



# 29th Annual Meeting of the Minds Conference

## Wellness for All: Equity in Mental Health Care

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Mental Health Association of Orange County



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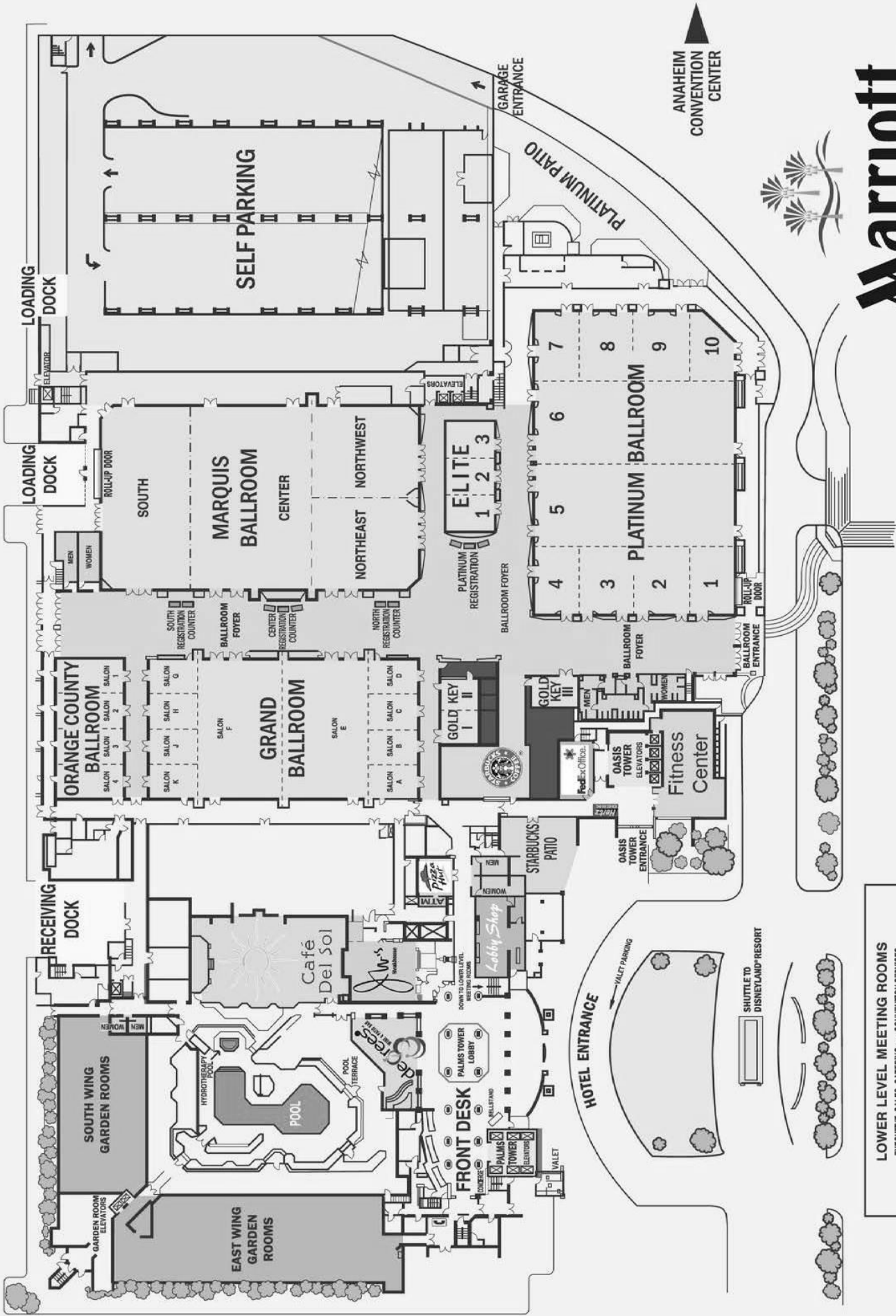
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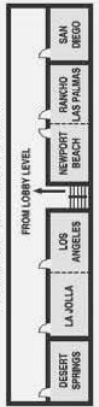
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# MEETING OF THE MINDS, 2023

Welcome to the Mental Health Association of Orange County's 29<sup>th</sup> Annual Meeting of the Minds mental health conference. This year's theme is "**Wellness for All: Equity in Mental Health Care.**" We are thrilled to have you all here with us. We know the last three years have been difficult for many as we navigated a public health crisis, and it's taken a toll on many of us mentally. We are here today unified as a mental health community, dedicated to doing all we can to ensure that all have equitable access to care.

