

# **Mental Health Conference**

## **Descriptions of Conference Workshops**

**Please use the MH number when registering  
for each workshop**

### **Session One: Your choices are the following:**

**11:00 a.m. to 12:15 p.m.**

#### **Workshop: (MH1) Public Mental Health: From Your Office to the Oval Office**

This workshop will explain the administrative structure of the public mental health system. Participants will learn about the roles of Federal, State and Local Governments in the funding, oversight, and daily operation of the mental health system. The administrative structure of the Monroe County system and the different levels of care available for Monroe County residents will be detailed.

**Presenter:**

**Don Kamin, Ph. D.**

**Supervising Clinical Consultant, Monroe County Office of Mental Health &  
Director of Performance Management and Coordinated Care Services, Inc.**

#### **Workshop: (MH3) Understanding and Reducing Stigma through Positive Community Interactions**

In this interactive workshop Compeer staff, volunteers and clients will discuss their experiences dealing with the mental health stigma.

**Presenters:**

**Dana Frame, Director, Vice President**

**Sara Hughes, Youth Services Coordinator, Compeer**

**Compeer Volunteers**

**Compeer Clients**

**Workshop (MH5) Case Management Essentials**

This presentation will focus on the basics of case management including the definition of case management, the functions and qualities of an effective case manager, and an analysis of symptom barriers and/or challenges. We will conclude with practical application of a small group exercise involving case studies.

**Presenters: Cindy Kruger, Case Manager  
Ed Hunt, Manager of Administrative and Community Support Services**

**Workshop (MH7) “Deadly Persuasion: The Advertising of Alcohol and Tobacco”**

Learn about the psychological and sociological tactics used by advertising to persuade consumers to use alcohol and tobacco products. The video, “Deadly Persuasion: The Advertising of Alcohol and Tobacco” will be shown, followed by a lively discussion. Learn how big business encourages addictive and dangerous behaviors that impact the physical and mental health of Americans.

**Presenter:  
Professor Christine Plumeri  
Sociology Department  
Monroe Community College**

**Workshop (MH9) Mental Health Self-Help: An Essential Component in Recovery, Rehabilitation and Person-Centered Planning**

This participatory workshop will introduce attendees to a community mental health self-help program. Coping skills, mental fitness tools and techniques will be introduced that can help anyone, in any environment, manage anger, fear, panic, anxiety or stress.

Joan will offer personal sharing based upon her experiences as a person with a mental health diagnosis, an advocate, volunteer and provider of PSR services. She will also discuss the integration of the philosophy of self-help throughout PSR programs.

Information will be shared regarding the value of the CPRP certification for Human Service students as they enter the workforce. Handouts will be distributed. Time will be provided for questions and answers.

**Presenter:  
Joan L. Nobiling, M.S. Ed.**

**Workshop (MH11) The Western New York Care Coordination Program: Transformation to a Recovery-Oriented, Person-Centered System of Care in Six Counties**

The workshop will look into Western New York Care Coordination Program, a collaborative undertaking by Chautauqua, Erie, Genesee, Monroe, Onondaga and Wyoming counties, the New York State Office of Mental Health, Peer and Family Members, and providers. Discussion will focus on initiatives to date, including the introduction of care coordination and person-centered planning, a pilot project on integration of physical and behavioral health services, and implementation of family educational and support services. Early results as indicated by a number of performance measures will be reviewed.

**Presenters:**

**Kathleen Plum, RN, Ph. D.**  
**Director of Monroe County Office of Mental Health**  
**Co-Chair, WNYCCP Steering Committee**

**John S. McIntyre**  
**Vice President for Behavior Health, Unity Health System**  
**Member, WNYCCP Steering Committee**

**Brian Phillips**  
**Peer and Family Coordinator**  
**Western New York Care Coordination Program**

**Adele Gorges**  
**Project Director**  
**Western New York Care Coordination Program**

**Workshop (MH13) Mental Health Issues on College Campuses**

The mental health issues affecting college students influence academic performance and retention. National trends demonstrate that college students experience high levels of stress and depression. Results of the National American College Student Health Assessment will be shared. Educational interventions and strategies to help students develop effective coping skills will be discussed.

**Presenter:**

**Donna Mueller**  
**Director, Health Services**  
**Monroe Community College**

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## **Session Two: Your choices are as follows:**

12:30 p.m. to 1:45 p.m.

