



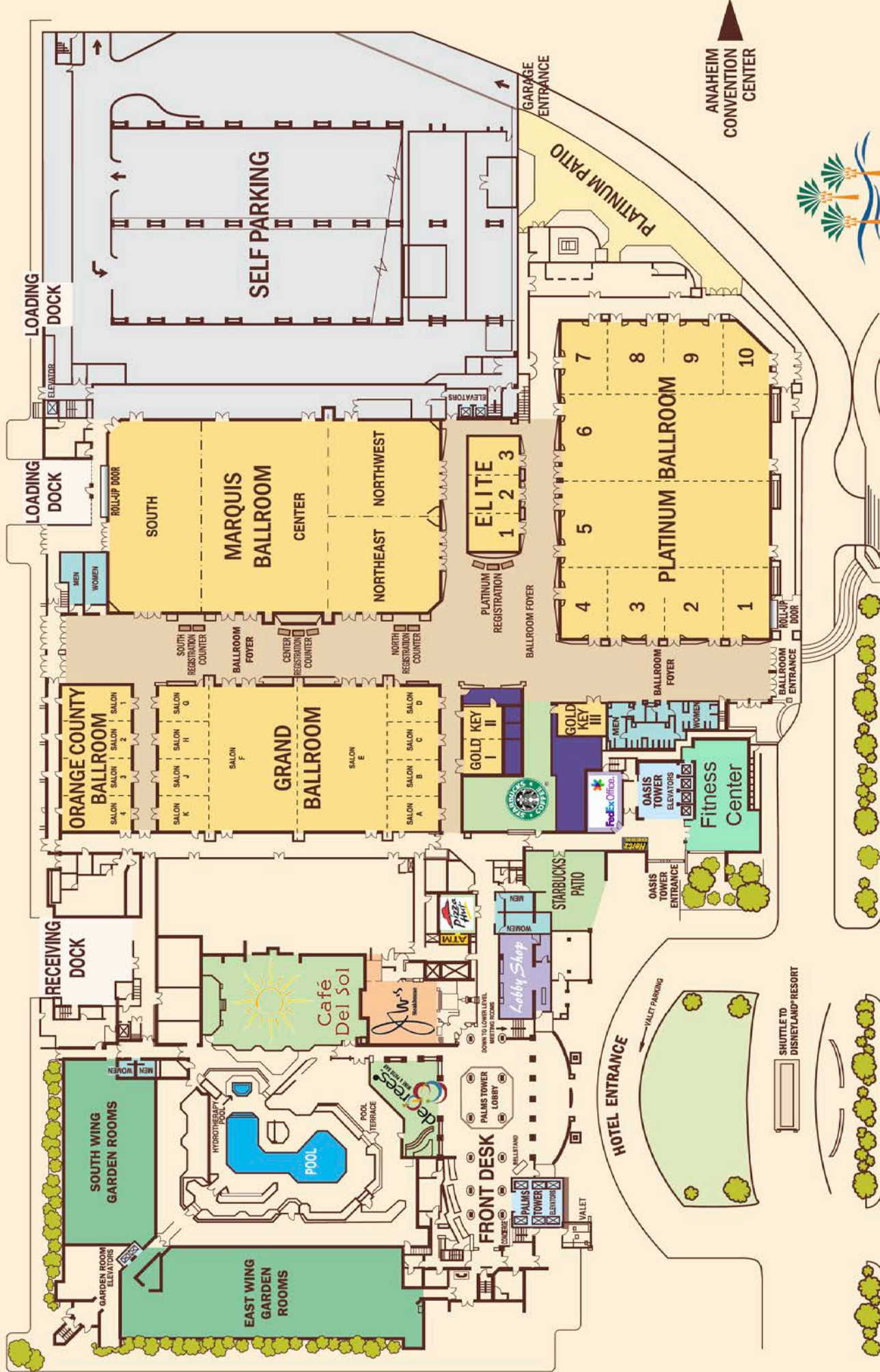
30th Annual Meeting of the Minds Conference

“30 Years of Growing Forward Together”