Our deep appreciation goes out to the Meeting of the Minds 2023 Planning committee, our event volunteers and the MHA staff for their extraordinary efforts to plan this conference.

We are honored today to have Dr. Veronica Kelley, the Chief of Behavioral Health for the Orange County Health Care Agency as our luncheon keynote speaker.

Thank you to each workshop presenter for taking time out of their busy schedules to volunteer their expertise, knowledge, lived experience and insights.

We thank our major sponsors the Orange County Health Care Agency, Hoag Hospital and Kaiser Permanente, along with all the other sponsors who contributed to this event. Their combined funding defrays event expenses and, most importantly, provides scholarship funds so mental health consumers living on a low income can attend the conference at a reduced rate. We also thank the Orange County Health Care Agency for partnering with us to provide continuing education units.

A special thank you to Judy Ann Adams who coordinated the Consumer Art Show again this year, and to all the artists who shared their talents with us. Make sure you stop by before leaving today!

Finally, thank you to all the agencies providing exhibits for the Resource Fair to let community members know about the many programs and services available. Don't forget to visit the booths and talk to the agency representatives.

We hope you have a meaningful day!

Jeffrey A. Thrash, LMFT  
Chief Executive Officer, MHA

Margaret Riley, Conference Chair  
MHA Board of Directors

## 2023 Meeting of the Minds Planning Committee

**Judy Ann Adams**  
Art Chair  
Community Volunteer  
**Mindy Andrews**  
John Henry Foundation  
**Renee Bidwell**  
MHA  
**Helen Cameron**  
Community Member  
**Cassie Chatmon**  
Community Volunteer  
**Kevin Connors, MFT**  
Private Practice Clinician

**Joanna Constanza**  
Didi Hirsch  
**Carla DiCandida, MPA**  
Ocean View Psychiatric Hosp.  
**Lauren Delfin**  
Didi Hirsch  
**Sohail Eftekharzadeh**  
Wellness Center Central  
**Raul Fernandez**  
Wellness Center South  
**Kathryn Hamel, Ph.D.**  
Hecht Trauma Institute

**Mary Lu**  
OCAPICA  
**Sara Marquez**  
REI  
**Kel Mathews, LMFT**  
LGBTQ Center OC  
**Rebecca Park**  
OCAPICA  
**KC Pickering, Psy.D.**  
OC Health Care Agency  
**Lei Portugal-Calloway**  
Telecare

**Pam Reed Presnall**  
MHA  
**Maggie Ramadan, MSW**  
The H.O.P.E. Center  
**Margaret Riley, MA**  
Committee Chair  
**Michelle Tanner**  
REI  
**Christine Tran-Le**  
Council on Aging OC  
**Claudia Uicab**  
Straight Talk Counseling

# 2023 Meeting of the Minds Sponsors and Resource Fair Exhibitors

## Chief Sponsor

Orange County Health Care Agency

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## Platinum

Hoag Hospital  
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Find Your Anchor  
Jamboree Housing Corporation  
Janssen Neuroscience

Mind OC  
Ocean View Psychiatric Hospital  
Psynergy Programs  
Telecare Corporation  
Wellness Center South

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## Bronze

Bowan Consulting Group  
D'Amore Healthcare  
DBT Center OC  
Discovery Behavioral Health  
Independence at Home

National Alliance on Mental Illness – OC  
Picerne Family Foundation  
Steri-Clean  
Wellness Center Central

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## Friend

AAA Hoarding & Biohazard Removal  
BMD Rescare  
Depression and Bipolar Support Alliance – OC  
ETN Medical Infusion

