# Mental Health Association of Orange County 2025 MEETING OF THE MINDS MENTAL HEALTH CONFERENCE

**Registration Packet** 

# "Caring: It Starts With YOU"

Uniting Orange County's entire mental health community. Something for everyone. Something for you.

### **FEATURES:**

700+ attendees

Community Resource Fair featuring 50+ resources 28 Mental Health Workshops

Keynote Luncheon

Networking

4 Continuing Education Hours:

Ph.D., Psy.D., LMFT, LCSW, CMPSS, RN, CAADE



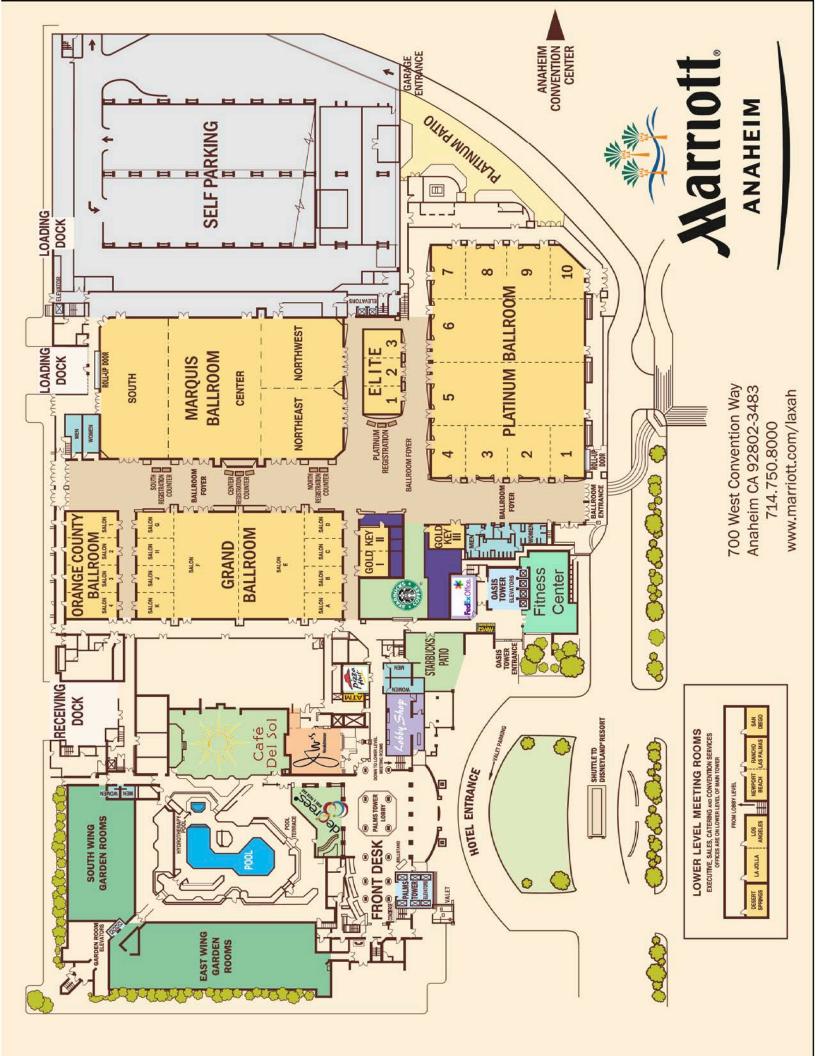
Friday, April 25, 2025 8:00 AM to 4:00 PM Anaheim Marriott Free Parking

### Who Should Attend:

Mental health and medical professionals, RNs, community agency staff, individuals with lived experience and their families, educators, faith leaders, volunteers, first responders, substance use counselors, residential care staff, community advocates, students, and anyone passionate about mental health!

