

BUILDING HEALTHY, STRONG COMMUNITIES FRIDAY, MAY 4, 2018

8:00 – 8:30 AM – Registration and Breakfast

8:30 – 8:45 AM – Welcome Remarks

8:45 – 10:15 AM – Session One (Choose One)

Option 1 – *An Introduction to Mindfulness: Cultivating Resilience and Compassion*

Presenter: *Libby Robinson*

CEUs: *1.5 Clinical*

Objectives: *1) Participants will better understand mindfulness through direct experiences of cultivating it. 2) Participants will be more knowledgeable about the research on mindfulness. 3) Participants will gain experience in cultivating mindfulness. 4) Participants will understand skills required to foster mindfulness in themselves and in their clients.*

Description: *This presentation will describe what mindfulness is and some of the research on its effects on mental and physical health, including building resilience and compassion. The bulk of the presentation will lead participants through several experiences of cultivating mindfulness (both informal strategies and meditation) and then sharing their experiences. Further opportunities for cultivating mindfulness will be covered.*

Presenter Bio: *Libby Robinson, Ph.D., MSW, MPH, began practicing mindfulness meditation in 1979. She has attended over 25 silent one-week mindfulness retreats. Her teacher training includes Mindfulness-Based Stress Reduction (MBSR) trainings with Jon Kabat-Zinn and colleagues at UMass and advanced trainings with Zindel Segal and Susan Woods in the early 2000's. Libby began teaching MBSR in 2003 to individuals in recovery, psychotherapists, University of Michigan medical school faculty, nurses and other health professionals, along with members of the community in Ann Arbor and Flint. She leads many drop-in meditation sessions locally and provides presentations to organizations and businesses on mindfulness. Her Ph.D. is in Psychology and Social Work from the University of Michigan. She retired several years ago from her research faculty position in the University of Michigan Department of Psychiatry, where she studied how people recover from alcoholism, supported by the National Institute of Alcoholism and Alcohol Abuse, the Templeton Foundation, and the Fetzer Institute.*

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Option 2 – *Leading a Social Impact Organization Through a Changing Political Environment*

Presenter: *Barbara Hiltz*

CEUs: *1.5 Macro*

Objectives: *1) Learn various ways organizations might be impacted by changes to the political landscape. 2) Learn strategies for remaining relevant and sustainable.*

Description: *This session will discuss the various issues related to leading organizations through changes in the political landscape. Participants will discuss their experiences with the impact of a changing environment, including issues of funding and social capital. Various strategies for remaining relevant and sustainable will be addressed.*

Presenter Bio: *Clinical Assistant Professor Barbara Hiltz, MSW, focuses on the sustainability of community-based organizations, including the role of innovation, social enterprise and social entrepreneurship in shaping social service delivery. For more than two decades, Professor Hiltz has worked in interpersonal, community and administrative practice. She served as executive director of a program for men who abuse their domestic partners in St. Louis, MO, and a cancer support organization in Ann Arbor, MI. Other areas of expertise include women in leadership, human resource management, fund and program development and fiscal management. In 2011, Professor Hiltz co-founded the Brides Project, a social enterprise designed to raise money for cancer support services.*

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Option 3 – *Social Work and Sports: The Social Work Impact from Youth to Professional Athletes*

Presenter: *Emily Klueh*

CEUs: 1.5 Macro

Objectives: 1) *Participants will gain a better understanding of the emerging field of social work and sports and learn how macro and micro practice intersects at all ages from youth sport to professional sport. 2) Participants will gain skills to implement community-based programs involving sports to be a positive influence for individuals as well as the community.*

Description: *This presentation introduces the broad scope of practice for social workers working with athletes and sports. Starting from the youth sports level up through professional athletes, social workers have a significant impact on the overall health and well-being of athletes. Social workers provide services to help explore one's social development, while finding the sense of community in youth sports. Social workers encourage help-seeking behaviors, manage pressures, expectations, and overall mental health and functioning in collegiate athletes. Social workers can help professional athletes clinically as well as help them navigate their platform to promote social change on a local, regional, national, and global level.*

This presentation will look at systems, programs, and dynamics that influence athletes throughout their careers. Understanding athletes from a holistic approach is crucial in providing support and identifying culturally-responsive resources. This is an introduction to the field, briefly looking at each level of sport and how social work can have a positive impact.