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## Nonprofit Exhibitors

Alzheimer's Association of Orange County  
Alzheimer's Orange County  
APAIT  
Behavioral Health Advisory Board (OCHCA)  
Be Well OC  
Big Brothers Big Sisters  
Council on Aging-Southern California  
Didi Hirsch – Orange County  
Fully Health  
Helping the Behaviorally Challenging Child  
Mental Health Recovery Services (OCHCA)  
Minding Your Mind  
Norooz Clinic  
OC Goodwill  
OC MECCA

Olive Crest  
OMID Institute  
Partners4Wellness  
Peer Voices OC  
Radiant Health Centers  
Recovery Education Institute  
Strong Families, Strong Children – Child Guidance Center  
The John Henry Foundation  
The Priority Center  
The Purpose of Recovery  
Thrive Together OC  
Tierney Center for Veteran Services  
Wellness Center West / MHAOC  
Wise Place

# Conference Schedule

7:00 A.M.	Exhibitor Registration
8:00 A.M.	General Registration Begins Continuing Education Sign-In Resource Fair and Consumer Art Show Open
9:00 A.M. – 10:15 A.M.	Workshops 1 – 7
10:30 A.M. – 11:45 A.M.	Workshops 8 – 14
Noon – 1:30 P.M.	Networking Luncheon with Keynote Presentation
1:30 P.M. – 2:15 P.M.	Visit Resource Fair and Consumer Art Show
2:15 P.M. – 3:30 P.M.	Workshops 15 – 21
3:45 P.M. – 5:00 P.M.	Workshops 22 – 28

## Keynote Presentation by Dr. Veronica A. Kelley



Dr. Veronica A. Kelley is a Licensed Clinical Social Worker in the State of California. She currently serves as the Chief of Mental Health & Recovery Services for the Orange County Health Care Agency, overseeing the public behavioral health system. Prior to that she served for 13 years with San Bernardino County Department of Behavioral Health, the most recent assignment was her appointment as the Behavioral Health Director from 2006-2021. She is a Board Member for NAMI California, and is the Past President of the County Behavioral Health Directors Association and co-chairs the Substance Abuse, Prevention & Treatment Committee. She is an Associate Member of the American Society of Addiction Medicine and holds numerous positions on Statewide committees, including an appointment to the Governors No Place Like Home Advisory Board. She is an Assistant Clinical Professor at Loma Linda School of Social Work & Social Ecology and a Professor at Mount Saint Mary's University in the Social Work and Sociology programs.

### Continuing Education Information

The Orange County Health Care Agency is approved by the American Psychological Association to sponsor continuing education for psychologists. The Orange County Health Care Agency maintains responsibility for this program and its content.

The Orange County Health Care Agency is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs (Provider # 62340). This course meets the qualifications for up to 5 hours of continuing education credit for MFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences.

The Orange County Health Care Agency maintains responsibility for this program and its content.

Provider approved by the California Board of Registered Nursing, Provider # CEP 15019, for up to 5 contact hours.

These Continuing Education Hours comply with section §13055 of Chapter 8, Division 4, Title 9 of the California Code of Regulations concerning renewal of an Alcohol or Other Drug (AOD) Counselor Certification.

The Mental Health Association of Orange County is approved by the California Association for Alcohol/Drug Educators as a Continuing Education Provider, #CP10 100 C 1225.

All certifying organizations shall accept as continuing education hours of training provided by any county governmental agency.

**Workshops 1 – 7**  
**9:00 am – 10:15 am**

Workshop 1: Salon A/B

**Fentanyl: What You Need to Know**

This workshop will explain how illegal fentanyl is made and the risks of consuming it. The speaker will discuss the fentanyl epidemic locally and how the public is accessing drugs containing illegal fentanyl. She will outline prevention strategies that can be implemented in our community to keep the public safe.

**Presenter:** Della Lisi Kerr, Orange County Health Care Agency

Workshop 2: Salon C/D

**The Importance of Cultural Competency: Understanding Race and Ethnicity in the Clinical Setting**

This presentation will discuss what social, cultural, and historical experiences and traditions clinical staff should consider when serving communities of color. Speakers will provide examples of demonstrated successes with evidence-based practices vs. community-based practices, strategies, and interventions, as well as their effectiveness when working with clients from communities of color.

