

THE SIXTH ANNUAL CIBHS EVIDENCE-BASED PRACTICES SYMPOSIUM

“EVIDENCE-BASED PRACTICES:
IMPLEMENTATION
FOR THE REAL WORLD”

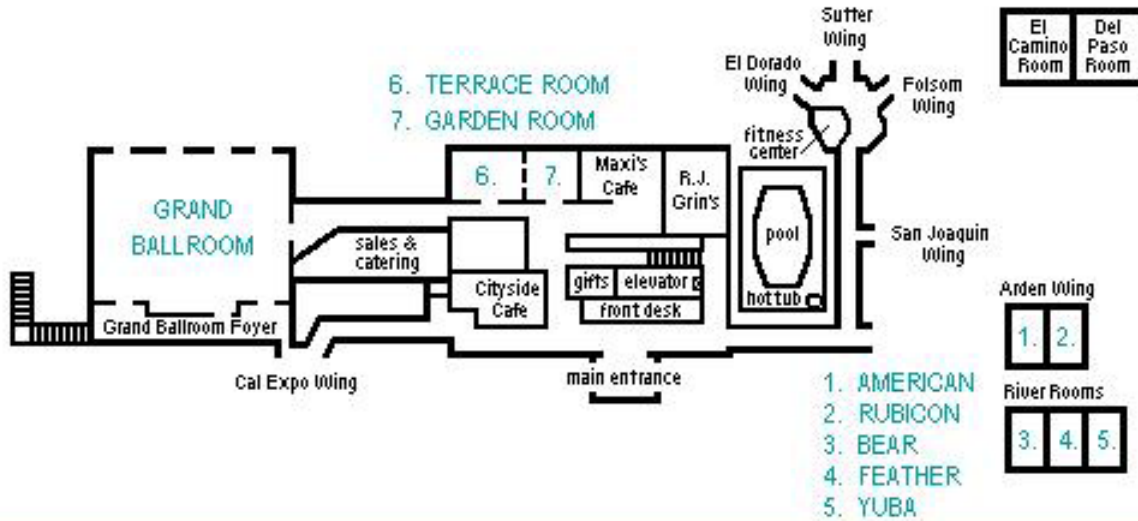
**ONSITE
PROGRAM**

APRIL 21-22, 2016

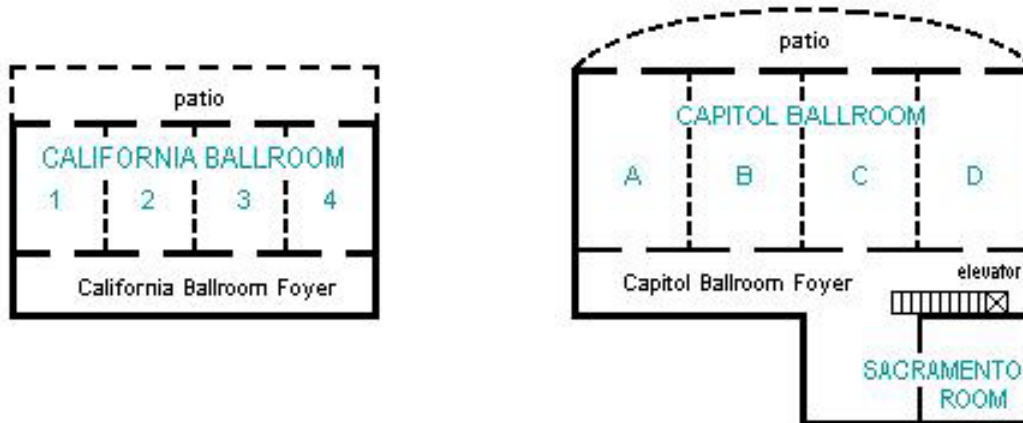
**DOUBLETREE BY HILTON SACRAMENTO
2001 POINT WEST WAY, SACRAMENTO, CA 95815**

MAP

DOUBLETREE HOTEL SACRAMENTO - MAIN LEVEL



DOUBLETREE HOTEL SACRAMENTO - LOWER LEVEL



EVIDENCE-BASED PRACTICES RESEARCH CONTINUUM

The level of research supporting the effectiveness of a practice can be placed on a continuum; and, over time the level of research-based evidence of effectiveness may change depending on future research results. When the level of research-based evidence is high, the likelihood that the practice can be successfully replicated in diverse settings is also high. These levels of evidence are related to the quality of the research, and the success of a practice in obtaining similar results to those obtained in the research depends on the fidelity of implementation or model adherence.