### **Workshop (MH2) An Introduction to NYS Mental Hygiene Law**

Mental Hygiene Law (MHL) functions as the body of law that governs the way people are admitted to, treated by, and discharged from inpatient and outpatient psychiatric facilities. This workshop will focus on Article 9 of the NYS MHL which concerns the ways in which individuals thought to have a mental illness are transported to a hospital (under a “Mental Hygiene Arrest”), hospitalized, and court-ordered to outpatient treatment (under Assisted Outpatient Treatment, commonly called “Kendra’s Law”). Particular attention will be paid to the interface between law enforcement and mental health providers.

**Presenter:**

**Don Kamin, Ph. D.**

**Supervising Clinical Consultant, Monroe County Office of Mental Health & Director of Performance Management Coordinated Care Services, Inc.**

### **Workshop (MH4) Considerations in Working with Persons with Co-Occurring Mental Health and Substance Abuse Disorders**

It is now commonly recognized that there is a high incidence of substance abuse among the mentally ill, just as there are often co-existing mental illnesses in those being treated at substance abuse clinics. As of yet, there are no combined licensing standards in New York and as of yet, no credential or license denoting professional competency in working with persons with co-occurring disorders. Many local programs claim to offer MICA or dual diagnosis programming; some of these services are engaging and effective. There is a tremendous variance, however in the design, setting and funding of these programs along with the qualifications of the staff providing service.

This workshop is designed to initially ensure some degree of cross discipline knowledge. Based on participant input, we will review the most common mental health disorders on Axis I and Axis II, and explore the relation of these conditions to substance abuse. A case will be made for common etiology and the importance of synthesized treatment responses. Some reference will be made to special populations including adolescents and those in the criminal justice system.

There are many challenges in working with this population and we can be most helpful when we command a thorough understanding of co-occurring mental health and substance abuse disorders and what treatment options are available. There is an emergent hybrid technology for the treatment of these co-occurring disorders with much to offer; continued training will be recommended for anyone interested in this specialized area.

**Presenter:**

**Craig Johnson, Counselor, Consultant and Trainer**

**Mind Evolution Training Institute**

**Monroe County Office of the Sheriff, Director of Inmate Drug and Alcohol Programs**

**Workshop (MH6) Working with Older Adults in a Community Setting**

Many older adults with mental illness do not share their diagnosis with community workers. It is not until there is a crisis or there is a noticeable behavior change that this issue comes to the attention of the community worker. It is at this point that the community worker intervenes. Assisting community center participants with their mental health needs impacts the day to day operation of the center in addition to directly impacting the staff, volunteers and the other participants.

Many older adults experience hostility, discrimination and stigma when attending community-based programs designed for the general public such as a senior center. In this workshop, we will explore what it takes to provide an environment for individuals with mental illness that makes him or her feel as comfortable as possible. We will explore the challenges of running a successful program while meeting the needs of a diverse population. Our workshop will also focus on the prejudices associated with mental illness and our perceptions of the older adult and we will take a realistic look at the challenges facing the community worker in assisting clients with mental illness.

**Presenter:**

**Judy Perkins**

**Lifespan**

### **Workshop (MH8) Mental Health Disparities in the LGBT Population**

To be able to accurately discuss mental health disparities among LGBT people, students and the general population should first know the types of mental health disorders/illness that are seen among LGBT people, the factors that limit health care, the response of the medical community to discuss sexual orientation and most importantly, the effects of homophobia in healthcare. This workshop will take a multi-level perspective to addressing this disparity.

**Presenter:**

**Alex Camacho**  
**Youth Specialist**  
**Mocha Project, Inc.**

**Todd Plank**

**Community Relations Director**  
**Education and Outreach Coordinator**  
**Gay Alliance of the Genesee Valley**

### **Workshop (MH10) Vicarious Trauma - Help Yourself so that You Can Do the Same for Others**

Also referred to as secondary trauma and compassion fatigue, vicarious trauma refers to the cost of empathy. Unrecognized Vicarious Trauma can interfere with both our personal and professional lives. Each of us comes to the Human Services profession for different reasons, but we all stay for the same reason: to help those in need. We can often take our own wellbeing for granted and forget that taking care of ourselves is just as important a skill as caring for others. Upon conclusion of this workshop you will be able to: (1) Define Vicarious Trauma (2) Assess for risk of secondary trauma (3) Strategize ways to address Vicarious Trauma.

**Presenter: Jeff Schumacher, LCSW**  
**Private Practice Psychotherapy**

### **Workshop (MH12) Youth Restoration**

Preparing and facilitating the effective transition of court-placed adolescent offenders to return successfully to their families and communities through the use of Restorative Justice practices, and the development of an institutional culture that is focused on success after placement rather than success in placement.

**Presenter:**

**Linda Albrecht**  
**Director DOL (WAY) Industry**