



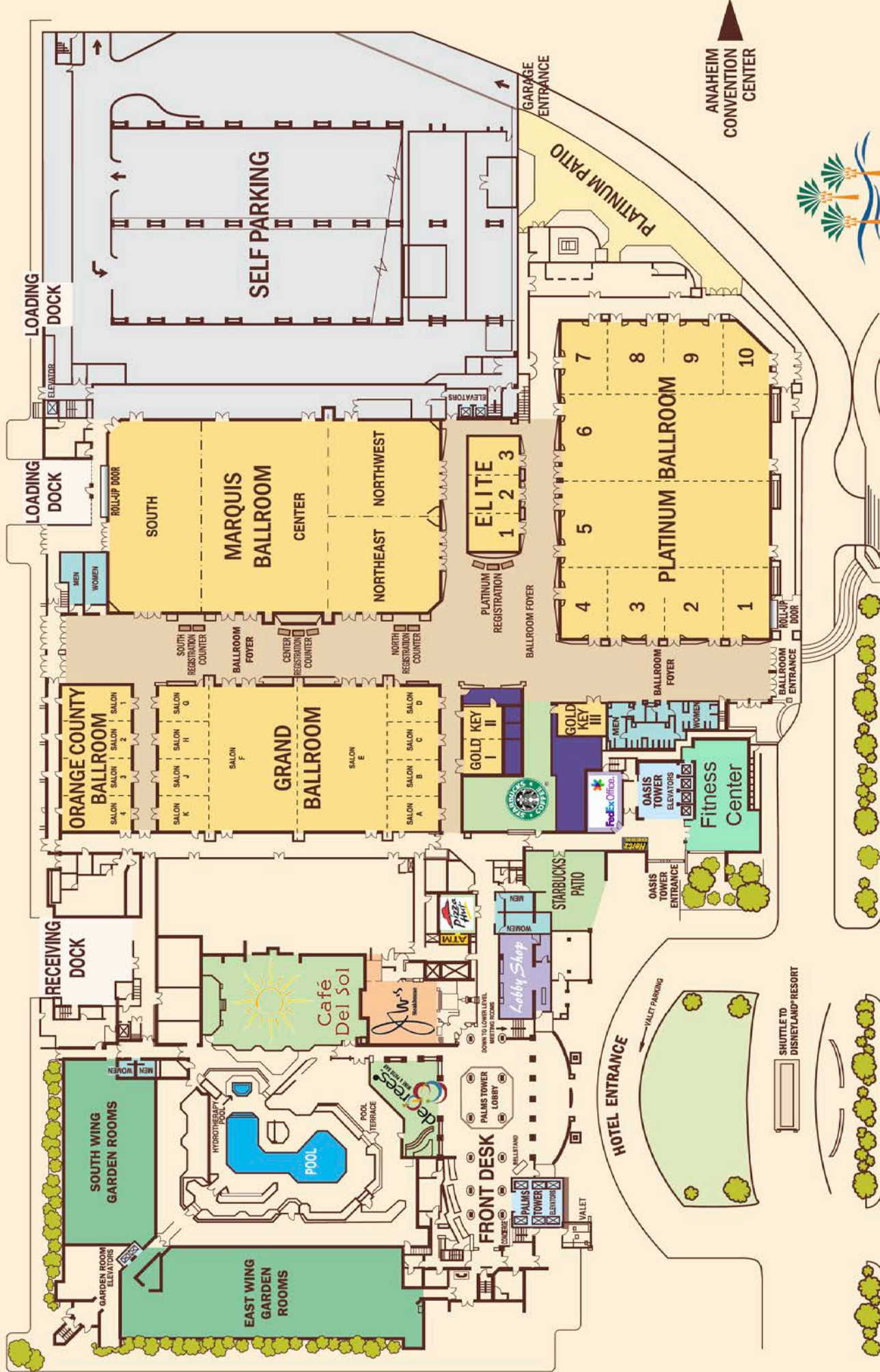
31st Annual Meeting of the Minds Mental Health Conference

“Caring: It Starts with YOU!”