For example: There are numerous, varied practices with established research-based evidence of effectiveness; however, they often share common characteristics. Effective practices include 10-20 years of research, random clinical trials in real world settings, and independent replication. They are specific to an area of need and outcomes, build on hope and engagement, and tend to have structured components or processes. They tend to be behavioral or cognitive models, have ordered or sequenced components and clear start and end dates.

EFFECTIVE PRACTICE	Achieves outcomes, random clinical trials, independent replication, in real world settings
EFFICACIOUS PRACTICE	Achieves outcomes, random clinical trials, independent replication, in study settings
PROMISING PRACTICE	Positive outcomes, quasi-experimental research support or expert consensus
EMERGING PRACTICE	Recognizable as a distinct practice based on a reasonable theory or rationale; may have other forms of evidence such as practice-based evidence or community consensus
NOT EFFECTIVE PRACTICE	Significant evidence of no, negative, or harmful outcomes
NOT EVALUATED	Has not been evaluated, level of effectiveness is not known

THURSDAY, APRIL 21, 2016

7:15 AM – 5:00 PM	REGISTRATION	<i>Grand Ballroom Foyer</i>
7:15 AM – 8:30 AM	CONTINENTAL BREAKFAST	<i>Grand Ballroom</i>
8:15 AM – 8:45 AM	OPENING REMARKS <i>Percy Howard III, LCSW, Vice President of Programs and Operations, California Institute for Behavioral Health Solutions (CIBHS)</i>	<i>Grand Ballroom</i>
9:00 AM – 10:15 AM	KEYNOTE SPEAKER <i>Dean L. Fixen, PhD, Senior Scientist, National Implementation Research Network</i> MODERATOR: Percy Howard III, LCSW, Vice President of Programs and Operations, California Institute for Behavioral Health Solutions (CIBHS) The gap between aspirations and accomplishments is growing as pressures increase to use “evidence-based programs” and achieve higher standards. Rapid expansion in implementation practice and science provides a mission driven approach to improving outcomes on purpose. Purposefully closing the aspiration gap is the task of our generation.	<i>Grand Ballroom</i>
10:15 AM – 10:30 AM	BREAK	

10:30 AM – 12:00 PM **SESSION ONE**

<i>Salon 2</i>	FFT SITE SUPERVISOR ADVANCED TRAINING: WORKING THROUGH DIFFICULTIES AND CHALLENGES AS AN FFT SUPERVISOR <i>Kellie Armey, MSW, LISW-S, FFT Trainer, Functional Family Therapy</i> MODERATOR: Lori Ford, PhD, MFT, Associate, California Institute for Behavioral Health Solutions (CIBHS) This workshop is specifically designed for current FFT supervisors. The workshop will outline how to assess strengths, difficulties and challenges of team members and the team. Supervisors will learn how to intervene in a manner that allows for the development of clinical adherence and competence.
<i>Salon 1</i>	SKILLSTREAMING THE ADOLESCENT ELEMENTARY AND PRE-SCHOOL STUDENT <i>Mark Amendola, LCSW, BCD, Master Trainer, Educational & Treatment Alternatives, Inc.</i> <i>Robert Oliver, EdD, Master Trainer, Educational & Treatment Alternatives, Inc.</i> MODERATOR: Pam Hawkins, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS) This session teaches social skills to address the needs of students who display aggression, immaturity, withdrawal, or other problem behaviors.