**Presenters:** Yasmin Irfani, M.S., MECCA, Tony Park, PMHNP-C, FNP-C, Amy Kim, B.A., Sanaz Mirbaha, M.A., Thao Trinh, B.S.

Workshop 3: Ballroom E

**The Complexities of Providing Behavioral Healthcare in a Custodial Setting – CE Session**

Attendees will learn about the process by which persons booked into custody with a psychiatric disorder are assessed and triaged into the appropriate level of care. They will learn the differences in treatment and custodial oversight needs for inmates who are diagnosed with severe psychiatric disorder compared to those with a non-severe disorder. Presenters will explain the process of developing a post-release discharge plan for inmates with serious mental illness and will discuss the various agencies that monitor the quality of medical and behavioral healthcare provided in the custodial setting.

**Presenters:** Brian P. Betz, Ph.D., Catherine Speckmann, LCSW and William Crittenden, Psy.D., LMFT, OC Healthcare Agency

Workshop 4: Ballroom F

**Improving Services for Orange County Families Affected by Perinatal Substance Abuse – CE Session**

This workshop will provide a brief introduction to the science of addiction as a chronic health condition, not a “weakness of will.” A panel of individuals with lived experience, all who are in recovery and have successfully reunited with children who were removed by child welfare, will share their stories. Panelists will discuss the services and support that helped them in their recovery. An overview of the work happening in OC to improve services and support will also be provided.

**Presenters:** Dr. Helen DuPlessis, Dianna Daly and a panel of persons with lived experience

Workshop 5: Salon G/H

**Recovery Lives**

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

**Presenters:** Raul Fernandez, Joe Davis and Sohail Eftekhazadeh

Workshop 6: Salon J/K

**United We Stand: Peers and Clinicians Working Together to Improve Mental Health Access and Outcomes**

This presentation will provide an overview of best practices for Peers and Clinicians collaborating in the recovery setting. It will explain the benefits of Peers and Clinicians working together to improve mental health access and outcomes and will provide an overview of the necessary criteria to determine when a client/patient needs either Peer Support or Clinical Services.

**Presenters:** Ehsan Gharadjedaghi, Psy.D., Nooroz Clinic and Orlando Vera, Peer Voices OC

Workshop 7: Orange County Ballroom 1/2

**The Impact of COVID Isolation and Remote Learning on Child and Adolescent Mental Health – CE Session**

Speakers will explain why isolation and remote learning had a detrimental impact on children and youth and will discuss the role community mental health providers can play. They will discuss the inequities in connecting disadvantaged children and adolescents to mental health services and how to advocate for access to services to ensure positive outcomes.

**Presenters:** Alva Alvarez, LCSW, PPSC; Amelia Azzam, LCSW, PPSC and Giuliana Valdovinos, LCSW, PPSC, Orange County Department of Education

**Workshops 8 – 14**  
**10:30 am – 11:45 am**

Workshop 8: Salon A/B

**Street Medicine Outreach**

This workshop will discuss the benefits of providing medical care to the unhoused in our community by bringing it to the streets. It will provide an overview of best practices used by CalOptima to develop its Street Medicine Outreach program's mission, model of care, and solutions related to homeless healthcare programs. Attendees will learn how street medicine programs fit into the homeless services continuum and best strategies for evaluating program effectiveness and measures.

**Presenter:** Nicole Garcia, LMFT, CalOptima Health

Workshop 9: Salon C/D

**The Intersection of LGBTQ+ and BIPOC Identities**

Presenters will provide attendees with a basic understanding of intersectionality and other LGBTQ terminology. They will explain how one's lived experiences, and those of others, connect to a larger social system of privilege and oppression for LGBTQ BIPOC folx and the impact on mental health. They will discuss best practices for therapeutic interventions to implement for this population.

