

The Mental Health Association of Orange County

*Presents*

the 25<sup>th</sup> Annual

# Meeting of the Minds

Mental Health Conference & Resource Fair



May 15, 2019

Anaheim Marriott

**“25 Years of Building Community  
Where Each Mind Matters”**

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# Meeting of the Minds 2019

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## Friends

AAA Hoarding & BioHazard Removal  
College Community Services Adult Programs  
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## Exhibitors

Alzheimer's Orange County  
Behavioral Health Boards: MHB/ADAB  
Cambodian Family  
Child Abuse Prevention Center  
Children's Bureau  
Council on Aging – Orange County  
Depression & Bipolar Support Alliance – OC  
Depression & Bipolar Support Alliance – South OC  
Didi Hirsch Mental Health Services  
DoTerra Essential Oils/Julie Taylor  
Family Assistance Ministries  
Helping the Behaviorally Challenging Child  
Jewish Federation & Family Services  
Mental Health Association of Orange County  
Mind & Memory Program at Mission Hospital  
Mountain Respite Camp

Multi-Ethnic Collaborative of Community Agencies (MECCA)  
NAPAFASA  
National Association of Social Workers – CA Chapter  
Norooz Clinic Foundation  
OCHCA Behavioral Health  
Orange County Psychiatric Society  
Orange Police Department  
Overeaters Anonymous  
Patients' Rights Advocacy Services  
Recovery Education Institute  
Recovery International  
Scan Health Plan  
Self Connect therapy tool, by Empowered Culture  
The John Henry Foundation  
Western Youth Services  
WISE PLACE

## Schedule of Events

7:00 am	Exhibitor Registration
8:00 am	General Registration Begins Continuing Education Sign-In Resource Fair and Consumer Art Show Opens
9:00 am – 10:15 am	Workshops 1-9
10:30 am – 11:45 am	Workshops 10-18
Noon – 1:30 pm	Networking Luncheon with Keynote Presentation
1:30 pm – 2:15 pm	Visit Resource Fair and Consumer Art Show
2:15 pm – 3:30 pm	Workshops 19 – 27
3:45 pm – 5:00 pm	Workshops 28 – 36
5:00 pm – 5:30 pm	Continuing Education Sign-Out

## Keynote Presentation by Dianna DeLaGarza

Author of *Falling with Wings: A Mother's Story*



Dianna DeLaGarza, born and raised in Texas, is a former Dallas Cowboys Cheerleader and country music recording artist who opened for music greats like George Strait, Reba McEntire, and Hank Williams, Jr. As a mother of three daughters who were interested in show business, Dianna also served as pep coach, adviser, and manager to her children. Her youngest, Madison De La Garza, was a regular on *Desperate Housewives*, playing the role of Eva Longoria's daughter. Middle daughter, Demi Lovato is a multiplatinum recording artist and former Disney actress, best known for appearing in *Camp Rock*, *Princess Protection Program*, and *Sonny with a Chance*. Oldest daughter, Dallas Lovato, is currently an acting coach in the Los Angeles area and a voice actress. In addition to being a mom and author, Dianna is also a well-known speaker who

conducts parent seminars around the country about the perks and pitfalls of helping children pursue Hollywood careers.

Dianna will be sharing with us her own life story, what shaped her mental health, and how it eventually affected her family...her "need to be perfect," her eating disorder, and her own addiction struggles. She will explain her "ah ha" moment when she realized her family needed REAL help for their mental health issues. She will discuss their move to Hollywood and into the spotlight, and while it didn't cause their mental health struggles, how the experience exacerbated them to the point they could no longer be ignored. Dianna will share how they got the help they needed through treatment, therapy, sobriety and relying on faith. And, lastly, she'll give an update on how the family is doing and what their plans are for the future.

## Workshops 1 – 9

9:00 am – 10:15 am

### Workshop 1: Salon A/B

#### **Best Practices for Law Enforcement: Interacting Safely with Those with Mental Disorders**

This presentation will cover the four common mental disorders and their symptoms, the potential risk factors for violence, and strategies for communicating with and engaging individuals in the field suffering with mental illness.