To Register or to Sponsor: www.mhaoc.org/events

714-547-7559 1971 East 4th Street, Suite 130A Santa Ana, CA 92705



# "CARING: It Starts with YOU" 31<sup>st</sup> Annual Meeting of the Minds Conference Friday, April 25, 2025

### **Conference Schedule**

7:00 A.M. **Exhibitor Registration** 

8:00 A.M. **General Registration Begins** 

> Continuing Education Sign-In Networking and Resource Fair

9:30 A.M. - 10:30 A.M. Workshops 1-710:45 A.M. - 11:45 A.M. Workshops 8 - 14

Noon – 1:45 P.M. Networking Luncheon and Resource Fair

1:45 P.M. - 2:45 P.M. Workshops 15 – 21 3:00 P.M. - 4:00 P.M. Workshops 22 – 28

4:00 P.M. - 4:30 P.M. Continuing Education Sign-Out



# **Interactive Luncheon Wellness Activity with** Dr. Jaime G. Raygoza

Dr. Jaime G. Raygoza is a Career Development & Stress Management Coach who helps professionals transform their work lives through evidence-based psychology and innovative techniques. As the founder of Rainbow Career Coaching and a certified Laughter Yoga Teacher, he combines his PsyD in Human and Organizational Psychology with holistic approaches to help clients prevent burnout, master stress resilience, and thrive in their careers.

## 2025 Meeting of the Minds Planning Committee

**Mindy Andrews** John Henry Foundation Renee Bidwell MHA Lei Portugal-Calloway Telecare **Helen Cameron** 

Mental Health Advocate **Kevin Connors, LMFT** 

Raul Fernandez Wellness Center South **Lori Fischer** Telecare Kathryn Hamel, Ph.D. Private Practice Clinician **Hamel Consulting** 

Carla DiCandida, MPA

Ocean View Psychiatric Hosp.

Sohail Eftekharzadeh

Wellness Center Central

**Spot Myers** Straight Talk Counseling Parisa Mehrinfar MHA **Carol Nevarez** Wellness Center West Wenny Nguyen DiDi Hirsch **Rosemary Nielsen** MHA Board

KC Pickering, Psy.D. OC Health Care Agency Pam Reed Presnall MHA Margaret Riley, MA Committee Chair Michelle Tanner REI **Christine Tran-Le** Council on Aging OC

### Workshops 1 – 7 9:30 am – 10:30 am

### Workshop 1: Salon A/B

### Laughter in the Workforce: An Innovative Approach to Burnout Prevention

This workshop explores the transformative power of laughter in the workplace, focusing on its role in preventing burnout, enhancing workplace culture, and promoting work-life integration. Participants will delve into the science behind laughter, understanding its physiological and psychological benefits, such as reducing stress, improving mood, and fostering resilience. The interactive format will include a brief Laughter Yoga session.

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

### Workshop 2: Salon C/D

### The Orange County Crisis Continuum of Care

This presentation will provide an overview of the three basic elements of the mental health crisis continuum of care in Orange County. The presenter will discuss the types of crisis programs available. Attendees will learn about the changes brought about due to the Mobile Crisis Benefit Medi-Cal transformation.

**Presenter:** Vanessa Thomas, Senior Manager, Orange County Health Care Agency

### Workshop 3: Grand Ballroom - Salon E

### **New Horizons in Psychiatric Medications**

In this workshop, the presenter will discuss new psychotropic medications and their uses in depressions, bipolar disorders, and schizophrenia. He will discuss the new medication mechanisms involving newly identified neurochemical systems in the brain. He will discuss possible benefits of these new psychopharmacologic agents and why they represent important advances in mental health care.

Presenter: Thomas Okamoto, M.D., Psychiatrist in Private Practice

### Workshop 4: Grand Ballroom - Salon F

# Understanding and Treating the Dangerous and Growing Epidemic of Sexualized Drug Use in Diverse Populations

This workshop outlines the explosive growth of sex, porn, amphetamines and other drugs which quickly hijack sexual arousal to unsustainable levels. Chemsex (patterns of behavior which were primarily focused on the MSM community) has expanded to diverse populations, which in turn has a direct impact on behavior. This workshop reviews treatment of Addiction Interaction Disorder as it pertains to new patterns of substance use and behaviors that may be less familiar to clinicians.