FRIDAY
April 26, 2024
Anaheim Marriott

Major Sponsors

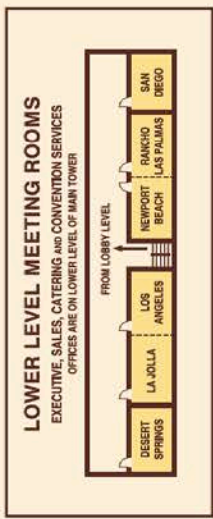




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The Art of Being Yay!
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Thrive Together OC
Wellness Center Central
Wellness Center South

30th Annual Meeting of the Minds Conference

Friday, April 26, 2024

"30 Years of Growing Forward Together"

Conference Schedule

7:00 A.M.	Exhibitor Registration
8:00 A.M.	General Registration Begins Continuing Education Sign-In Resource Fair
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 Panel Discussion
1:30 P.M. – 2:00 P.M.	Visit Resource Fair
2:00 P.M. – 3:15 P.M.	Workshops 15 – 21
3:30 P.M. – 4:45 P.M.	Workshops 22 – 28
4:45 P.M. – 5:00 P.M.	Self-Care Meditation
4:45 P.M. – 5:30 P.M.	Continuing Education Sign-Out

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.

Luncheon Panel Discussion

Our special panel discussion brings together respected members of the mental health community who will reflect on the evolution of the mental health continuum of care in Orange County. Panelists will talk about the strengths and weaknesses in the current system and where we see threats and opportunities as we look toward the future.

Panelists:

Lei Portugal Calloway, Certified Medi-Cal Peer Support Specialist, AOT Peer Team Lead, Telecare

Annette Mugrditchin, LCSW, Deputy Director, Behavioral Health, Orange County Health Care Agency

Jeffrey A. Nagel, Ph.D., former Behavioral Health Director, Orange County Health Care Agency

Steve Pitman, President, National Alliance on Mental Illness – Orange County

Michelle Smith, MHSA Senior Manager, Orange County Health Care Agency

Michelle Tanner, Certified Medi-Cal Peer Support Specialist, Assistant Education Director, REI

Jeff Thrash, LMFT, Chief Executive Officer of the Mental Health Association of Orange County

Self-Care Meditation

4:45 P.M.

Grand Ballroom – Salon E

Join us for a special meditation at the end of the conference, led by Brian Ton, Chief Executive Officer of the Illumination Institute. Illumination Institute's work is based on the fundamental belief that the world is filled with ideas and leaders capable of making transformational changes. Furthermore, transformational changes can only occur when people are willing to take risks, collaborate, invoke curiosity, and practice inclusiveness. Today, there is a growing trend of mindfulness practices in schools and other public environments. Illumination Institute's mindfulness program is dedicated to making practices as simple, accessible and versatile as possible.

A practitioner of meditation and mindfulness, Brian Ton is the founder of the Illumination Institute. He is passionate about helping others cultivate their own practice and value to achieve peace and happiness, which led to the founding of Illumination. He has experienced a wide range of cultures and professions, and found that cultivating a sense of awareness and presence would benefit his quality of life in any set of circumstances.

Born in Vietnam, Brian has practiced meditation and mindfulness techniques including Qi Gong and Tai Chi, Awareness, Vipassana, and Mindfulness. Brian has completed the Mindfulness Fundamentals for teachers and Mindful Educator Essentials training through Mindful Schools, and the Mindful Educator Retreat through Peace in Schools. He has also participated in the Resilient Mindful Learner Summer Institute workshop by the Center for Healthy Kids and Schools at the Orange County Department of Education.

Workshops 1 – 7
9:00 am – 10:15 am

Workshop 1: Salon A/B

Compassion Fatigue, PTSD and Burnout

Designed for anyone working in a position where they interact with individuals in crisis, this session provides an understanding of vicarious trauma, burnout, and PTSD. Attendees will learn strategies for protecting themselves, and how to prevent burnout.

Presenter: Dave Bridgwaters, Western Youth Services

Workshop 2: Salon C/D

Understanding, Managing and Treating Anxiety

This presentation will explore the symptoms and behaviors associated with the clinical diagnosis of anxiety. It will provide an overview of the cognitive behavioral approaches commonly used when treating anxiety, as well as common barriers to treating anxiety, such as cognitive distortions, societal views, and cultural perspectives.