Salon 3

THE USE OF THE UCLA PTSD REACTION INDEX IN THE DELIVERY OF TF-CBT

Jennifer Wilgocki, MS, LCSW, Child & Family Therapist, Midwest Center for Psychotherapy and Sex Therapy

MODERATOR: Amanda Pyper, MPA, MFT Behavioral Health, Manager Oxnard Adult Region, Ventura County Behavioral Health

The use of a trauma-specific, standardized, interview-based assessment instrument is an essential tool for anyone working with children and adolescents with behavioral and emotional difficulties. This session will be an overview of the UCLA PTSD Reaction Index (DSM-5 version) and also an overview of other dimensions of trauma-specific assessment. Additionally, information will be presented about how interpreting the UCLA Index leads directly to individualizing the components of TF-CBT and beginning the process of gradual exposure to trauma memories.

Salon 4

FFT PRACTITIONER TRAINING: BEYOND BEHAVIOR PROBLEMS – ADDRESSING YOUTH AND PARENT MENTAL HEALTH ISSUES

Julie Elmenhurst, MSW, LICSW, FFT Therapist, Consultant, and Trainer, FFT LLC

MODERATOR: Khani Gustafson, MSW, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS)

This workshop is specifically designed for current FFT therapists. FFT has been shown to be effective in improving a range of mental health problems for both youth and parents. Oftentimes, however, mental health, trauma, and substance use make therapists feel overwhelmed and leads to their questioning whether FFT is a good fit. This presentation provides detailed information about how to match FFT to address risks associated with mental health problems. Specific attention will be given to strategies for dealing with trauma, developmental issues/disabilities and mood disorders.

Terrace

EVIDENCE BASED TREATMENT: WHY COGNITIVE BEHAVIORAL THERAPY

Troy Thompson, Executive Director, The Academy of Cognitive Therapy

Leslie Sokol, PhD, Distinguished Founding Fellow, Credentialing Chair, Academy of Cognitive Therapy, Fellow, ABCT

MODERATOR: Angela Riddle, LCSW, Behavioral Health Manager, Ventura County BH, Youth and Family, Oxnard and Santa Clara Valley

Hundreds of randomly controlled trials have shown the efficacy of the cognitive behavioral therapy model across a diverse array of psychological, medical, and life problems. In this workshop, participants will gain an understanding of evidence-based, cognitive behavioral therapy.

THURSDAY, APRIL 21, 2016 CONTINUED

10:30 AM – 12:00 PM **SESSION ONE, CONTINUED**

Garden

FEEDBACK INFORMED TREATMENT – GENDER HEALTH CENTER

Alex Filippelli, BSW, Program Manager, Gender Health Center

David Nylund, PhD, LCSW, Clinical Director, Gender Health Center

MODERATOR: *Kristin Dempsey, MS, MFT, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS)*

Available evidence indicates that the effectiveness of psychotherapy has not improved despite 100 years of theorizing and research. FIT, a simple, valid, and reliable alternative is designed to maximize the effectiveness and efficiency of treatment. FIT uses actual ongoing feedback to empirically tailor services to the individual client needs and characteristics.

Sacramento

IMPLEMENTATION QUESTIONS & ANSWERS

Dean L. Fixen, PhD, Senior Scientist, National Implementation Research Network

MODERATOR: *Percy Howard III, LCSW, Vice President of Programs and Operations, California Institute for Behavioral Health Solutions (CIBHS)*

Questions posed by the participants will be used to illustrate the use of the Active Implementation Frameworks for resolving issues related to changing practice, organization functioning, and system supports. The goal is to improve the outcomes of human services and the benefits to people.

Redwood

DATA DRIVEN DECISION MAKING – EBHS

Rikke Addis, MA, Associate, California Institute for Behavioral Health Solutions (CIBHS)

MODERATOR: *Sharon Mendonca, MPA, Assistant Director, Planning/Development Merced County Department of Mental Health*

CIBHS, in collaboration with eCenter Research, Inc., has developed a web-based data collection platform by the name eBHS (electronic Behavioral Health Solutions). This workshop will have examples of how eBHS has transformed how CIBHS supports evaluation for evidence-based practices such as FFT.