**Presenters:** Corporal Mark Bailey and Officer Sean Fezell, Orange Police Department

### Workshop 2: Salon C/D

#### **Homelessness to Health: Creating Healthy Communities**

This presentation will discuss the collaboration between St Joseph Hospital and Jamboree Housing to support services extended from hospital to community. Strength-based treatment approaches for homeless mentally-ill individuals will be discussed, as well as how to improve self-efficacy by using innovative interventions.

**Presenters:** Jeannine Loucks, R.N., Psychiatric Nurse, St. Joseph Hospital Emergency Department and Raul Fernandez, Jamboree

### Workshop 3: Platinum 2

#### **Mindfulness-Based Stress Reduction and Hatha Yoga**

This session will provide an overview of the historical context for mindfulness, Mindfulness-Based Stress Reduction, and hatha yoga. The evidence-base for MBSR and hatha yoga as treatments for PTSD, anxiety, and depression will be reviewed. A practical component, comprised of gentle hatha yoga stretches, and a brief sitting meditation, will be included.

**Presenter:** Nima Fayazmanesh, M.D., Staff Psychiatrist, Tibor Rubin Long Beach VA Healthcare System

### Workshop 4: Ballroom E

#### **Trends in Medication Research**

Workshop will discuss the epidemiology of the more common affective disorders and how they are often confused. Historical treatment modalities will be examined, as well as the pathophysiology of treatment. Presenter will discuss the evolving panorama of the clinical research being done to counter mood disorders and Bipolar Affective Disorder.

**Presenter:** Gustavo Alva, M.D., ATP Clinical Research

### Workshop 5: Ballroom F

#### **Post-Traumatic Growth**

Presenter will discuss the basic signs and symptoms of the core PTSD Syndrome. The workshop will cover the very common emotional and cognitive dilemma bogging PTSD treatment and explain helpful visualization techniques to cut through the dilemma. It will also compare the movie character “Forrest Gump” to real-life cases seen daily at Tibor Rubin.

**Presenter:** Long Huynh, D.O., Staff Psychiatrist Tibor, Rubin Long Beach VA Healthcare System

### Workshop 6: Salon G/H

#### **LGBTIQ 101**

This workshop will provide an overview of common sexual orientations in the LGBTIQ community. Professional ethics which relate to discrimination will be discussed, as will strategies to use when working with LGBTIQ individuals. Four constructs will be explained: gender identity, gender presentation, biological sex and sexual orientation.

**Presenter:** Marco A. Ramirez, LMFT, OCACCEPT, Orange County Health Care Agency

### Workshop 7: Salon J/K

#### **Recovery Lives**

Panelists who have lived experience will discuss struggles associated with mental illness. They will share about their recovery journey, and discuss steps and tools they have found most helpful for progress. There will be a time for questions and answers.

**Presenters:** Wellness Center Central

### Workshop 8: Orange County Ballroom 1/2

#### **Drawing Out Stigma – Strategies for Reducing Stigma**

This workshop will discuss multiple strategies for addressing mental health stigma. Presenters will show a film called **Drawing Out Stigma: My Story, My Journey**, a participatory video that talks about stigma from multi-cultural and multi-generational lenses. Presenters will also distribute a Mental Health Equity Framework to understand the challenges to access, quality, and equity in mental health, and will present strategies and interventions for opening up discussions about mental health stigma.

**Presenters:** Iliana Soto Welty, MECCA, Dr. Miguel Gallardo, clinical psychologist, and Dr. Ana Jimenez, OC Children’s Therapeutic Arts Center & a panel of community members

### Workshop 9: Orange County Ballroom 3/4

#### **Medicare, MediCal and Mental Health**

This presentation will explain the Medicare qualification requirements and how Medicare and MediCal work together. It will define the important terms and how they work for and against people, as well as what to do when things go wrong (i.e., losing all or part of Medicare and MediCal benefits).

**Presenter:** Rick Mark, Brand New Day

**Workshops 10 – 18**  
**10:30 am – 11:45 am**

Workshop 10: Salon A/B

**Law Enforcement Response to Homelessness**

This workshop will discuss Orange County's Point-In-Time Count, provide an overview of available resources and law enforcement efforts to coordinate service referrals, and will outline legal challenges of enforcement and recent proposition implementation.

