 12:00 p.m.

Current Advances in the Science of Mental Illness

Husseini K. Manji, MD, FRCPC

*Global Therapeutic Area Head, Neuroscience
Janssen Research & Development*

Lunch

12:00 p.m. – 1:00 p.m.

Workshops 1A – 1C

1:00 p.m. – 2:15 p.m.

Break and Vendor Browsing

2:15 p.m. - 2:45 p.m.

Dual Plenary Sessions

2:45 p.m. – 4:00 p.m.

Plenary A

An Update on Federal Policy and its Implications for your Day to Day Operations

Paul N. Samuels

Director and President, Legal Action Center

Plenary B

Breaking Bad: Is Risk Resilience?

Genevieve E. Chandler, RN, PhD

Associate Professor, University of Massachusetts Amherst

Eric C. Arauz

President, Arauz Inspirational Enterprises LLC

Courage and Compassion Awards Reception

4:30 p.m. – 6:00 p.m.

Thursday, April 16

Registration, Continental Breakfast and Vendor Browsing

8:00 a.m. – 9:00 a.m.

Welcome and Introductions

9:00 a.m. – 9:15 a.m.

Keynote Presentation

9:15 a.m. – 10:15 a.m.

Serving Individuals in the Criminal Justice System: An Overview of the Population and Best Practices

Fred C. Osher, MD

*Director, Health Systems and Services Policy
Council of State Governments Justice Center*

Break and Vendor Browsing

10:15 a.m. – 10:45 a.m.

Workshops 2A – 2D

10:45 a.m. – 12:00 p.m.

Lunch

12:00 p.m. – 1:00 p.m.

Workshops 2E – 2H

1:00 p.m. – 2:15 p.m.

Break & Vendor Browsing

2:15 p.m. - 2:45 p.m.

Closing Plenary Session

2:45 p.m. – 4:00 p.m.

Redefining Behavioral Health Delivery and Outcomes in New Jersey

Allison Blake, PhD, LSW

Commissioner

New Jersey Department of Human Services

Lynn A. Kovich, MEd

Assistant Commissioner

New Jersey Division of Mental Health and Addiction Services (DMHAS)

Workshop Tracks

Get on Track for the Specific Knowledge and Skills You Need!

This year, NJAMHAA is offering recommendations for four workshop tracks at our conference: General Clinical/ Adult Mental Health; Substance Use Disorders and Treatment; Organizational; and Children and Youth. These are organized in this manner to assist you in the registration process - you may, however, register for any mix of sessions.

General Clinical/ Adult Mental Health	Substance Use Disorders and Treatment	Organizational	Children and Youth
1A: Dr. Kim Meuser: <i>Fresh Start: Brief, Motivation-based Treatment for Co-occurring Serious Psychiatric and Substance Use Disorders</i>		1B: Glenn Steele: <i>Innovative Models for Improving Care Delivery and Outcomes: The Next Generation</i>	1C: Sean Campbell: <i>Taking Action to Promote Mental Health Education and Holistic Wellness in the Community</i>
2A: Donald Parker: <i>The Science of Compassionate Care</i>	2B: Mark Parrino: <i>Challenges and Opportunities for the Use of Medications to Treat Chronic Opioid Addiction in the United States</i>	2C: Judy Young: <i>Ethical Leadership</i>	2D: Kelly Sachter and Alexandria Riley: <i>HomeSafe: A Housing Intervention for the Entire Family</i>
2E: Charles Curie and Scott Cousino: <i>Implementing Evidence Based Behavioral Health Interventions and Supports through Mobile / Online Technologies: Current and Future Opportunities</i>	2F: Dr. Carrie Wilkens and Dr. Nicole Kosanke: <i>Community Reinforcement and Family Training (CRAFT): Utilization Across the Treatment Spectrum</i>	2G: Andrew Germak and Steven Silbiger: <i>Business Skills for Social Work and Human Services Leaders</i>	2H: Dr. Lucy Esralew: <i>Understanding Childhood Developmental Disability and Co-occurring Behavioral Health Problems: a Brain-Behavior Perspective</i>



NJAMHAA 2015

COURAGE & COMPASSION Awards



Visit the Events section of www.njamhaa.org for details and to submit nominations for:

- Outstanding Peer Leadership
- Outstanding Direct Care Provider
- Outstanding Leadership in Addiction Services
- Outstanding Leadership in Mental Health Services
- Outstanding Provider of the Year (Organization)
- Outstanding Behavioral Health System Supporter (Council member)

Nominations are due February 13, 2015. Awards will be presented at the Courage & Compassion Awards Reception on April 15, 2015 from 4:30 to 6:00 p.m., the first night of the Annual Conference. Attendance is included in the first day registration.