**Presenters:** Kel Mathews, LMFT, The LGBTQ Center OC and Yanel Bueno, LCSW, Unapologetically Queer Therapy & Consulting

Workshop 10: Ballroom E

**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 11: Ballroom F

**Veterans and Mental Health: What to Know When Working with the Population – CE Session**

A VA clinician will provide an overview of the unique mental health conditions experienced by the veteran population. He will discuss the risk behaviors associated with combat veterans, the challenges faced when working with the population, and how to mitigate those challenges. He will explain the treatment approaches implemented in the private sector vs. the veterans hospital system, and how to best navigate through the VA systems for veterans in the community.

**Presenter:** Charles Nguyen, M.D. Long Beach Veterans Administration

Workshop 12: Salon G/H

**Hoarding Disorder: Room for Hope**

This workshop will explain the impact of extreme cluttering and hoarding behavior on individuals and their friends/family members and how loved ones can help empower the individual to seek treatment. Speakers will provide insight into what recovery means for someone who clutters/hoards. They will provide an overview of proven methods for recovery and will discuss the benefits of including peers with lived experience in treatment plans.

**Presenters:** Kimberly Adams, Room for Hope and a panel of individuals with lived experience

Workshop 13: 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 jobseekers.

**Presenters:** Nancy Beltran and Stephen Sparhawk with a panel of individuals with lived experience, OC Goodwill

Workshop 14: Orange County Ballroom 1/2

**Unsafe SpACeS: The Intersection of Adverse Childhood Experiences, Complex PTSD, and Dissociation – CE Session**

This workshop will examine the often-overlooked links between, and pervasive prevalence of, Adverse Childhood Experiences (ACEs), complex PTSD, and dissociative defenses among those seeking mental health services. Attention will focus on the survivor's subjective experience of using dissociative defenses while attempting to engage in traditional psycho-educational and Cognitive Behavioral Treatment (CBT)-oriented group therapies.

**Presenter:** Kevin J. Connors, MS, MFT, Private Practice Clinician and consultant with Hecht Trauma Institute

## Workshops 15 – 21

2:15 pm – 3:30 pm

### Workshop 15: Salon A/B

#### **Strengthening OC's Crisis Response System**

Presenters will discuss why defaulting to hospital Emergency Departments (ED), inpatient hospitalizations, and using law enforcement in behavioral health crisis, is expensive and misuses important community resources. They will provide an overview of the crisis care continuum in Orange County that provides help for those in distress and how the services are coordinated. They will explain how the Be Well HOPE Team's mobile crisis response deescalates the majority of crisis calls which reduces the need for acute psychiatric services and ED visits.

**Presenters:** Tameka Tate, MS, MA, Lauren Brand, Psy.D., Nicole Ramirez, MBA, MA, Vine Peace, CADC II, Alyssa Guerrero, LMFT and Memory Nunez, LCSW, Be Well OC

### Workshop 16: Salon C/D

#### **Healing Cycles of Trauma and Empowering Community**

Attendees of this workshop will gain an understanding of trauma and its impact on early childhood, gang involvement, and incarceration. Presenters will discuss best practice approaches to implement with the formerly incarcerated population to aid in the healing process. They will explain why a trauma-informed approach to treatment is important when working with the population.

**Presenters:** Steven Kim, Madeline Rodriguez, Raymond Sanchez, Ignacio Rios, Margarita Cervantez, and Jose Navarrete  
Project Kinship

### Workshop 17: Ballroom E

#### **Alternative Treatments for Severe Depression: TMS, ECT and Hallucinogens – CE Session**

This presentation will cover three alternative treatments increasingly being used to treat severe depression. Speakers will explain how TMS and ECT work in the brain, describe the typical course of treatment, the efficacy rates that are observed, and the pros and cons of using these treatments. They will also discuss the use of hallucinogens, such as Esketamine, with individuals who experience treatment-resistant depression and why it has a positive outcome for many patients who use it.

**Presenters:** Robert Bota, M.D., Roula Creighton, M.D. and Alexis Seegan, M.D., Orange County Psychiatric Society

### Workshop 18: Ballroom F

#### **Intimate Partner Violence: A Law Enforcement and Clinical Approach in Working with Survivors – CE Session**

This workshop will discuss the nature and costs of intimate partner violence (IPV) and interpersonal trauma. Attendees will learn about the types of IPV, the cycle of violence, the pervasiveness of IPV, and the best practices to implement when treating those who have experienced interpersonal trauma due to IPV.