Presenter Bio: *Emily Klueh is a Clinical Mental Health Athletic Counselor and Program Coordinator for Athletes Connected within the Performance Psychology Athletic Counseling unit in the University of Michigan Athletic Department. Within this dual role, Emily is responsible for providing direct clinical care using evidence-based practices, working interactively with support staff across the University of Michigan athletic campus, and consulting with athletic departments across the country.*

10:15 AM – 10:30 AM – Break

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10:30 AM – 12:00 PM – Session Two (Choose One)

Option 1 – *An Introduction to Bioethics: Ethical Frameworks, Key Concepts, and Case Deliberation*

Presenter: *Janice Firn*

CEUs: *1.5 Ethics*

Objectives: *1) Describe framework for defining and addressing ethical conflicts. 2) Define key ethical concepts. 3) Apply frameworks and concepts to address case examples of ethical conflicts in group discussions.*

Description: *Bioethics is the study of moral issues in the life sciences, medicine, and research. It addresses issues from patient and provider autonomy to the distribution of scarce resources. Bioethics has brought about changes in standards for the treatment of the sick and for the conduct of research. In this session, we will do a shared, reflective examination of ethical issues in health care, health science, and health policy. We will review frameworks for resolving ethical conflicts and defining common ethical concepts. In small groups, we will use these frameworks and concepts to deliberate about specific case examples of ethical conflicts.*

Presenter Bio: *Janice Firn, Ph.D., LMSW received her Bachelor's from Michigan State University, her MSW from the University of Michigan, and Ph.D. from Lancaster University. Janice is a Clinical Assistant Professor in the Department of Learning Health Sciences (DLHS), Division of Professional Education. Before DLHS, Janice worked in oncology and palliative care at Michigan Medicine. She is also part of the Center of Bioethics and Social Sciences in Medicine (CBSSM), and serves as a Clinical Ethicist for the Clinical Ethics Service. Janice responds to ethics consultation requests, facilitates preventative ethics rounds, participates in interprofessional ethics education at the undergraduate, graduate, and professional level across the medical academic campuses, and is involved in a number of related research and quality improvement/quality assurance initiatives.*

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Option 2 – Suicide Prevention Among Youth Using Social Media

Presenters – Stephanie Kastely & Patricia Dixon

CEUs: 1.5 Clinical

Objectives: 1) Describe the impact of social media on youth and the choice to engage in suicide. 2) Identify suicide prevention tools.

Description: This course will provide an overview of suicide in the United States, more specifically in Michigan. Information on children, youth, and college student suicide will be provided. We will discuss the relationship and impact of social media on youth suicide, and share prevention tools and tips. We will cover the impact and work of Garrett Lee Smith Suicide Prevention grants in Michigan. A question and answer session will be available after the presentation.

Presenter Bio: Stephanie (Stef) Kastely is the Suicide Prevention Coordinator at Wayne State University and the Coordinator for the 2017-2020 SAMHSA Garrett Lee Smith grant awarded to Wayne State University. Stef received her master's in counseling from Wayne State University and is currently a doctoral candidate in counseling at Wayne State, with her research topic about counselor-in-training burnout. Stef is also a doctoral level supervisor of counselors-in-training at Wayne State.

Patricia Dixon is a University Counselor III with the Counseling and Psychological Services at Wayne State University. She has worked in mental health services with Community Mental Health in Wayne, St. Clair and Macomb Counties for over 25 years. She has worked with the Wayne County Prosecutors Office providing victim services to families impacted by homicide, served with United States Peace Corps in Liberia West Africa, and provides crisis response services to first responders impacted by trauma. As a University Counselor at CAPS, Ms. Dixon coordinates crisis response services as requested and/or needed to meet the needs of students at Wayne State University. She also provides mindfulness training with students from Wayne State University. She is a member to of the National Association of Social Workers and Alliance of Social Workers in Sports where she serves on the Education/Certification Committee. Ms. Dixon holds a MSW from Wayne State University and a BSW from Central Michigan University.

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Option 3 – *Virtual Reality Job Interview Training for Individuals with Disabilities*

Presenter – *Matthew Smith*

CEUs: *1.5 Clinical*

Objectives: *1) Describe currently available approaches to enhance employment for adults with a range of disabilities. 2) Describe strategies to implement the Virtual Reality Job Interview Training tool with clients looking for work.*

Description: *The employment rate for adults with disabilities such as schizophrenia, bipolar disorder or post-traumatic stress disorder is approximately 24 percent. The field's standard approach to helping individuals with disabilities prepare for job interviewing is to role-play with a peer or vocational counselor on two to three times before they engage in real-life job interviews. However, there is no evidence that this method helps prepare individuals for interviews. Moreover, only 30 percent of clients who role-play found the process helpful for getting jobs. Virtual Reality Job Interview Training is a highly scalable, internet-delivered, evidence-based practice that improves interview skills and access to employment for trainees. This workshop will review the theory underlying the development of the tool, the current evidence that supports this tool, and will discuss strategies to deliver the tool to clients looking for work.*