Detailed Agenda

Inspiring Progress Seizing Opportunities

Wednesday, April 15, 2015

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NJAMHAA Annual Membership Meeting

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Deborah Megaro, MS, MBA

President, NJAMHAA Board of Directors

Debra L. Wentz, PhD

Chief Executive Officer, NJAMHAA

Keynote Presentation

11:00 a.m. – 12:00 p.m.

Current Advances in the Science of Mental Illness

Husseini K. Manji, MD, FRCPC

*Global Therapeutic Area Head, Neuroscience
Janssen Research & Development, LLC*

Session Description:

This presentation will highlight significant recent advances in neuroscience that have contributed to many cutting-edge approaches in the science of mental illness. These include genomics, neuroimaging, data mining, proteomics, biomarkers, pathway modeling, protein engineering and optogenetics. These new approaches are revolutionizing development of novel treatments for brain disorders. While neuroscience has truly entered a golden age, additional work is needed to advance the scientific breakthroughs into corresponding therapeutic advances.

Severe neuropsychiatric disorders are characterized by dysfunction in diverse biological systems, including the intricate network of limbic, striatal, and fronto-cortical circuits that mediate mood state, cognition, self-awareness and insight. Dr. Manji will present compelling evidence that suggests that impaired signaling pathways play a role in the pathophysiology of these disorders, and that mood stabilizers significantly affect signaling pathways regulating neural and synaptic plasticity. Abnormalities in cellular plasticity cascades likely also underscore impaired structural plasticity. These changes in structural plasticity appear to regulate both resilience and long-term course of illnesses. In the search for improved therapeutics to treat these illnesses, several promising synaptic plasticity and neurotropic strategies are being studied.

Equally important to these scientific advances, however, is the paradigm shift that must accompany future research. The move from a 'diagnose and treat' approach to a 'predict and pre-empt' model will become increasingly crucial. Novel solutions must encompass meaningful and measurable patient outcomes. These will need to involve holistic solutions of which medication is one component. Many other



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approaches and services will need to be brought together to optimize outcomes and make a true difference in the lives of patients with mental illness.

Learning Objectives:

By the end of this presentation, participants will be able to:

- Identify the most recent advances in Neuroscience in treating mental illness
- Correlate scientific breakthroughs into corresponding therapeutic advances.
- Describe investigations of several promising synaptic plasticity and neurotropic strategies in treating mental illness.
- Identify different approaches and services to improve outcomes that make a difference in the lives of those with mental illness.

Topic Area:

Scientific Development

Target Practice Area:

Beginner, Intermediate and Advanced

Target Audience:

Behavioral Health Clinicians

Lunch

12:00 p.m. – 1:00 p.m.

Workshops 1A – 1C

1:00 p.m. – 2:15 p.m.

Workshop 1A

Fresh Start: Brief, Motivation-based Treatment for Co-occurring Serious Psychiatric and Substance Use Disorders

Kim T. Mueser, PhD

Executive Director

Center for Psychiatric Rehabilitation, Boston University

Session Description:

This workshop will introduce participants to the Fresh Start program. This program is a manualized brief intervention (six to 12 sessions) aimed at engaging persons with severe mental illness and co-occurring substance use disorders in treatment, educating them about the nature of their disorders, motivating them to endorse substance use reduction or abstinence as a personal

goal, and then developing a plan to facilitate reaching their goal. The content of the program and clinical skills for implementing it will be described. Case vignettes will be used to illustrate how the program works.