Presenter: Larry Fernandez, LCSW and Karla Serrano, MFT, Straight Talk Counseling

Workshop 3: Grand Ballroom – Salon E

Borderline Personality Disorder: Where Angels Fear to Tread

Persons with Borderline Personality Disorder (BPD) largely feel misunderstood. This workshop will present the latest research on and diagnostic criteria for BPD, the Biosocial Theory, and its connection to BPD. The clinicians will provide an overview of the main components of Dialectical Behavior Therapy (DBT) used to treat BPD.

Presenters: Sarah Lyndon, Psy.D. and Michele Lob, Psy.D., The DBT Center of Orange County

Workshop 4: Grand Ballroom – Salon F

Understanding the Impact of Trauma and Dissociation on People Victimized by Interpersonal Violence

This presentation explores the biopsychosocial impact of complex trauma, how chronically traumatized clients utilize dissociative defenses, and how trauma-savvy advocates, first responders, and treatment providers can better facilitate growth and recovery.

Presenter: Kevin Connors, MS, MFT, Clinician in Private Practice

Workshop 5: Salon G/H

Orange County Peers in the Workforce

During this workshop attendees will learn about the role of peers in the behavioral health field and their unique contributions to the recovery process. Panelists will explain the importance of diverse backgrounds, experiences, and perspectives among peers in the workforce, as well as the challenges and potential stressors associated with peer roles in behavioral health.

Presenters: Michelle Tanner, Recovery Education Institute and Brian Gilbert and Shannon Ferrell from the Wellness Center South

Workshop 6: Salon J/K

CARE Act/Care Court

This session will provide attendees with an overview of the CARE Act, a statewide initiative that creates a new pathway to deliver mental health and substance use disorder services to severely impaired individuals who too often suffer in homelessness or incarceration without treatment. Orange County was one of the first counties in the state to implement the program. Attendees will learn about the program's successes since its launch last fall and what has been learned through the implementation.

Presenters: Annette Mugrditchian, LCSW, Stacey Berardino, Ph.D., Ashley Hutton, LCSW from the Orange County Health Care Agency and Cammie Polischuk, J.D., Orange County Counsel's Office

Workshop 7: Orange County Ballroom 1/2

Implementing CalAIM: All About Enhanced Care Management & Community Supports

This workshop will provide an overview of CalAIM and the community supports included to improve and integrate care for California's physical and mental health needs. It will cover the components of Enhanced Care Management and how to make a CalAIM referral.

Presenter: Nicole Garcia, LMFT, Director of CalAIM Outreach at CalOptima

Workshops 8 – 14
10:30 am – 11:45 am

Workshop 8: Salon A/B

Nutrition, Exercise and Mental Health

Bad habits are difficult to break, but it's not an impossible task. By understanding the brain circuitry on habits, it may make it easier to find ways to break unhealthy habits and develop new ones. The audience will learn more about the effects of psychotropic medications on their health and what they can do to keep themselves healthy.

Presenter: Charles Nguyen, M.D., Clinical Professor, University of California, Riverside

Workshop 9: Salon C/D

Working Creatively with Complex Family Systems

Dysfunction in family systems affects each member differently. This workshop will discuss how to identify the multi-dimensional needs for each individual. It will provide guidance on how to use creative interventions to further dynamic involvement within the family system to achieve growth and healing.

Presenter: Ari Drosman, LMFT, The Resurface Group

Workshop 10: Grand Ballroom – Salon E

Start the Conversation: Early Signs of Psychosis

This workshop will introduce mental healthcare providers, family members, and peers to the early signs of psychosis and psychosis-risk among youth and young adults. The presenters will discuss conversational tools (including didactic practice and vignettes) to use when having a discussion with a loved one about a mental health screening and treatment.

Presenters: Jason Schiffman, Ph.D. and Miranda Bridwater, Thrive Together OC

Workshop 11: Grand Ballroom – Salon F

Breaking the Cycle of Domestic Violence

1 in 3 women and 1 in 4 men in the United States have experienced some form of physical violence by an intimate partner. The rates are even higher for verbal and emotional violence. This presentation will provide a general overview of domestic violence including the cycle of violence and forms of abuse. Presenters will also discuss how supportive services including shelter, therapy, education, case management, and legal advocacy can help break the cycle.