Presenters: Erin Snow, LMFT, CSAT and David Fawcett, Ph.D., CST, CSAT, Seeking Integrity Los Angeles

### Workshop 5: Elite Ballroom

### An Introduction to EMDR

This is an introductory course covering the basics components of EMDR Therapy, including its history, theories and efficacy. Participants will be introduced to the trauma-informed framework of this therapy and the variety of populations and diagnoses with which it can be used.

Presenter: Michelle Gottlieb, Psy.D., MFT, LPCC

### Workshop 6: Salon G/H

### Advancing the Peer Workforce Through Medi-Cal Peer Support Specialist 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, continuing education requirements, and workforce landscape.

**Presenters:** Michelle Tanner, Recovery Education Institute (REI) and two certified Medi-Cal Peer Support Specialists from REI

### Workshop 7: Salon J/K

### **Psychiatric Advanced Directives**

This session will review the use and benefits of psychiatric advance directives for clients, family members, and health care providers. It will provide an overview of the county's implementation plan, including the target population, pilot programs, and the role of Peer Specialists. Attendees will receive an outline of the standardized PAD template, including an example of a completed section for reference.

Presenters: Innovation Staff, Orange County Health Care Agency

### Workshops 8 – 14 10:45 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

### We're on the Same Side! Working WITH the Police When a Loved One Needs Help

Presenters will explain what family members should expect from a law enforcement response to a mental health crisis involving a loved one. They will discuss confirmation and negativity bias, including factors contributing to bias. They will discuss repeating patters and themes relevant to experience and perceptions of police-citizen interactions. Attendees will learn how they can enhance their collaboration with the police in the best interest of their loved one.

Presenters: Dr. Raymond Griego and Dave Hill, NAMI Orange County

### Workshop 10: Grand Ballroom - Salon E

### What is Clinical High Risk for Psychosis? Strategies for Identification and Treatment

This training will begin with an overview of psychosis and psychosis-risk syndromes, followed by issues regarding assessment and intervention. It will include a primer on the use of the Structured Interview for Psychosis Risk Syndromes (SIPS) and the PRIME Screen. The training will also address topics around assessment best practices, existing screening instruments, misconceptions and stigma, psychosocial interventions, and other practical clinical considerations. An interactive exercise using a vignette will be incorporated in the presentation.

Presenter: Jason Shiffman, Ph.D., Thrive Together

### Workshop 11: Grand Ballroom - Salon F

### **Opioid Overdose Prevention and Naloxone Training**

This workshop will raise awareness of opioid misuse and fentanyl overdose deaths. The presenter will provide information about how fentanyl deaths are preventable and how to access available resources. Each participant will be trained on how to administer Naloxone and will receive a free box.

Presenter: Della Lisi Kerr, Orange County Health Care Agency

### Workshop 12: Elite Ballroom

### **Navigating Cultural Diversity in Suicide Prevention: Tools and Techniques**

This workshop explores the critical intersection of cultural competence and suicide prevention, aiming to equip participants with the knowledge and skills needed to effectively support individuals from diverse cultural backgrounds. Participants will delve into how cultural factors influence mental health perceptions, stigma, and help-seeking behaviors related to suicide. The workshop emphasizes the importance of understanding these cultural dynamics to enhance communication and intervention strategies.

Presenter: Sheriann A. Holder-France, Behavioral Support Specialist (BSS), Ballenger Creek Middle School

### Workshop 13: Salon G/H

### Peers in the Workforce

This workshop will be a panel discussion with Peer Support Specialists/Peer leaders from Wellness Center and Telecare responding to a set of questions. An Employment Specialist will discuss supporting peers with finding employment within Orange County

Presenters: Lei Portugal Calloway, and a panel of peers working in the mental health workforce

### Workshop 14: Salon J/K

### Policy Updates: Behavioral Health Transformation (Prop 1) and the Impacts on the Mental Health Services Act

In this workshop, attendees will learn about the changes authorized by the passage of Proposition 1, with emphasis on the transition of the Mental Health Services Act to the Behavioral Health Services Act. This will be a high-level overview of those changes and will highlight impacts these changes will have on the public behavioral health system.