Learning Objectives:

By the end of this presentation, participants will be able to:

- Identify three facts about how substance use disorders interact with serious mental illnesses.
- Describe the core elements of the stress-vulnerability model and at least four treatment implications of the model.
- List the steps of developing a personal sobriety plan.

Topic Area:

Co-occurring disorders

Target Practice Area:

Beginner

Target Audience:

Social Workers, Counselors

Workshop 1B

Innovative Models for Improving Care Delivery and Outcomes; The Next Generation

Glenn D. Steele, Jr., MD, PhD

President and Chief Executive Officer

Geisinger Health System

Session Description:

As CEO of Geisinger Health System since March 2001, Dr. Steele has overseen many innovations in healthcare delivery and financing. Geisinger is, in practice, what most people conceptualize as an Accountable Care Organization (ACO). However, its unique structure includes the entire continuum of care on the providers' side, plus an insurance company. The Geisinger culture has developed over almost 100 years into one truly functional integrated system, enabling an almost perfect "test-



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bed” to fundamentally reengineer care. As both a payer and provider, Geisinger has two major goals that drive fundamental change in how to care for hospitalized patients and the highest cost multiple chronic disease cohort, thereby lowering costs and improving quality. These goals are also driving much of the current and anticipated changes in New Jersey’s behavioral healthcare system. Both provide impetus to ceasing to pay for healthcare services that add no value to consumers. This presentation will report on several categories of Geisinger innovation experiments, past, present and future, including the utility of rapid cycle iterative change in Geisinger’s re-engineering experimental model. Dr. Steele will also discuss the major challenges faced by any organization attempting to scale services, and generalize into more complex markets.

Learning Objectives:

By the end of this presentation, participants will be able to:

- Describe Geisinger’s fully integrated system of care.
- Describe the potential for integrated care to lower costs and improve quality.
- List the major challenges faced by any organization attempting to scale services.
- List several ways in which organizations can grow through various forms of consolidation and partnership

Workshop 1C

Taking Action to Promote Mental Health Education and Holistic Wellness in the Community

Sean Campbell

Director, Campbell Outreach Group

Session Description:

Sean Campbell will share his personal experiences growing up in a household with a father whose bipolar disorder and alcoholism led to significant challenges and tragically culminated in suicide. Mr. Campbell will also reflect on how, since adolescence, he faced his own depression, anxiety and trauma, and discuss his journey of early intervention. He will leverage his experiences, both personal and professional, to explore the power of mental health education, specifically by taking a strengths-based and holistic approach to discussing mental wellness. Mr. Campbell will showcase the work that his company is doing in collaboration with the Bergen County Department of Health Services

and Community Health Improvement Partnership of Bergen County to implement a whole-body wellness initiative, which engages diverse community partners (schools, organizations and businesses, municipalities and places of worship) and discuss ways to motivate many sectors of the community to participate in promoting mental health and wellness. He will also discuss how a wellness model, based upon personal choice and empowerment, can be useful in engaging youth affected by mental health challenges, and how these diverse community partners can play a role in supporting youth mental health. Mr. Campbell will reflect on his (non-clinical) experiences mentoring youth facing mental health challenges and talk about creative ways in which mentors can find “common ground” with youth and how mentors can build relationships that will support youth in accessing resources and supports that are beneficial to mental wellness.

Learning Objectives:

By the end of this presentation, participants will be able to:

- Explain the importance of engaging diverse community partners in promoting mental health and wellness, and how to build relationships with these partners.
- Describe the value of mental health education that takes a strengths-based approach for youth.
- Identify the Eight Dimensions of Wellness.
- Explain how mentorship can play a crucial role in empowering youth affected by mental health and/or substance use to work toward personalized wellness goals.

Topic Area:

Behavioral Health, Prevention and Early Intervention, Wellness Promotion, Mental Health Education

Target Practice Area:

Beginner, Intermediate and Advanced

Target Audience:

Social Workers, Behavioral Health Professionals, and Health Educators

Break and Vendor Browsing

2:15 p.m. - 2:45 p.m.

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Dual Plenary Sessions

2:45 p.m. – 4:00 p.m.