Presenters: Mieka Bledsoe, LMFT, and Young Lin, LCSW, Human Options

Workshop 12: Salon G/H

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 13: Salon J/K

Behavioral Health Modernization: Prop 1 and the Impacts on the Mental Health Services Act

In this workshop, attendees will learn about the \$6.4B bond authorized under Proposition 1 to build housing and residential treatment centers. The initiative will make changes to the Mental Health Services Act (MHSA). This will be a high-level overview of those changes and will highlight potential impacts these changes may have on the public behavioral health system.

Presenter: Michelle Smith, MHSA Senior Manager, Orange County Health Care Agency

Workshop 14: Orange County Ballroom 1/2

Psychiatric Advanced Directives Innovation Project

This session will review the use and benefits of a digital psychiatric advance directives (PADs) for clients, family members, and health care providers. It will provide an overview of the county's project implementation plan, including the target population, pilot programs, and the role of Peer Specialists. Attendees will also receive an overview of the standardized PAD template, including a demonstration of the innovative PAD cloud-based platform, where users navigate through sections to record their treatment preferences.

Presenters: Daniel Gibbs, Mental Health Specialist, Orange County Health Care Agency, Teanna Ross, CMPSS, BFA, MPSS-DTYAGH, Program Manager at Painted Brain, Gail DiRaimondo, LCSW, Director of Behavioral Health Programs, Chorus Innovations and Justin Stewart, MPA, Community Engagement Specialist, Chorus Innovations

Workshops 15 – 21

2:00 pm – 3:15 pm

Workshop 15: Salon A/B

Laugh More, Stress Less: Learning How to Reduce Stress and Promote Self-Care

This session will present the research-based benefits of laughter and humor for mental health. Attendees will learn strategies for cultivating playfulness, joy, and levity in their personal and professional lives, and will learn laughter yoga exercises to incorporate into their lives.

Presenter: Jaime G. Raygoza, Psy.D. Certified Laughter Yoga Leader

Workshop 16: Salon C/D

The Benefits of Partial Hospitalization and Intensive Outpatient Treatment Programs: The Benefits to All

Often times, traditional counseling programs are not sufficient treatment strategies. This session will explain how partial hospitalization and intensive outpatient programs can benefit some patients. The presenters will discuss the types of individuals and diagnoses that are served by these programs, and will provide an overview of services included and treatment modalities used in these programs.

Presenters: Danielle White, LMFT, Assistant VP for Outpatient Services and Charley Taite, Community Liaison Director, College Hospital

Workshop 17: Grand Ballroom – Salon E

Trauma Informed Care for Children & Youth: Assessment and Design of Actionable Systems and Practices

Attendees will learn what it means for a system or individual to be “trauma-informed” to best meet the needs of children with trauma histories. Attendees will learn what differentiates this approach from traditional systems. The session will help attendees to plan actionable steps and strategies to develop a successful and effective trauma-informed program.

Presenters: Rick Bowman, M.A. and Doris Bowman, M.S.

Workshop 18: Grand Ballroom – Salon F

Schizophrenia Treatment Update 2024: Evaluating the Newest Treatments for Major Mental Illness

This workshop will discuss the latest pharmacological treatments that have been approved for Schizophrenia, Bipolar Disorder, and Major Depression. Attendees will learn how the newer compounds compare to agents that have been used in the past and the efficacy and adverse effect profile of these new agents. Presenters will also discuss cognitive interventions used to enhance effectiveness of medications and new strategies to help clients remain adherent to prescribed treatments.

Presenters: Andrew Kami, Ph.D., The John Henry Foundation, and Alexis Seegan, M.D., UCI School of Psychiatry

Workshop 19: Salon G/H

Family Peers: Building Family Recovery Capital through Peer Support

A skills-based approach to family peer support enables family members to build recovery capital by addressing their loved ones’ behavioral health challenges constructively. Participants will learn strategies to encourage loved ones to participate in treatment, how to reduce stress and improve the quality of life for all family members, and effective ways to support a loved one during treatment.