Presenter: Michelle Smith, BHSA Senior Manager, Orange County Heath Care Agency

### Workshops 15 – 21 1:45 pm – 2:45 pm

### Workshop 15: Salon A/B

### **Practical Application of Mindfulness**

This introductory workshop is tailored for mental health professionals seeking to enhance their personal well-being and clinical practice through mindfulness. Participants will engage in experiential learning to understand and apply mindfulness techniques that foster stress reduction, improved emotional regulation, and overall well-being.

Presenter: Brian Ton, Illumination Institute

### Workshop 16: Salon C/D

### The Orange County Sheriff's Department's Response to those Living with Behavioral Health Conditions

This workshop will explain the behavioral health services provided in the Orange County jail system and upon release. The presenter will provide attendees with an overview of the training provided to all OCSD staff members and the role of the Behavioral Health Bureau. It will discuss call diversion and the department's collaboration with the OC Health Care Agency. **Presenter:** Commander Nate Wilson, OC Sheriff's Department

### Workshop 17: Grand Ballroom – Salon E

### **Dissociation and the Hidden Obstacle to Treatment**

This presentation will explore how the chronically traumatized client utilizes dissociative defenses to modulate affect and control attachment crises and conflicts. Participants will be able to identify dissociative defenses, recognize the Complex PTSD symptoms, describe the interplay between these co-morbid conditions, utilize diagnostic tools to confirm the presence of dissociative and/or PTSD symptoms, and design treatment plans utilizing specific techniques to respond to these clients' needs.

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

### Workshop 18: Grand Ballroom - Salon F

### High Risk: Understanding the Relationship between Cannabis Use and Psychosis

This workshop will explore the dynamic relationship between cannabis use and the risk of psychosis, focusing on how evolving trends in cannabis potency, consumption methods, and accessibility impact mental health outcomes. Through case presentation and a literature review of recent research, participants will gain insight into key risk factors, including childhood trauma, genetic predisposition, and high-potency cannabis use.

**Presenters:** Daniel Cho, M.D., Carolyn Cookson, M.D., Gemma Espejo, M.D., Alexis Seegan, M.D., Orange County Psychiatric Society

### Workshop 19: Elite Ballroom

### **Understanding and Managing Vicarious Trauma**

Vicarious trauma can emerge as an invisible weight for those who care for others. This can be a significant issue for those who work with individuals experiencing trauma. This presentation will help attendees gain an understanding and effectively manage vicarious trauma while offering resilience and sustainable well-being in their professional and personal lives. This presentation will explore the impact of vicarious trauma, history, provide strategies to cope, and will highlight practical steps towards resilience.

Presenter: Sharon Volner, LMFT, Chief Clinical Officer, La Ventana Mental Health and Addiction Treatment Centers

### Workshop 20: Salon G/H

### Wellness Recovery Action Plan/WRAP

This workshop will provide an overview of the values and ethics of a Wellness Recovery Action Plan (WRAP). Attendees will learn how WRAP was developed and how WRAPs empower clients in recovery. Panelists will discuss the many positive outcomes individuals who complete WRAPs experience and will discuss how WRAPs improve the quality of life, increase hopefulness, increase self-advocacy, and reduce psychiatric symptoms, especially depression and anxiety.

Presenters: Alejandra Guevara, Raul Fernandez, Nelson Acosta and Adrian Carillo, Wellness Center South

### Workshop 21: Salon J/K

### Saving Lives Together: The Critical Role of Means Safety in Suicide Prevention

This presentation will provide an overview of the evidence-based approach of means safety in suicide prevention, emphasizing the shared responsibility of individuals, families, communities, and professionals. Participants will learn how reducing access to lethal means can significantly lower suicide rates and how to apply these strategies in everyday life and professional practice. **Presenters:** Kevin Alexander, Orange County Health Care Agency, and a panel of community members with experience supporting vulnerable populations through work directly relating to suicide prevention and means safety.

# Workshops 22 – 28 3:00 pm – 4:00 pm

### Workshop 22: Salon A/B

### YAY! For Mental Health: How Laughter and Stories Transform Emotional Wellness

This workshop will explore the use of entertainment and comedy as transformative tools within the field of mental health. Participants will learn how these mediums can help overcome stigma and foster community engagement. The presenter will delve into the power of storytelling in creating meaningful connections and enhancing discussion around mental health topics.