Plenary A

An Update on Federal Policy and its Implications for your Day to Day Operations

Paul N. Samuels

Director and President , Legal Action Center

Session Description:

This presentation will provide updates on federal laws and policies, including implementation of the federal Affordable Care Act (ACA) and Mental Health Parity and Addiction Equity Act (Parity Law), 42 CFR, the Substance Abuse and Mental Health Services Administration's Block Grants and the Institutions for Mental Disease (IMD) exclusion, as well as the federal budget, and the impact they are anticipated to have on the delivery of substance use prevention and treatment services. Attendees will gain valuable insights on the implications of these federal issues and how they can prepare from the perspectives of agency executives/management staff and as service providers to work most effectively within the parameters of these laws and policies.

Learning Objectives:

By the end of this presentation, participants will be able to:

- Define the main components of the ACA, Parity Law, 42 CFR, Block Grants and IMD exclusion.
- Describe the implications of the ACA, Parity Law, 42 CFR, Block Grants and IMD exclusion on business operations and service delivery.
- Identify at least one strategy they will implement to improve effectiveness of business operations and/or service delivery in light of these laws and policies.

Topic Area:

Federal Laws and Policies

Target Practice Area:

Beginner, Intermediate and Advanced

Target Audience:

Social Workers, Clinicians, Management and Fiscal Staff

Plenary B

Breaking Bad: Is Risk Resilience?

Genevieve E. Chandler, RN, PhD

Associate Professor, University of Massachusetts Amherst

Eric C. Arauz

President , Arauz Inspirational Enterprises LLC

Session Description:

This plenary session will describe an alternative, evidence-based perspective of resilience, which can be masked as problematic risk behavior, and a group intervention to interrupt the risk behavior to illness trajectory. Resilience can begin in response to trauma, referred to as adverse childhood experiences (ACE), whether ACE be a big "T" of emotional, physical or sexual abuse or living in a household with drug abuse, incarceration or mental illness or the little "t" of being bullied or losing a pet. ACE can result in acting out or shutting down in elementary school or developing physical symptoms such as headaches or stomach aches or psychological symptoms such as depression and anxiety in adolescence. Adolescents may engage in so called risk behaviors of smoking, drinking,



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suicidal ideation or violence to manage uncomfortable symptoms. Such risk behaviors have led to the nation's most intractable health problems of Chronic Obstructive Pulmonary Disease (COPD), hypertension, HIV and diabetes. The presenters believe risk is the individuals' way of bouncing back from stress and can be changed. They will share a five-step group Empower Resilience Intervention that has inspired a change in attitude and behavior in young adults by: 1. Building on strengths, 2. Finding strength from past adversity, 3. Using mindfulness for emotional regulation, 4. Writing to integrate healing and 5. Building safe connections.

Learning Objectives:

By the end of this presentation, participants will be able to:

- Demonstrate a trauma informed perspective of risk behavior: "What happened to you?", rather than "What's wrong with you?".

- Describe the trajectory of adverse childhood experiences to risk behavior to chronic illness.
- Develop skills to implement a strength-based resilience intervention.

Topic Area:

Trauma and Resilience

Target Practice Area:

Beginner, Intermediate and Advanced

Target Audience:

Social Workers, Counselors and Nurses

Courage and Compassion Awards Reception

4:30 p.m. – 6:00 p.m.



Change is Inevitable
Progress is Optional

Detailed Agenda

Inspiring Progress Seizing Opportunities

Thursday, April 16, 2015

Registration, Continental Breakfast and Vendor Browsing

8:00 a.m. – 9:00 a.m.

Welcome and Introductions

9:00 a.m. – 9:45 a.m.

Deborah Megaro, MS, MBA

President, NJAMHAA Board of Directors

Debra L. Wentz, PhD

Chief Executive Officer, NJAMHAA

Keynote Presentation

9:15 a.m. – 10:15 a.m.