**Presenters:** Kathryn Hamel, Ph.D. and Kevin J. Connors, MA, MFT, Hecht Trauma Institute

### Workshop 19: Salon G/H

#### **Dancing for Trauma Recovery and Social Change**

In these times of social struggle, violence, and despair, choosing the path of self-love, self-care, wholeness, and creative expression helps to create a diverse, inclusive community of mutual support, shared resources, and joy between strong, caring individuals where there was once isolation and helplessness. This interactive workshop will teach proper breathing techniques for grounding, mindfulness, wellness, and fitness. In addition, attendees will be informed about the general origins of dance as medicine in human history and how to identify positive mind-body awareness.

**Presenter:** Morgyn Danae, CPT, PP-CES, LMT, Somatic Recovery and Dance Coach

### Workshop 20: Salon J/K

#### **Advancing the Peer Workforce Through Medi-Cal Peer Support Specialists Certification**

During this workshop attendees will learn about Senate Bill (SB) 803 that is enabling California to expand the behavioral health workforce through certification of Peer Support Specialists. The presenters will provide an overview of the certification process and the benefits of becoming certified. They will explain areas of specializations, continuation education requirements and workforce landscape.

**Presenters:** Michelle Tanner, Recovery Education Institute (REI), Anna Banh and Anthony Beaver, all Certified Specialists

### Workshop 21: Orange County Ballroom 1/2

#### **I'm a Teacher, Not a Therapist! Decreasing Overwhelm and Empowering Educators in their Appropriate Role in Healing Trauma in Students**

This presentation is built around six core domains of "powers" that educators possess to have a therapeutic impact for children impacted by trauma. Teachers are not therapists, yet employing these therapeutic practices, they can help students without adding to their workload and sense of overwhelm. Presenters will train attendees about specific instructional and classroom management strategies and approaches that can be implemented in the classroom.

**Presenters:** Rick Bowman, M.A. and Doris Bowman, M.S., Bowman Consulting Group



## Workshops 22 – 28

3:45 pm – 5:00 pm

### Workshop 22: Salon A/B

#### **Eating Disorders: Understanding the Most Life-Threatening Mental Health Diagnoses – CE Session**

Attendees will learn about the diagnostic criteria for Anorexia, Bulimia and Binge Eating Disorder. Underlying causes for eating disorders will be discussed, best practices for treating eating disorders (including when a higher level of care than outpatient therapy/counseling), and how to develop treatment goals when working with eating disorder patients.

**Presenter:** Juli Agajanian, LMFT, CEDS-S, Center for Discovery

### Workshop 23: Salon C/D

#### **The Relational Model of Recovery – Building Autonomy and Increasing Positive Experiences**

This presentation will provide an overview of the Relational Model of Recovery and discuss the factors that support successful long-term recovery. Presenters will explain how to integrate and create healthy environments, positive relationships and community involvement into systems that have been impacted by severe mental illness.

**Presenters:** Erin Franco, Ed.D., AMFT and Molly Freihoff, AMFT, New Journeys Behavioral Health

### Workshop 24: Ballroom E

#### **Strategies for Effective Interventions for Older Adult Mental Health: Motivational Interviewing and Mindfulness – CE Session**

This workshop will explain the most common mental health disorders of concern for older adults. It will describe the most effective methods for supporting mental health resilience and behavior change in older adults. Attendees will learn about motivational interviewing techniques and mindfulness practices that benefit older adults experiencing symptoms of mental health disorders.

**Presenter:** Michelle Park, M.D., Council on Aging – Southern California

### Workshop 25: Ballroom F

#### **Human Trafficking: A Victim-Centered and Trauma-Informed Response as First Responders and Crisis Interventionists**

This session will provide an overview of human trafficking, focusing mainly on the first-hand experience and field work with victims of domestic sex trafficking through the Orange County Human Trafficking Task Force. Presenters will use a combination of real case scenarios, research studies, and models of care, and how the exposure to this criminal act has a significant effect on a victim's mental and behavioral health and way of life.

