



You are invited to Alliance Health Center's

Spring Conference: Effective Strategies for Communication with Adolescents

Thursday, April 11, 2019

**Northpark Church • 7770 Highway 39 North
Meridian, MS 39301**

8 a.m. • Continental Breakfast & Registration

8:30 a.m. • Deescalating Crisis with Crisis Intervention Teams

James Abraham, LCSW

Director of Clinical Services • Alliance Health Center & Patient Advocate

Participants will be introduced to the Memphis, TN, model of Crisis Intervention Team with a discussion of its impact on safety within the community, prevention of unnecessary violence between a mentally ill person in crisis and law enforcement and how the model keeps law enforcement safe. Verbal de-escalation strategies will be discussed from the view point of law enforcement. The strategy's emphasis is on empathy, use of "4 takes," assessment of the individual and problem solving for safety. A role play video will be used to demonstrate process. Description of the CIT law in the use of 72 hour holds, the single point of entry for admission and connection with community partners. Sharing of success stories will also be presented.

Objectives

- Definition and description of a Crisis Intervention Team and its impact on the community, the consumer and law enforcement.
- Participants will learn the verbal de-escalation process that is used with a consumer in crisis by a Crisis Intervention Team.
- Participants will have an understanding of how the use of verbal de-escalation is used to connect the mentally ill consumer to community to prevent and/or mitigate future crises.

**9:30 a.m. • What Are They Thinking? Learning Effective Strategies
for Addressing Cognitive Distortions
and Impulsive Behaviors in Adolescents**

Stephanie Cooper, Ph.D.

Behavioral Pediatrics Clinic • Meridian, MS

Cognitive distortions are irrational thinking styles where individuals perceive reality negatively. Thoughts can be distorted in a way where it is exaggerated, unreasonable, and unconventional. Individuals often interpret an event in a negative way and convince themselves particular events to be true when actually they are not. These negative thought patterns cause negative emotions that may contribute to depression and anxiety.

Objectives:

- Learner will be able to define and list examples of cognitive distortions
- Learner will be able to identify effective strategies to decrease cognitive distortions which will lead to positive thinking.
- Learner will be able to define and list examples of impulsive behaviors.
- Learner will be able to identify effective strategies for decreasing impulsive behaviors which will increase positive behaviors.

10:45 a.m. ▪ Working with Today's Middle and High School Students: Identifying Challenges, Deciphering Needs and Intervening on Their Behalf

Scot Rowland, LPC, NCC, BC-TMH

PBIS/Behavior Specialist ▪ Lauderdale County Public Schools

Working With Today's Middle and High School Students: Identifying Challenges, Deciphering Needs, and Intervening on their Behalf
Discussion includes social media prevalence, family dynamics, school environment, academic demands, peer pressure and increasing rates of clinical concerns of anxiety, depression, oppositional defiant disorder, attention deficit hyperactivity disorder and others that affect student success.

Objectives:

- Participants will be able to identify academic, behavioral and clinical challenges that students face on today's middle and high school campuses.
- Participants will be able to decipher the student's needs through communication with staff and therapist.
- Participants will be able to implement effective interventions by combining the student's challenges and their message.

11:45 a.m. ▪ Lunch

12:30 p.m. ▪ Personal Stories of Recovery: Journey Through the Five Stages of Recovery

Jackie Chatmon, MA Sociology Addiction Studies, Division Director I

May Slay and Monica Wolters, CPSS (Certified Peer Support Specialists)

Mississippi Department of Mental Health

Presentations by two individuals, who share their personal experiences of lives with addiction and mental illness and the challenges in achieving recovery. These individuals are on a mission to help others stay alive, find recovery and function in daily activities of life. Discussion on how peer support assists in long-term recovery.

Objectives:

- Participants will gain an understanding of the impacts and recovery from substance use/addiction from a personal perspective.
- Participants will gain an understanding of the impacts and recovery from a serious mental illness from a personal perspective.
- Participants will learn how peer support is a powerful tool in advancing one's recovery.

1:30 p.m. ▪ Faith and Trauma

Sarai C. Webb-Vanderpoorten, LMFT, MAC, SAP

Meridian Weight Management ▪ TAME

Alliance Health Center ▪ Anderson Health Fitness Center

Interactive discussion how spirituality and faith affect the way a therapist works with client and establish the difference between spirituality and religion. Establish what trauma is and how it affects a person's coping skills and daily life. Present research that shows effects of trauma and the healing or coping skills of those that report a faith or sense of spirituality versus those that report no identification with faith, religion, or spirituality. Use a mindfulness exercise and ask for all to participate in demonstrating how to use a general form of spirituality without having a specific God in order to reach more cultures and beliefs.

Objectives:

- To define spirituality and religion
- To define trauma
- Establish the effects of faith on healing ability from trauma

2:30 p.m. ▪ Crisis Services: Connecting the Dots

Amy Mosley Sample, Ed.S, LPC, NCC

Wynter Ward, LPC, NCC, CMHT

Krishna Wilson, CMHT, RN

Weems Mental Health ▪ Lauderdale County

Identify barriers to treatment and outline resources within the community mental health system to assist individuals in crisis. Discuss the functions of a Crisis Stabilization Unit and Mobile Crisis Response Team composition, along with case examples of triaging and assisting individuals in crisis. Clinician will discuss the collaboration and networking process with area agencies for stabilization purposes.

Discussion of Programs of Assertive Community Treatment (PACT) team composition along with case examples of individuals appropriate for PACT services. Discussion of the clinical benefits of intensive services for stabilization purposes.

Objectives:

- Educate professionals in the community regarding community based resources.
- Identify roles of crisis staff and identify ways agencies work together to help stabilize and assist individuals in crisis.
- Identify programs and supports in place to assist individuals with ongoing stability and recovery.

3:30 p.m. ▪ Evaluations & Adjourn

Continental Breakfast & Lunch provided by Alliance Health Center

Register Today!

Conference fee: \$60

Register by Friday April 5, 2019

Three ways to register:

Call or email Cindy Dyess, Director of Business Development

Alliance Health Center at:

601.581.9918 or cindy.dyess@uhsinc.com

or online at **AllianceHealthCenter.com/Events**