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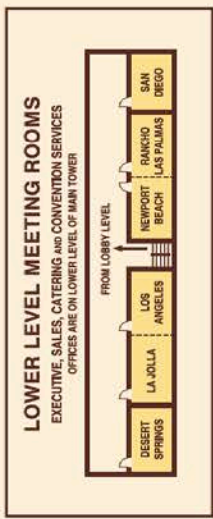
**Friday, April 25, 2025
8:00 AM to 4:00 PM
Anaheim Marriott**



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"CARING: It Starts with YOU"

31st 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 – 7
10:45 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.

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 4 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
9:30 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.

Presenters: Jaime G. Raygoza, Psy.D. Certified Laughter Yoga Leader and Kali Jaye, Burnout Coach

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 presenters 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.

Presenters: Mark Davis, Psy.D., Erika Punchard, LCSW, Jennifer Santillan, LMFT, Leticia Luna-Pinto, LMFT, Orange County Health Care Agency

Workshop 3: Grand Ballroom – Salon E

New Horizons in Psychiatric Medications – CE Approved Workshop

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 – CE Approved Workshop

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.

Presenter: Erin Snow, LMFT, CSAT, Seeking Integrity Los Angeles

Workshop 5: Elite Ballroom

An Introduction to EMDR - CE Approved Workshop

This is an introductory course covering the basic 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, Destiny Lopez and Banafsheh B. Rastegar, Recovery Education Institute (REI)

Workshop 7: Salon J/K

Psychiatric Advanced Directives

This session will review the background and objectives of a psychiatric advance directive (PAD). The use and benefits of a digital PAD 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 overview of the standardized PAD template, including a demonstration of the PAD cloud-based platform where attendees are shown how to navigate through sections to record treatment preferences.

Presenters: Danny Gibbs, Maria Gonzalez, Jackie Salagubang, OC Healthcare Agency, Innovations Department

Workshops 8 – 14
10:45 am – 11:45 am

Workshop 8: Salon A/B

Nutrition, Exercise and Mental Health - CE Approved Workshop

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 patterns 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 - CE Approved Workshop

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 Schiffman, Ph.D., Thrive Together OC

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 - CE Approved Workshop

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, Clinician in private practice at Morsel of Faith Counseling Services

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, CMPSS | AOT Peer Team Lead, Telecare, And a panel of peers working in the mental health field: Denise Cuellar, Daisy Garcia, Rose Larson, Frankie Nelson, Jason Stentz and Daniel Verdugo

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.

Presenters: Michelle Smith, BHSA Senior Manager, and Sophia Valdez, Orange County Health Care Agency

Workshops 15 – 21

1:45 pm – 2:45 pm

Workshop 15: Salon A/B

Practical Application of Mindfulness

This introductory workshop is designed for mental health professionals seeking to enhance their personal well-being and obtain mindfulness tools and practices to incorporate into their work. 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 OCSJ 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 - CE Approved Workshop

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 - CE Approved Workshop

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 - CE Approved Workshop

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 Cody Healey, Wellness Center South

Workshop 21: Salon J/K

Saving Lives Together: The Critical Role of Means Safety in Suicide Prevention - CE Approved Workshop

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: Dr. Kevin Alexander and Carolyn Secrist, Orange County Health Care Agency, Christine Tran-Le, Council on Aging – Southern California, Cory Vigil, Strong Families Strong Children, and Erik Duane, Chief Instructor at Evans Gun World

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: Lt. Sarah Leclercq 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 - CE Approved Workshop

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 patterns, 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 - CE Approved Workshop

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 - CE Approved Workshop

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 its 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: Elvira Dodd, Supervising Deputy Public Guardian, Rosy Newell, Chief Deputy Public Guardian, and Nathan Obbards, Supervising Deputy Public Guardian