Presenter: Aidan Park, Founder, The Art of Being YAY!

### Workshop 23: Salon C/D

### Grand Jury Report: Law Enforcement's Response to Mental Health Calls for Service

This workshop will provide an overview of the findings in the Grand Jury's Report, will introduce the OCSD's innovative Behavioral Health Bureau, and provide an overview of Irvine's creative/collaborative Mental Health Unit. The Grand Jury's report will be available to those who request it.

**Presenters**: Captain Jason Ivins from the OC Sheriff's Department, Lt. Bill Bingham from the Irvine Police Department and three members of the 2023-2024OC Grand Jury: Margaret Riley, Lisa Winter, Shelley Tischler

### Workshop 24: Grand Ballroom - Salon E

### **Somatic Therapy**

Presenter will discuss how somatic-based techniques are designed to re-regulate deep-seated disturbances in arousal. Through the focal awareness of bodily sensation, individuals are able to slowly access the restorative physiological action patters, allowing the highly aroused survival energies to be safely and gradually neutralized.

Presenter: William Sanchez, LMFT, Premier Family Counseling

### Workshop 25: Grand Ballroom - Salon F

### Eating Disorders: Understanding the Most Life-Threatening Mental Health Diagnoses

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 26: Elite Ballroom

### **Neurocognitive Decline in Older Adults**

Individuals with psychiatric disorders are at higher risk of neurocognitive disorders, but it can be very difficult to make the diagnosis of cognitive decline in this population. The workshop will review the psychiatric disorders that do increase the risk of neurocognitive disorders, strategies on how to distinguish between cognitive symptoms related to other psychiatric disorders, as well as preventive strategies that can be implemented to mitigate the increased risk.

Presenter: Michelle Park, M.D., Council on Aging

# Workshop 27: Salon G/H Cousins in Recovery

During this workshop, the two presenters, one who has lived with a mental health condition, and one who is in recovery from a substance use disorder, will discuss perspectives on recovery. The word recovery may mean something different to everyone, but its strength lies in it applicability in varying circumstances. All who subscribe to it have the same reliance on virtues like hope and the power of positivity. We all struggle and strive to find meaning in that struggle. By sharing their two stories, the presenters hope to demonstrate that recovery is universal.

Presenters: Daniel Gibbs and Matthew Gibbs

### Workshop 28: Salon J/K

### Lanterman-Petris-Short (LPS) and Probate Conservatorships

This presentation will describe the requirements for an LPS and Probate conservatorship. It will explain the referral and investigation process, the role the Public Guardian plays in investigations and administrations, and alternatives to conservatorship.

Presenters: David Sanchez, Public Guardian and Rosy Newell, Chief Deputy Public Guardian

### **mha** Meeting of the Minds

### April 25, 2025

### **Individual Registration** (*Please type or print clearly*)

Nam	e: Title:	·
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Phon	ne: Emai	l:
р	The Small Print: Conference cancelations must be in writing and faxed or post-more processing fee. Cancelations after May 1 <sup>st</sup> and no-shows, are not eligible for any donation to MHA. (IRS TAX ID # 95-2036972). Workshop admission is on space-a	refund or credit; and your tuition will be considered a tax-deductible
	Registration deadline is April 14, 2025	No walk-ins will be accepted
Selec	t One: The Sooner You Register, the More You Save!	
	Individual Registration: \$160 (through March 7) \$185 (March Includes: admission to all workshops, showcase of community presentation, validated parking	
	Senior Registration (Age 64+): \$120 (through March 7) \$135 Includes everything under individual registration	(March 8 – April 14)
	Student Registration: \$100 (through March 7) \$115 (March 8) Includes everything under individual registration	3 – April 14)
	Agency Sponsored Mental Health Consumer Attendance: \$75 If you are an agency and you are paying for a client to attend,	
	Mental Health Consumer Registration: \$35 (through April 14) By signing below, I am certifying that I am low income and req	
	Signed:	
	Continuing Education Units: \$25 Please indicate type of credi Five hours of continuing education for the following: Ph.D., Psy.D., LMFT, LCSW, RN, CAADE for four contact hours*	· · · · · · · · · · · · · · · · · · ·
	Attendees must sign-in and sign-out at CE table to meet criter	ia for certification.
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	OPTIONS: Complimentary Luncheon: YES! I will attend the luncheon at	no additional charge.
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Credit Card Registration: email this registration form with credit card information to: presnall@mhaoc.org