Serving Individuals in the Criminal Justice System: An Overview of the Population and Best Practices

Fred C. Osher, MD

*Director, Health Systems and Services Policy
Council of State Governments Justice Center*

Session Description:

The substantial number of individuals who are served by the behavioral health system who are also involved in the criminal justice system have complex needs that cannot be adequately resolved by one system alone, prompting the need for effective partnership and collaboration between the two systems. Researchers estimate that nearly 17 percent of people admitted to jail have serious mental illnesses and nearly 70 percent of all adult inmates have a substance use disorder. Despite current efforts to collaborate with the criminal justice system, treatment providers are increasingly serving clients with risk factors that compromise their recovery, create stress for their families, and negatively impact public safety and government spending. This presentation will describe factors associated with

the overrepresentation of behavioral disorders in the criminal justice system; feature emerging research and best practices from the field; and discuss the importance of applying the risk-need-responsivity (RNR) principles to reduce recidivism and promote recovery.

Learning Objectives:

By the end of this presentation, participants will be able to:

- Describe the overrepresentation in the criminal justice system of individuals with mental health and/or substance use disorders.
- Describe emerging research and best practices in providing behavioral health services to those involved in the criminal justice system.
- Describe the principles of risk-need-responsivity (RNR) and their importance to reducing recidivism and promoting recovery.

Topic Area:

Mental Health and Substance Use Disorders and Treatment for those involved in the Criminal Justice System

Target Practice Area:

Beginner, Intermediate and Advanced

Target Audience:

Social Workers, Counselors, Psychologists, Psychiatrists, Policymakers, CEOs and all other behavioral health clinicians and managers interested in serving this population

Break and Vendor Browsing

10:15 a.m. – 10:45 a.m.

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Workshops 2A – 2D

Workshop 2A

The Science of Compassionate Care

Donald J. Parker, LCSW

President and CEO, Carrier Clinic

Session Description:

This workshop will include a review of the historical, philosophical and scientific background of compassion. Among the topics of discussion are; why the Biobehavioral Sciences have neglected compassion as a topic of research; where compassion comes from; how do we see and recognize compassion in others; can we measure, train and reward compassion; and can we prevent compassion fatigue. The question of whether human nature is Fundamentally compassionate and Carrier Clinic's Compassionate Care Index will both be explored.

Learning Objectives:

By the end of this presentation, participants will be able to:

- Describe the history and current perspective of science on the study of compassion.
- Respond to the question, "Is human nature fundamentally compassionate?"
- List current methods to measure compassion.
- List the characteristics of compassionate care.
- Describe how to prevent compassion fatigue.
- Describe Carrier Clinic's Compassionate Care Index.

Topic Area:

Current research on Compassionate Care

Target Practice Area:

Intermediate

Target Audience:

Social Workers, Counselors, Management, Drug/Alcohol Counselors, Mental Health Technicians, Consumers and Consumer Advocates

Workshop 2B

Challenges and Opportunities for the Use of Medications to Treat Chronic Opioid Addiction in the United States

Mark W. Parrino, MPA

President, The American Association for the Treatment of Opioid Dependence

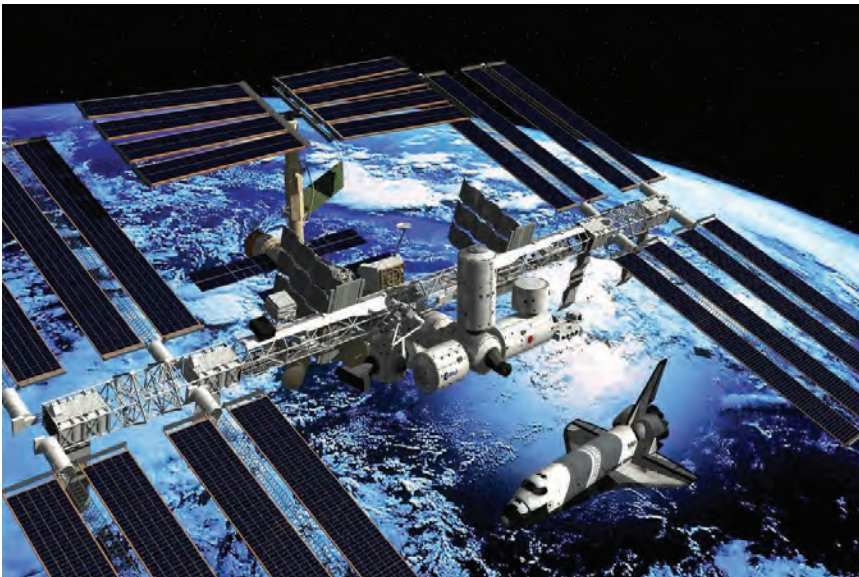
Session Description:

The focus of this course will be on changing patient characteristics in Opioid Treatment Programs (OTPs) based on a study that The American Association for the Treatment of Opioid Dependence (AATOD) has conducted over the course of the past 10 years. The course will also cover the evidence in support of the use of the three federally approved medications (methadone, buprenorphine, Naltrexone/Vivitrol) in the treatment of opioid addiction. The course will also include the integration of using such medications as part of the criminal justice system.

Learning Objectives:

By the end of this presentation, participants will be able to:

- Describe the nature of changing patient characteristics as they are admitted to treatment.
- Describe the trends in the increasing use of heroin by individuals in the United States.
- Describe how the use of such medications is affecting decisions in public health and addiction treatment policy.



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Topic Area:

Opioid Addiction Treatment and Public Policy

Target Practice Area:

Intermediate

Target Audience:

Clinicians, Policymakers and Program Administrators

Workshop 2C

Ethical Leadership

Judy Young, MBA

Executive Director , Rutgers Institute for Ethical Leadership

Session Description:

Ethical dilemmas occur in all organizations. Specifically, human service agencies experience ethical dilemmas that often pit one's mission against their organization's fiscal viability. The goal of this workshop is to help participants understand how to identify and handle ethical dilemmas. The presenter will discuss: why an organization should focus on ethical leadership; what influences decisions to handle and/or reveal an ethical dilemma; and the Rutgers Institute for Ethical Leadership Decision Making Model. The model serves as a tool for participants to apply when handling ethical dilemmas.

Learning Objectives:

By the end of this presentation, participants will be able to:

- Identify ethical dilemmas.
- Describe why an organization should focus on ethical leadership.
- List the influences on decisions made when facing an ethical dilemma.
- Describe the Rutgers Institute for Ethical Leadership Decision Making Model.

Topic Area:

Ethical Leadership

Target Practice Area:

Beginner, Intermediate and Advanced

Target Audience:

Clinicians, Management, Fiscal and Social Workers

Workshop 2D

HomeSafe: A Housing Intervention for the Entire Family

Kelly Sachter, LCSW

Senior Manager of DCP&P Contracted Programs FAMILYConnections, Inc.

Alexandria Riley, LPC

HomeSAFE Coordinator/Clinical Case Manager FAMILYConnections, Inc.

Session Description:

FAMILYConnections, Inc. recently implemented a new supportive housing program, HomeSafe, for families involved with the Division of Child Protection and Permanency (DCPP). The HomeSafe Program is based on the Keeping Families Together (KFT) model, first piloted in New York City. Attendees will learn how supportive housing models are designed to meet the specific needs of child welfare-involved families. FAMILYConnections, Inc. has adapted the KFT model to address trauma in families who have involvement with the DCPP, a history of homelessness and/or housing instability, and a dual diagnosis of mental health and substance abuse disorders. The presenters will discuss effective community partnerships and the cross-systems collaborations that have been critical to the success and implementation of HomeSafe, as well as lessons learned since implementation in July of 2014.



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Learning Objectives:

By the end of this presentation, participants will be able to:

- Describe supportive housing as a child welfare intervention for families encountering challenges with mental health and substance abuse.
- Describe FAMILYConnections, Inc.'s HomeSafe Program model.
- Explain the importance of collaboration with the Division of Child Protection and Permanency and community partnerships.

Topic Area:

Children and Youth

Target Practice Area:

Beginner and Intermediate

Target Audience:

Social Workers, Counselors and Management

Lunch

12:00 p.m. – 1:15 p.m.

Workshops 2E – 2H

1:15 p.m. – 2:30 p.m.

Workshop 2E

Implementing Evidence Based Behavioral Health Interventions and Supports through Mobile/Online Technologies: Current and Future Opportunities

Charles Curie

Principal and Founder, The Curie Group LLC

Scott R. Cousino

CEO, myStrength, Inc.