Presenter Bio: *Matthew Smith, Ph.D., MSW, MPE, LCSW, received his Ph.D. from the University of Wisconsin-Madison and completed post-doctoral fellowships in psychiatric epidemiology and biostatistics at Washington University in St. Louis and in translational neuroscience at Northwestern University. His primary research interests focus on developing and evaluating technology-based interventions that can be delivered in high schools and community mental health centers to improving community-based outcomes for transition-age youth with educational disabilities and adults with severe mental illness and/or other disabilities. He is also interested in developing and evaluating technology-based tools to enhance the clinical education of social work students. Lastly, he is interested in studying the social neuroscience and community-based functioning of individuals with schizophrenia.*

12:00 – 1:00 PM – Lunch

A list of local eateries will be provided to you or feel free to bring your own lunch.

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1:00 – 2:30 PM – Session Three (choose one)

Option 1 – *An Introduction to Bioethics: Ethical Frameworks, Key Concepts, and Case Deliberation*

Presenter: *Janice Firn*

CEUs: *1.5 Ethics*

Objectives: *1) Describe framework for defining and addressing ethical conflicts. 2) Define key ethical concepts. 3) Apply frameworks and concepts to address case examples of ethical conflicts in group discussions.*

Description: *Bioethics is the study of moral issues in the life sciences, medicine, and research. It addresses issues from patient and provider autonomy to the distribution of scarce resources. Bioethics has brought about changes in standards for the treatment of the sick and for the conduct of research. In this session, we will do a shared, reflective examination of ethical issues in health care, health science, and health policy. We will review frameworks for resolving ethical conflicts and defining common ethical concepts. In small groups, we will use these frameworks and concepts to deliberate about specific case examples of ethical conflicts.*

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Option 2 – CBT for Chronic Pain and Sexual Health

Presenter: Liz Haas

CEUs: 1.5 Pain

Objectives: 1) Describe the basic components of CBT for Chronic Pain including, the CBT Model and the Chronic Pain Cycle. 2) Describe how using CBT skills, in the context of chronic pain, can help improve sexual health.

Description: Chronic pain is a common comorbidity for those seeking mental health and social work services. Chronic pain is often undertreated or mistreated due to inadequate access to care, stigma, and social inequalities. This course discusses Cognitive Behavioral Therapy for Managing Chronic Pain (CBT-CP). CBT-CP is an evidence-based treatment that has shown to be effective in assisting clients with improving their functioning while living with a chronic condition.

Presenter Bio: Liz Haas, LMSW, is a Psychiatric Social Worker at the Ann Arbor Veterans Affairs Hospital in the Substance Abuse and Primary Care Substance Abuse Clinics where she practices group and individual therapy focusing on Dialectical Behavioral Therapy, Sex Therapy, Cognitive Behavior Therapy, Motivational Interviewing, CBT for Insomnia, and CBT for Chronic Pain. Research on CBT for Chronic Pain has resulted in coauthoring the journal article "Treating chronic pain in Veterans presenting to addictions treatment program" (Cognitive Behavioral Practice, 2009).

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Option 3 – *Shifting Organizational Culture: Advancing Diversity, Equity, and Inclusion in our Spaces*

Presenter: *Lauren Davis*

CEUs: *1.5 Macro*

Objectives: *1) Identify the role that stakeholders play in building more diverse, equitable and inclusive organizations. 2) Identify the challenges to achieving diversity, equity, and inclusion in our organizations and find approaches to overcoming these barriers.*

Description: *With an increasingly diverse world and changes in the political landscape, issues of diversity, equity and inclusion are increasingly important in our organizations. However, steps needed to turn this ideal into action can be unclear. In order to create this type of organizational culture, everyone must be a part of the process. This presentation aims to give participants strategies to promote diversity, equity, and inclusion at the individual and organizational level, recognize the barriers they may experience, and strategies on how to overcome these challenges.*

Presenter Bio: *Lauren Davis, MSW, has been working at the School of Social Work since 2008. She is currently the Program Manager for the School's Office of Diversity, Equity, and Inclusion (DEI), which is responsible for the implementation of the School's DEI strategic plan. She also is a field instructor for MSW students in the DEI Office. She has worked in higher education for more than ten years in advising, academic support, admissions, recruitment, and helping students navigate wellness concerns. Her passion is creating inclusive learning environments where students can thrive academically, personally, and professionally.*