**Presenter:** Master Officer Brian Hatfield, Garden Grove Police Department

Workshop 11: Salon C/D

**Cultural Considerations in the Psychiatric Treatment of Asian Patients**

Presenter will explain the phases of immigration to the United States by refugees and the different levels of acculturation among the Asian generations. The major psychotherapy issues experienced by first and second generations will be explained, as well as how to identify Post-Traumatic Stress Disorder when treating Asian patients.

**Presenter:** Charles Nguyen, M.D., Staff Psychiatrist, Tibor Rubin Long Beach VA Healthcare System

Workshop 12: Platinum 2

**Be Well Orange County**

This presentation will explain the vision and history of the Be Well OC movement and the Collective Impact Model in system governance. The six outcome pillars identified as key elements of the movement will be discussed, as well as barriers faced during the first year of the program's implementation.

**Presenter:** Clayton Chau, M.D., Ph.D., Regional Executive Medical Director, Providence St Joseph Health, Southern CA Region

Workshop 13: Ballroom E

**Discovering the DSM: Diagnostic and Statistical Manual of Mental Disorders**

Attendees will learn the history of the DSM and its categories for mental illness. Presenter will provide an overview of some of the new diagnoses in the DSM 5, and provide an overview of the most common diagnoses and criteria.

**Presenter:** Jeannie Lochhead, M.D., Assistant Clinical Professor of Psychiatry, UC Riverside School of Medicine

Workshop 14: Ballroom F

**Working with Clients Experiencing Psychotic Episodes**

Presenters will discuss the definition of psychosis and what behaviors are associated with psychosis. Participants will learn ways to speak to someone experiencing psychosis and what medications are commonly used to treat patients experiencing psychosis.

**Presenters:** Rimal Bera, M.D. and Andrew Kami, Ph.D., The John Henry Foundation

Workshop 15: Salon G/H

**Keeping Your Brain Fit As You Age**

This interactive workshop will examine the neurological aging process in the brain and will talk about the importance of mental fitness as we age. Presenter will talk about ways to train hearing to distinguish sounds and the generalized improvements in overall brain function as a result. Workshop will include experiential memory exercises to incorporate into one's life.

**Presenter:** Karyl Dupee, LMFT, Clinical Supervisor, Senior Services and Community Care Navigation, St. Jude Medical Center

Workshop 16: Salon J/K

**And I Know the Way Out: The Value of Peer Support in Recovery**

Attendees will learn why peer support is a vital component, and clinical function, of the Recovery Model. Presenters will explain what qualifies peer support as a valuable service, and why lived experience is such a vital tool in the treatment of mental illness.

**Presenters:** Danny Gibbs, NAMI-OC/Orange County Health Care Agency and Jeffrey Nagel, Ph.D., Director of Behavioral Health, Orange County Health Care Agency

Workshop 17: Orange County Ballroom 1/2

**Listen to Your Anxiety**

This workshop will discuss the origins of anxiety, its common symptoms, how they show up in a person's body/thoughts, and why it continues. Attendees will learn what behaviors and actions increase symptoms and will learn how to cope with anxiety.

**Presenter:** Diana Chaparro-Clark, LMFT, Hope Culture Counseling

Workshop 18: Orange County Ballroom 3/4

**Housing Options in Orange County**

During this presentation, attendees will learn about the OC United Way/UCI Cost of Homelessness study. Panelists will discuss housing options available in the county for individuals living with mental health disabilities, including those provided through the Health Care Agency, those funded with MHSA monies, and No Place Like Home options.

**Presenters:** Helen Cameron, Jamboree; Becks Heyhoe, Orange County United Way; Lisa Row, Orange County Health Care Agency; Judson Brown, Santa Ana Housing Authority; and Danielle Ball, Jamboree

## Workshops 19 – 27

2:15 pm – 3:30 pm

### Workshop 19: Salon A/B

#### **Drug Trends: Symptomology, Addiction & Behavior Change**

This presentation will focus on identifying the major illicit drugs being used in society, particularly opiates, and how these drugs can drastically reduce a person's cognitive and physical function. There will also be a discussion focusing on the local strategic planning process in addressing opiate overdose deaths and substance use concerns.