Session Description:

This workshop will review the use of mobile/online technologies in providing evidence based behavioral health interventions and supports. The increasing consumer demand for online behavioral health resources will be highlighted; data indicate that 57 million U.S. consumers, or 28 percent of Internet users, actively seek mental health information online. Consideration will be given to leveraging the Internet and innovative technology to provide cost-effective access to proven treatments, such as cognitive behavioral therapy (CBT), to extend care to people with mental illnesses and addictive disorders. How these

technologies increase the impact of the clinician and other interventions and offer recovery supports on a 24-hour-per-day basis will be emphasized. Use of these technologies in facilitating integrated, holistic care in healthcare settings will be highlighted. Further, practical case studies will be presented to showcase how community behavioral healthcare providers have successfully integrated these consumer focused technology solutions to improve access, enhance clinical effectiveness and lower cost of care.

Learning Objectives:

By the end of this presentation, participants will be able to:

- Demonstrate data driven knowledge of the compelling trends around the safety net and technology, including access to technology, consumer demand and efficacy of computer/web enabled models.
- Identify specific mobile/online cognitive behavioral health treatment tools and recovery supports.
- Identify practical illustrations of the many ways organizations are realizing value from these technology applications, such as managing waitlists, enhancing interventions, improving integration with primary care providers and providing ongoing recovery supports.
- Describe how several organizations have successfully integrated consumer-facing applications into clinical workflows and protocols.



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Topic Area:

Using cutting edge mobile/online and other technologies to increase access to evidence based treatment and achieving positive treatment outcomes

Target Practice Area:

Beginner, Intermediate and Advanced

Target Audience:

Social Workers, Counselors, Clinicians, Clinical Supervisors, Management and Fiscal Staff

Workshop 2F

Community Reinforcement and Family Training (CRAFT): Utilization Across the Treatment Spectrum

Carrie Wilkens, PhD

Co-Founder & Clinical Director, The Center for Motivation and Change (CMC)

Nicole Kosanke, PhD

Director, Family Services, The Center for Motivation and Change (CMC)

Session Description:

Substance use disorders affect approximately 30 percent of Americans during their lifetime and 12 percent of high school students meet criteria for a substance use disorder, yet few substance users seek treatment. Family members often bear the brunt of navigating the treatment system and experience the burden of motivating substance users in their family to seek treatment for their problems. Clinicians utilizing the Community Reinforcement and Family Training (CRAFT) Approach can provide families with specific skills for understanding the function of the substance use in their family members' lives and methods for effectively responding to substance use issues. CRAFT demonstrably increases the probability of substance users seeking help and improves family functioning. The presenters will discuss the behavioral and motivational aspects of the CRAFT approach for families dealing with substance users. They will outline the differences

between this strategy and other more traditional approaches currently utilized by the field and will discuss CRAFT's use in different treatment contexts. They will also discuss the training and implementation of the CRAFT skills with both trained mental health professionals as well as parent peer "coaches".

Learning Objectives:

By the end of this presentation, participants will be able to:

- Demonstrate increased awareness of evidence-based treatment options for families of substance users.
- Explain the differences among CRAFT and more traditional approaches.
- Describe CRAFT concepts, such as positive reinforcement, allowing naturally occurring consequences, positive communication skills and self-care.
- Demonstrate awareness of ways to utilize CRAFT across the treatment spectrum and potentially in a self-help format.

Topic Area:

Evidence-based Treatment

Target Practice Area:

Beginner, Intermediate and Advanced

Target Audience:

Clinicians.