2:30 – 2:45 PM – Break

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2:45 – 4:15 PM – Session Four (choose one)

Option 1 – *CBT for Chronic Pain and Sexual Health*

Presenter: *Liz Haas*

CEUs: *1.5 Pain*

Objectives: *1) Describe the basic components of CBT for Chronic Pain including, the CBT Model and the Chronic Pain Cycle. 2) Describe how using CBT skills, in the context of chronic pain, can help improve sexual health.*

Description: *Chronic pain is a common comorbidity for those seeking mental health and social work services. Chronic pain is often undertreated or mistreated due to inadequate access to care, stigma, and social inequalities. This course discusses Cognitive Behavioral Therapy for Managing Chronic Pain (CBT-CP). CBT-CP is an evidence-based treatment that has shown to be effective in assisting clients with improving their functioning while living with a chronic condition.*

Presenter Bio: *Liz Haas, LMSW, is a Psychiatric Social Worker at the Ann Arbor Veterans Affairs Hospital in the Substance Abuse and Primary Care Substance Abuse Clinics where she practices group and individual therapy focusing on Dialectical Behavioral Therapy, Sex Therapy, Cognitive Behavior Therapy, Motivational Interviewing, CBT for Insomnia, and CBT for Chronic Pain. Research on CBT for Chronic Pain has resulted in coauthoring the journal article "Treating chronic pain in Veterans presenting to addictions treatment program" (Cognitive Behavioral Practice, 2009).*

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Option 2 – Fostering Personal and Community Well-being Through a Holistic, Multi-dimensional Lens

Presenter: Joy Pehlke

CEUs: 1.5 Clinical

Objectives: 1) Apply a multi-dimensional lens of well-being to address client concerns. 2) Describe how well-being and diversity, equity, and inclusion are intersectional and multi-layered.

Description: This presentation will focus on an eight-dimensional lens of holistic well-being through which practitioners can help their clients address dimensions of their lives that are areas of strength and growth. You can overlay this model on top of other presenting concerns (substance use, body image, relationships) as a way to attend to concerns in a multi-dimensional manner.

This presentation will also address how systems and organizations can utilize a multi-dimensional model of well-being in order to create and sustain a well culture, or well community, addressing in particular how social justice and diversity, equity, and inclusion are essential aspects of individual and collective well-being.

Presenter Bio: Joy Pehlke, M.E.d., received her bachelors in philosophy and religious studies from the University of California at Santa Barbara and her masters of education in higher education and student affairs administration from the University of Vermont. Her interests include creating a culture of well-being on campus, wellness coaching, motivational interviewing, alcohol and other drug prevention and intervention, positive psychology, social justice, diversity, equity and inclusion, sleep hygiene, and mindfulness resilience. Joy believes in the power of looking at wellness holistically and interculturality. A holistic approach allows us to address and attend to the expected and unexpected fluctuations in life and building resilience for the times in our lives that challenge us. Joy also believes that wellness does not look like what the media tells us.

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Option 3 – *The Opioid Crisis: Changing Policy and Practice to Reduce Opioid-Related Harms*

Presenter: Amy Bohnert

CEUs: 1.5 Clinical

Objectives: 1) Describe trends in opioid overdose between 2000 and 2015 and some of the causes of the opioid crisis. 2) Use common screening tools for assessing opioid use problems in clients.

Description: *This presentation will provide an overview of the opioid overdose epidemic, a discussion of potential policy and organizational solutions, and useful tools for screening and discussing opioids with clients in clinical practice. First, trends over time in opioid overdose will be described along with changes in the nature of the epidemic in the last several years. Some of the causes of the epidemic will be discussed. Broad policy efforts to address the causes of the problem will be discussed, and breakout groups will discuss and develop ideas for policies or programs relevant to their organizations. Next, research from clinical settings will be presented that will inform efforts to identify which patients are at greatest risk for opioid overdose and who may be candidates for social worker-led services to address overdose risk behavior. Finally, methods to assess for opioid use during client encounters will be describe along with tips for discussing opioid use with clients.*

Presenter Bio: *Amy Bohnert, Ph.D., M.H.S. is a mental health services researcher with training in public health who focuses her research on epidemiology and brief interventions regarding substance use and related disorders. Within a team of collaborators at the University of Michigan and the Department of Veterans Affairs, she has led a number of projects related to overdose and prescription drug safety. A number of her research activities have been specifically aimed at improving care occurring in substance use disorder treatment settings. Dr. Bohnert has demonstrated a particular expertise in applying epidemiology methods to the analysis of electronic health records-based datasets to answer important questions for health services delivery.*

4:15pm – End of Event