**Presenter:** Geoff Henderson, Programs and Services Manager, Orange County Sheriff-Coroner Department

### Workshop 20: Salon C/D

#### **Mothering the Mother: Ideas on Helping Mothers & Families Prepare for and Navigate through Postpartum Mood Disorders**

This workshop will explain the risk and protective factors for developing postpartum depression and/or postpartum anxiety and their typical symptoms. Various treatment modalities and approaches to treat postpartum depression and/or anxiety will be presented, as well as the importance of connecting new mothers to community resources and support networks.

**Presenter:** Carrie Cueto, LMFT, Clinician, Western Youth Services

### Workshop 21: Platinum 2

#### **Co-Occurring Disorders and Marijuana**

Presenter will explain the definition of Dual Diagnosis, will discuss the most common psychiatric disorders, as well as symptoms of marijuana psychosis, and potential diagnostic differentials for marijuana psychosis.

**Presenter:** Richard Granese, M.D., Co-Founder and Chairman of the Board, A Mission for Michael

### Workshop 22: Ballroom E

#### **The Science Behind Mental Illness**

This presentation will look at the biophysiological issues that lead to mental illness and how neurotransmitters relate to mental health functioning. Genetic and social factors that lead to mental illness will also be discussed. Classes of medications will be presented, and how they, and psychotherapy, impact neurochemistry and brain functioning to address symptoms.

**Presenter:** Jennifer DeFeo, Ph.D., Licensed Clinical Psychologist, Professor of Psychology, 1LT- California Military Reserve

### Workshop 23: Ballroom F

#### **Culturally Competent Practices with Transgender and Gender Diverse Clients**

Presenter will explain the differences between sexual orientation, gender identity, and gender expression, and will provide insight into the emotional experience of family members to a transitioning person. Strategies for supporting trans people and family members as they navigate transition will be discussed. Local resources available to trans people and their loved ones will be shared.

**Presenter:** Erin Pollard, LMFT, LPCC, Transgender and Gender Diverse Affirming Therapist

### Workshop 24: Salon G/H

#### **Clinical Suicide Risk Assessment**

Attendees will learn how to identify warning signs for suicide and the suicide risk assessment model. Participants will learn how to assess for lethality, how to manage a suicidal client/person, the standard of care when working with an at-risk client, and the importance of collaborative safety planning.

**Presenter:** Jacquelyn Rivera, LCSW, Assistant Program Director, Survivor Support Services, DiDi Hirsch MHS

### Workshop 25: Salon J/K

#### **The Power of Work**

During this panel presentation, attendees will learn about the benefits of working. Panelists will provide direction to attendees who would like to work or volunteer. Goodwill's Individual Placement and Support Model (IPS) will be discussed, and attendees will learn how the Goodwill Employment WORKS program can benefit job-seekers.

**Presenters:** Chris Anders, Chad Thomas, Jonathan Monroy, Jenna Hawes and Denise Kuentler, Goodwill Employment WORKS

### Workshop 26: Orange County Ballroom 1/2

#### **Primitive Reflexes, Breath and Beat: Hands-On Tools for Social-Emotional Health**

In this interactive workshop, attendees will learn breathing tools for well-being and beat-keeping skills for social-emotional connectivity. Presenter will explain the role of primitive reflexes in emotional stability and regulation, and teach how to use movement, breath, and beat, for self-care.

**Presenter:** Maria Simeone, Teaching Artist & Move to Learn Trainer

### Workshop 27: Orange County Ballroom 3/4

#### **SSI/SSDI Work Incentives and Employment**

Attendees will learn about the work incentive rules that allow people to maintain cash and MediCal/Medicare benefits while working, how to have benefits reinstated, and how to contact Social Security for help.

**Presenter:** Dung Le, Mental Health Worker III, Orange County Health Care Agency

## Workshops 28 – 36

3:45 pm – 5:00 pm

Workshop 28: Salon A/B

### **Resilience and Recovery: Responder Wellness – The Journey Back**

This presentation will help first responders identify signs and signals of Post Traumatic Stress and will discuss effective coping skills and exercises that can be used at will. Workshop will explain the difference between PTS and PTSD.