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Workshop 2G

Business Skills for Social Work and Human Services Leaders

Andrew J. Germak, MBA, MSW, LSW

Executive Director, Center for Leadership and Management

Professor of Professional Practice, School of Social Work, Rutgers, The State University of New Jersey

Steven Silbiger, MBA, CPA

Founder and Chief Marketing Officer, Top Dog Direct

Session Description:

Competition for executive level jobs in the human services field is intense. Although the ideal is to promote from within, it is not always possible, especially if the clinical staff does not possess essential business skills. As a result, business professionals, even those without human services experience, may be awarded these opportunities. While it may not be every clinician's desire to earn an MBA degree, essential business knowledge and skills should be developed to ensure effective agency leadership. A seasoned MBA and business entrepreneur, and an accomplished social worker who also has an MBA will share their insights into the importance of business skills in the human services field; provide an overview of the skills necessary to succeed as a supervisor, manager, or executive in the human services industry; and identify resources for developing skills and gaining knowledge without incurring the excessive cost of a college degree.

Learning Objectives:

By the end of this presentation, participants will be able to:

- Use the language and practices of business management and explain how they relate to the human services industry.
- Identify the various areas of business management and which areas of business management are transferable to social work and human services.
- Develop ideas for how to obtain more skills in certain areas (e.g. accounting) that may be new and underdeveloped skill areas.
- Demonstrate one key insight from each of the nine core functional areas of MBAs that they can immediately use in their work.

Topic Area:

Human Services Management

Target Practice Area:

Beginner, Intermediate and Advanced

Target Audience:

Social Workers, Management and Human Service Agency Leaders. Supervisors and providers interested in advancing into management careers

Workshop 2H

Understanding Childhood Developmental Disability and Co-occurring Behavioral Health Problems: A Brain-Behavior Perspective

Lucille Esralew, PhD, NADD-CC, CDP

Clinical Administrator SCCAT & S-COPE

Trinitas Regional Medical Center

Session Description:

This workshop will provide an overview of the behaviors and mental health disorders that are more likely to occur in association with select developmental disabilities. The presenter will discuss how brain changes associated with autism and Fetal Alcohol Spectrum Disorder are associated with social, emotional and behavioral problems in children and adolescents. The presenter will provide an overview of the implications for supports and services of these children at home and in school, and preview the likely trajectory for these children with dual diagnoses as they transition to adulthood.



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Learning Objectives:

By the end of this presentation, participants will be able to:

- Identify the risk factors for development of mental health disorders among children with autism.
- Recognize the connection between social and behavioral problems and the diagnosis of Fetal Alcohol Spectrum Disorder for children diagnosed with FASD.
- Identify at least three different supports and services that can be put in place to aid the transition of children with developmental disabilities and co-occurring behavioral health problems.

Topic Area:

Childhood Mental and Behavioral Health; Developmental Disabilities

Target Practice Area:

Intermediate

Target Audience:

Social Workers, Counselors, Psychologists, Managers of CMOs and Mental Health Services for Children

Break & Vendor Browsing

1:30 p.m. - 2:00 p.m.

Closing Plenary Session

2:00 p.m. – 3:00 p.m.

Redefining Behavioral Health Delivery and Outcomes in New Jersey

Allison Blake, PhD, LSW

Commissioner

Commissioner of the Department of Children and Families

Lynn A. Kovich, MEd

Assistant Commissioner

New Jersey Division of Mental Health and Addiction Services (DMHAS)

Session Description:

Significant behavioral health system changes are underway in New Jersey; other significant changes are in the planning stages. Commissioner Blake and Assistant Commissioner Kovich have spearheaded many of these changes and continue to oversee

strategic planning efforts that will continue to move systems toward integrated, community-based, person-centered, whole health care for adults and children with mental health and substance use disorders. Both will share their insights as to the primary challenges facing their respective realms of services and service providers, as well as potential solutions, and provide updates as to other changes that community-based providers may expect in the near future.

Learning Objectives:

By the end of this presentation, participants will be able to:

- Describe current initiatives of the Division of Mental Health and Addiction Services and Children's System of Care.
- Identify challenges facing the Department of Human Services and Department of Children and Families moving forward, as well as potential solutions.
- Identify the implications of current and future initiatives for providers and consumers.

Topic Area:

New Jersey Behavioral Healthcare System

Target Practice Area:

Beginner, Intermediate and Advanced

Target Audience:

All Clinical Managers, Fiscal, Operations, Counselors

*Please contact Michelle Bozikova at 609-838-5488 ext. 218 or mbozikova@njamhaa.org for information about continuing education for social workers.

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