**Presenters:** Michelle Heater, Waymakers and Happy J. Medina, Retired Anaheim Police Department Investigator

### Workshop 26: Salon G/H

#### **Suicide Prevention: Truths, Myths, Invitations and Prevention**

This session will provide an overview of suicide prevention. The nature of suicide, suicide related statistics, risk factors, myths, and invitations (formerly known as warning signs) will be discussed. Attendees will learn how to support a person who is suicidal, including how to ask if someone is contemplating suicide, how to listen to someone in crisis, and how to link the person to resources that provide adequate care, including intervention and safety planning.

**Presenter:** Joanna Constanza, Didi Hirsch Orange County

### Workshop 27: Salon J/K

#### **Anger Management from a Communications Perspective**

This workshop will help attendees understand signs and types of anger and strategies for managing anger. Presenters will explain the roots and causes of anger and healthy ways to express anger. The workshop will touch on cultural aspects of anger management, the cultural moderation in anger expression, and the cross-cultural differences in anger management.

**Presenters:** Halleh Nia, OMID Institute, Mary Lu, OCAPICA and Sohail Eftekhazdaeh, Wellness Center Central

### Workshop 28: Orange County Ballroom 1/2

#### **The Allcove Model: An Innovative Approach to Addressing Youth Mental Health Needs**

Attendees will learn about the core principles of the allcove model which focuses on meeting the evolving and unique needs of young people and those who support them. Presenters will discuss the background for developing the model, the core service streams, and how the model is being implemented throughout our state to support service needs of youth.

**Presenters:** Susan Parmelee, LCSW and Stephen Schueller, Ph.D., and a panel from the South OC Youth Advisory Group

# MENTAL HEALTH ASSOCIATION OF ORANGE COUNTY PROGRAMS AND LOCATIONS



*"We emphasize wellness rather than illness"*

## **Administrative Offices**

1971 E. 4th Street, Suite 130A  
Santa Ana, CA 92705  
Phone: 714-547-7559  
Fax: 714-543-4431

## **Costa Mesa Recovery**

3450 Howard Way, Suite 150  
Costa Mesa, CA 92626  
Phone: 949-646-9227  
Fax: 949-646-9191

## **Costa Mesa Recovery Clubhouse**

3450 Howard Way, Suite 150  
Costa Mesa, CA 92626  
Phone: 949-646-9226

## **Garden Grove Recovery**

7441 Lincoln Way, Suite 250  
Garden Grove, CA 92841  
Phone: 714-638-8277  
Fax: 714-638-8343

## **Garden Grove**

### **Recovery Clubhouse**

7441 Lincoln Way, Suite 250  
Garden Grove, CA 92841  
Phone: 714-638-8410  
Fax: 714-638-2988

## **Lake Forest Recovery**

22471 Aspan Street, #103  
Lake Forest, CA 92630  
Phone: 949-458-2715  
Fax: 949-458-3583

## **Lake Forest**

### **Recovery Clubhouse**

22471 Aspan Street, #103  
Lake Forest, CA 92630  
Phone: 949-458-2715  
Fax: 949-458-3583

## **SSI-Outreach**

P.O. Box 369  
Orange, CA 92856

## **Keep It Simple Thrift Store**

2416 S. Main St., Unit B  
Santa Ana, CA 92707-3255  
Phone: 714-424-9111

## **Homeless Multi-Service Center**

P.O. Box 718  
Santa Ana, CA 92702-0718  
2416 S. Main Street  
Santa Ana, CA 92707-  
3255 Phone: 714-668-1530  
Fax: 714-668-1531

## **Wellness Center West**

11277 Garden Grove Blvd. Suite 101A  
Garden Grove, CA 92843  
Phone: 657-667-6455  
Fax: 714-620-7995

**Since 1958, the Mental Health Association of Orange County has been dedicated to improving the lives of Orange County residents impacted by mental illness through direct services, advocacy, education, and information dissemination.**



# 2023MeetingoftheMinds