**Presenters:** Scott Whyte, Ryan Dedmon, First Responder Trainers at Golden West College and Deborah Silveria, Ph.D.

Workshop 29: Salon C/D

### **Hoarding 101**

This workshop will provide an overview of Hoarding Disorder and strategies for working with clients exhibiting hoarding behaviors. Speakers will also discuss challenges faced by first-responders during emergencies and natural disasters.

**Presenters:** OC Task Force on Hoarding and First Responders

Workshop 30: Platinum 2

### **Imposter No More: Using Cognitive Therapy to Treat High Functioning Anxiety**

This workshop will explain the characteristics of Imposter Syndrome, the symptoms of high functioning anxiety, and how to use the IP scale assessment tool to measure impostor phenomenon (developed by Dr. Pauline Clance). Attendees will learn interventions used to treat high-functioning anxiety and learn about the cognitive behavioral model for treating anxiety.

**Presenter:** Sara Stanizai, LMFT, Diplomate, Academy of Cognitive Therapy, Prospect Therapy

Workshop 31: Ballroom E

### **Opioids in Orange County**

This presentation will discuss the main trends in opioid prescribing and use in Orange County, as well as the opioid morbidity/mortality trends in the county. Speaker will explain Medication Assisted Treatment (MAT), what it's used for, and how it is part of a comprehensive approach to the opioid crisis.

**Presenter:** Nichole Quick, M.D., M.P.H., Interim Public Health Officer, Orange County Health Care Agency

Workshop 32: Ballroom F

### **Dialectical Behavior Therapy (DBT)**

Presenter will discuss the foundations of Dialectical Behavior Therapy including theoretical underpinnings, target populations, and general principles of the treatment. She will outline the structure of comprehensive DBT and discuss modifications to the treatment for those working in alternative settings or lacking the resources to implement the full model. Participants will also learn about pathways to building mastery in the provision of DBT and moving toward comprehensive, adherent delivery.

**Presenter:** Julie Fielder Orris, PsyD., Clinical Director, CBT California

Workshop 33: Salon G/H

### **The Orange County Mental Health Board: Working with Stakeholders to Help Build a World Class Behavioral Health System**

This listening session will acquaint attendees with the role and purpose of the OC Mental Health Board and solicit comments and advice from Participants. Attendees can address issues of policy and programs and make recommendations regarding the system of care in the county.

**Presenters:** Dr. Michael Rose, Chair, Matt Holzmann, Vice Chair, Dr. Clayton Chau, Joy Torres and Sandra Finestone, Members

Workshop 34: Salon J/K

### **Family to Family: Keepin' it Real**

Mental illness impacts an entire family. Family members, providers and consumers can improve mental health wellness and recovery with care coordination. Multiple perspectives – that of a sibling, parent, grandparent and child – will be presented. A team approach can be much more effective than treatment in isolation.

**Presenters:** Sean Sweeney, NAMI-OC Board of Directors; Karen Blanca, Nan Ibarra, volunteers, and Moderator: Carla DiCandia

Workshop 35: Orange County Ballroom 1/2

### **Meeting of the Meds: Understanding Psychotropic Medications**

This workshop will provide an overview of psychotropic medications, including side effects, when to report adverse effects, time-span of effectiveness, the importance of dosing, and how/when to obtain/refill. Attendees will learn why it's important to provide total medical and psychiatric information to healthcare professionals, including vitamins and supplements they may be taking, and how lifestyle choices (e.g., smoking and drinking) can affect psychotropic medication outcomes.