12:00 PM – 1:00 PM

LUNCH (included with registration)

Grand Ballroom

1:00 PM – 2:15 PM **SESSION TWO**

Salon 2

FFT SITE SUPERVISOR ADVANCED TRAINING: LEADERSHIP STYLES

Kellie Arme y, MSW, LISW-S, FFT Trainer, Functional Family Therapy

MODERATOR: Lori Ford, PhD, MFT, Associate, California Institute for Behavioral Health Solutions (CIBHS)

This workshop is specifically designed for current FFT supervisors. This workshop will teach FFT supervisors to become leaders that promote the ongoing development of their FFT team.

Salon 1

THE PREPARED ADULT UTILIZING AGGRESSION REPLACEMENT TRAINING®

Mark Amendola, BCD, Educational & Treatment Alternatives, Inc.

Robert Oliver, EdD, Educational & Treatment Alternatives, Inc.

MODERATOR: Khani Gustafson, MSW, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS)

This workshop will review the components of the Prepared Adult. Implementation concerns will be addressed for utilization of an adult population. Videos will be reviewed showing actual sessions of each component.

Salon 3

CHILD SEXUAL ABUSE AND TF-CBT

Jennifer Wilgo cki, MS, LCSW, Child & Family Therapist, Midwest Center for Psychotherapy and Sex Therapy

MODERATOR: Gayaneh Karapetian, MA, LMFT, Associate, California Institute for Behavioral Health Solutions (CIBHS)

This session will focus on the specific applications of the TF-CBT model for children who have been sexually abused. It will include information about components delivery, caregiver sessions, intrafamilial sexual abuse considerations, and commercially sexually exploited youth.

**THIS SYMPOSIUM...
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- FORUM DOCUMENTS
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THURSDAY, APRIL 21, 2016 CONTINUED

1:00 PM – 2:15 PM

SESSION TWO, CONTINUED

Salon 4

FFT PRACTITIONER TRAINING: WHAT TO DO WHEN CLIENTS DON'T WANT TO TALK, TALK TO MUCH, AND OTHER FORMS OF AVOIDANCE

Julie Elmenhurst, MSW, LICSW, FFT Therapist, Consultant, and Trainer, FFT LLC

MODERATOR: Pam Hawkins, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS)

This workshop is specifically designed for current FFT therapists. Every FFT therapist has come across various forms of avoidance and challenges in the room with families. This workshop will include dozens of examples of matching to various forms of avoidance, environmental distractions, logistical complications, clients not talking, and clients talking to much.

Terrace

CBT: TEACHING AND MEASURING COMPETENCY

Troy Thompson, Executive Director, The Academy of Cognitive Therapy

Leslie Sokol, PhD, Distinguished Founding Fellow, Credentialing Chair, Academy of Cognitive Therapy, Fellow, ABCT

MODERATOR: Angela Riddle, LCSW, Behavioral Health Manager, Ventura County BH, Youth and Family, Oxnard and Santa Clara Valley

This workshop will discuss the CTRS and how it can be used in both training and assessment of competence. Training CBT competence is a critical component of dissemination. Various CBT training models and implementation will be discussed.

Garden

HOW TO KNIT A SWEATER WITHOUT A PATTERN - IMPLEMENTATION, YOUTH ENGAGEMENT, AND TIPS FOR TIP

Joseph Solomita, LCSW, Managing Director Stars Training Academy Stars Behavioral Health Group's Stars Training Academy

Dana Taylor, LCSW, Humboldt County Transition Age Youth Collaborative

MODERATOR: Kelly Bitz, Program Coordinator, California Institute for Behavioral Health Solutions (CIBHS)

Implementation of evidenced based practices (ESPs) should follow research-based steps. However in reality, implementation of ESPs rarely goes according to plan. In Humboldt County, the Transition to Independence Process (TIP) Model, was implemented by intrepid County staff. This workshop covers strategies Humboldt personnel used to navigate successful TIP implementation.