Secure e-fax the registration form with credit authorization to: 714-242-9807

register online: www.mhaoc.org/events

Registration by Mail: mail registration form with payment to: MHA, 1971 E. 4<sup>th</sup> Street, Suite 130A, Santa Ana, CA 92705

### Meeting of the Minds, April 25, 2025

### **Exhibitor/Sponsor Registration**

Exhibitor/Under	rwriter Name:			
Address:		City:	State:	Zipcode:
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Names of Atten	uces			
Exhibit space and listed of	consor Registrations include: ce at Showcase of Community Reso on recognition board at the event. tworking luncheon, keynote presen	Admission for number of pers	sons specified below, includ	
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Number of pers	sons who will attend the luncheon:	Number	of Vegetarian meals:	(circle names above)
	EXHIBITOR REG	ISTRATION DEADLINE: Frie	day, April 11, 2025	
		Program Acknowledgement	is:	
Digital artwork i	must be submitted to MHA as a <b>JP</b>	EG or PNG file by April 11,	2025. <u>No PDFs please</u> . Emai	I to Presnall@mhaoc.org
Additional	l/Optional Program Acknowledgemen	t Space, to publicize your agency	services or business and to sup	pport this conference:
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- Mail form and check to MHA, 1971 E. 4<sup>th</sup> Street, Suite 130A, Santa Ana, CA 92705
- Email form with credit authorization to <u>presnall@mhaoc.org</u>
- Fax form (secure E-fax) with credit authorization to 714-242-9807

### MHA thanks our 2024 Meeting of the Minds Conference sponsors for their generosity and participation

### **Showcase of Community Resources**

(partial listing of 2024 sponsors and exhibitors)

### **Chief Sponsor**

Orange County Health Care Agency

### **Platinum**

Kaiser Permanente

### Gold

Be Well Orange County
CalOptima Health
College Community Services
Jamboree Housing Corporation
Syrentis Clinical Research

### Silver

California Institute for Behavioral Health Solutions
College Hospital
Find Your Anchor
J&J Innovative Medicine

Psynergy Programs, Inc. Telecare Corporation Wellness Center West

### **Bronze**

Casa de la Familia Cyti Psychological D'Amore Healthcare Hoarder Homes

Mental Health Association for Chinese Communities National Alliance on Mental Illness – OC Ocean View Psychiatric Hospital The Purpose of Recovery

### Friend

Depression and Bipolar Support Alliance – OC
Lightfully Behavioral Health
Rume Medical Group
The Healing Arts Gallery
Velosity Clinical Research

### **Nonprofit Exhibitors**

2-1-1 Orange County
Access to Prevention, Advocacy,
Intervention & Treatment (APAIT)
Asian American Senior Citizens Service Center (AASCSC)
Behavioral Health Advisory Board
Behavioral Health Services
California Family Institute
Care Possible
Council on Aging-Orange County

Council on Aging-Orange County

Didi Hirsch Mental Health Services: Survivors Support Services
Goodwill Employment Works
Helping the Behaviorally Challenging Child
Illumination Institute
Lesli Mitchell Art
Minding Your Mind

Norooz Clinic Multi-Ethnic Collaborative of Community Agencies (OC MECCA)

OC Public Defender
Olive Crest
OMID Institute
Phoenix House
Radiant Health Centers
Recovery Education Institute (REI)

Strong Families, Strong Children - Child Guidance Center

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

Meeting of the Minds Artist/Writer Art Show Application
mha Meeting of the Minds Art Show, April 25, 2025 at Anaheim Marriott Hotel
Open to mental health consumers in Orange County. Registration deadline is April 11, 2025

	Name	Organization	Telephon	е	Email
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