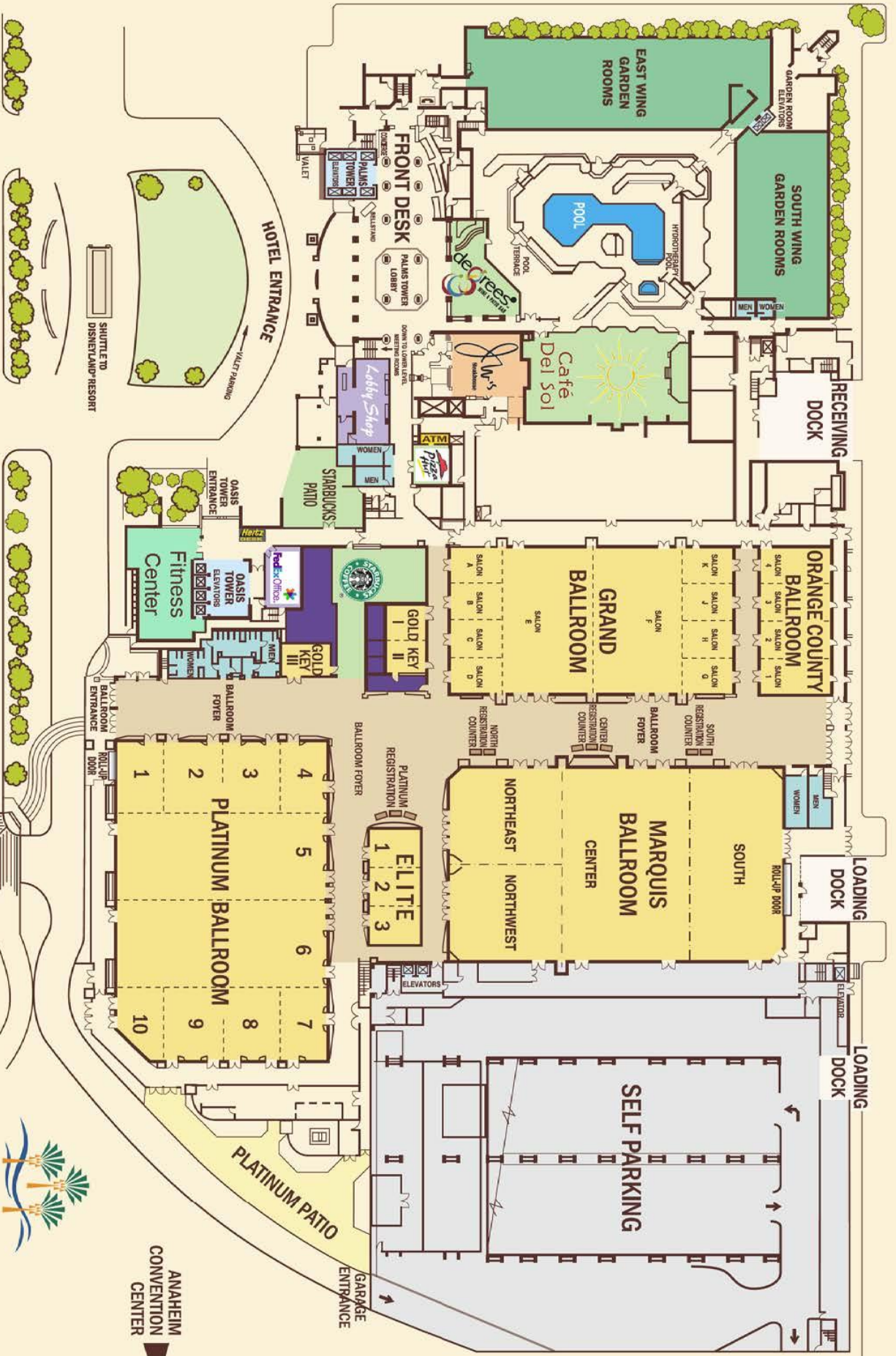
**Presenters:** Clint Salo, D.O., Yera Patel, PharmD, H.O.P.E. Center at Anaheim Global Medical Center

Workshop 36: Orange County Ballroom 3/4

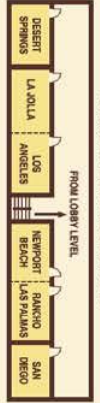
### **Adventures in Estate Planning: Special Needs Trusts and Support Trusts Can Help Your Family**

This workshop will provide an overview of an estate plan, how each document works, and explain the difference between a special needs trust and a support trust. Attendees will learn the pros and cons between using a special needs trust and a support trust, and the difference between a first person special needs trust and a third party special needs trust.

**Presenter:** Sara Brewsaugh, J.D., Burris Law



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