Presenters: Andy Ceclre, LPC and Donella Ceclre, LMSW, The Purpose of Recovery

Workshop 20: Salon J/K

Medication-Assisted Treatment (MAT): Improving Recovery Outcomes

This workshop will provide a history of MAT for Substance Use Disorder and will explain what is involved with this form of treatment, including the pros and cons. The medications approved and used in MAT and how they work on the brain will also be discussed.

Presenters: Jeffrey Blake and Sayeh Partovi, PA-C from Western Pacific Medical Corp., Debra Kelsey, Rume Medical Group, and Sam Hale, Families Together OC

Workshop 21: Orange County Ballroom 1/2

Be Well Update

Presenter will discuss the progress made in the mental health services landscape through the first Be Well campus in Orange. The workshop will provide an overview of the services provided through Be Well, including the Mobile Crisis Response Teams, and will share plans for the future Be Well campus in Irvine.

Presenter: Rosie Zoll, Be Well Orange County

Workshops 22 – 28

3:30 pm – 4:45 pm

Workshop 22: Salon A/B

Wellness Planning

Through this training, attendees will learn how to optimize overall well-being by incorporating self-care activities into daily routines. The workshop will demonstrate how to conduct a comprehensive self-assessment, including the identification of personal strengths, areas requiring improvement, and the potential sources of stress or challenges in order to inform wellness planning and goal setting.

Presenters: Annie Medina and Jennifer Tipan, Recovery Education Institute (REI)

Workshop 23: Salon C/D

Vietnamese Cultural Competency

This workshop is designed to help clinicians and mental health staff develop the skills to employ culturally competent approaches for engaging with the Vietnamese community. Attendees will learn about the distinctions in mental health terminology when translated into Vietnamese, and the differences between Western and Eastern medical practices.

Presenters: Thu Tran, MPH, Program Manager and Kim Phan, Boat People SOS – Center for Community Advancement

Workshop 24: Grand Ballroom – Salon E

Engaging Spirituality: The Benefits of Living Within a Spiritual Worldview to Build Coping and Resilience

Presenters will discuss principles of spirituality/religion that help improve and maintain mental health. They will explain the similarities and differences between religion and spirituality, and the physical and mental impacts of spirituality/religion, including increased lifespan, better/healthier choices, a sense of connection, and increased meaning in life.

Presenters: Michael J. Mullard, Ph.D., Orange County Health Care Agency and Panelists

Workshop 25: Grand Ballroom – Salon F

Videogame, Social Media and Pornography Addiction: Assessment, Treatment and Prevention

This presentation will cover how the overuse of technology can result in a form of behavioral addiction with serious consequences and co-occurring mental illness. It will also describe a model of dependency and addiction that informs treatment methods. Methods of treatment and prevention will also be discussed.

Presenter: Kenneth Woog, BSEEE, MBA, Psy.D., Pepperdine University, Graduate School of Education and Psychology

Workshop 26: Salon G/H

Re-Entry, Integration and Employment

Attendees of this presentation will learn about the needs of individuals returning from incarceration and the importance of employment, mentorship, and support for successful re-entry. The session is designed to equip attendees with the tools to help support those with incarceration histories and connect them with available community services and resources.

Presenter: Meghan Medlin, H.I.R.E. and a Lived Experience Panel

Workshop 27: Salon J/K

Stories Over Stigma: Finding Your Voice

Presenter will share her personal story—the challenges she faced in her youth and the negative coping mechanisms she employed as a result. Through the workshop, attendees will learn the importance of vulnerability and self-identity, and how finding one's voice can empower recovery.

Presenter: Celina Rescott, Minding Your Mind

Workshop 28: Orange County Ballroom 1/2

SSI/SSDI Work Incentive Rules and Employment

Attendees will learn about Work Incentive Rules, how they work, and how to maintain cash and Medi-Cal/Medicare benefits while working. Presenter will also explain how to reinstate SSI/SSDI benefits if a worker loses a job or discontinues employment.

Presenter: Dung Le, Mental Health Worker III, SSI/SSDI Work Incentives & Employment Consultant, OC Health Care Agency