1:00 PM – 2:15 PM

SESSION TWO, CONTINUED

Redwood

**MOTIVATIONAL INTERVIEWING AND DIALECTICAL BEHAVIORAL THERAPY:
EXPLORING THE CONNECTIONS AND POSSIBILITIES FOR EFFECTIVE CHANGE**

Kristin L. Dempsey, MS, MFT, LPCC, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS)

MODERATOR: *Percy Howard III, LCSW, Vice President of Programs and Operations, California Institute for Behavioral Health Solutions (CIBHS)*

This presentation will review the common effective features of both Motivational Interviewing and Dialectical behavioral therapy and how the approach/theory can be integrated to best address challenging clinical presentations such as personality and substance use disorders. Current research addressing the integration of the models will be discussed as well, and case examples will be provided for illustration of how to use MI and DBT together in treatment.

Sacramento

EVALUATING SUBSTANCE USE DISORDERS TREATMENT

Darren Urada, PhD, Associate Research Psychologist, UCLA Integrated Substance Abuse Programs

MODERATOR: *Sharon Mendonca, MPA, Assistant Director, Planning/Development Merced County Department of Mental Health*

This session will provide an overview of performance and outcome measures commonly used in the evaluation of SUD treatment programs and systems, discuss the advantages and disadvantages of each, and will include a discussion of whether and how SUD and mental health evaluations might converge shared measures.

2:15 PM – 2:30 PM

BREAK

2:30 PM – 3:45 PM

**REAL WORLD IMPLEMENTATION:
CHALLENGES AND SOLUTIONS AT THE COUNTY LEVEL**

Grand Ballroom

PLENARY

Lillian Bando, JD, MSW, District Chief, PEI Administration Division, Los Angeles County Department of Mental Health

Cindy Guz, MFT, Deputy Director, Imperial County Behavioral Health

Amanda Pyper, MPA, MFT, Behavioral Health Manager, Oxnard Adult Region, Ventura County

MODERATOR: *Lori Ford, PhD, MFT, Associate, California Institute for Behavioral Health Solutions (CIBHS)*

This year's plenary panel will outline the challenges with implementing Evidence Based Practices throughout a county system. We will then discuss various solutions that have been effectively used for implementation challenges such as: Training cost, adequate referrals, appropriate documentation, and accountability, among others.

THURSDAY, APRIL 21, 2016 CONTINUED

4:00 PM – 5:15 PM

SESSION THREE

Salon 2

FFT SITE SUPERVISOR ADVANCED TRAINING: TEAM DEVELOPMENT

Kellie Arme, MSW, LISW-S, FFT Trainer, Functional Family Therapy

MODERATOR: Lori Ford, PhD, MFT, Associate, California Institute for Behavioral Health Solutions (CIBHS)

This workshop is specifically designed for current FFT supervisors. Information on the stages of team development will be presented with ideas on how to supervise at each stage of the development process.

Salon 1

ANGER CONTROL TRAINING – IMPLEMENTATION AND MODIFICATIONS

Mark Amendola, LCSW, BCD, Educational & Treatment Alternatives, Inc.

Robert Oliver, EdD, Educational & Treatment Alternatives, Inc.

MODERATOR: Angela Riddle, LCSW, Behavioral Health Manager, Ventura County BH, Youth and Family, Oxnard and Santa Clara Valley

This session will review modifications to the Anger Control Training Curriculum. It is the implementation guide for the Prepare Curriculum. The participants will gain an understanding that anger is a natural recurring human emotion that we all experience, some more intense than others. Anger Control Training teaches how to appropriately express anger in an assertive non-aggressive manner.

Salon 3

THE BALANCING ACT BETWEEN FIDELITY AND FLEXIBILITY IN TF-CBT

Jennifer Wilgocki, MS, LCSW, Child & Family Therapist, Midwest Center for Psychotherapy and Sex Therapy

MODERATOR: Gayaneh Karapetian, MA, LMFT, Associate, California Institute for Behavioral Health Solutions (CIBHS)

In any evidence-based practice fidelity must be balanced with flexibility. In the delivery of TF-CBT this is particularly important. This session will explore how to measure fidelity with a specific fidelity adherence scale while also flexibly accommodating to the idiosyncracies of specific cases. There will be time for consultation, so participants should feel free to bring case-specific TF-CBT questions.

**ALL HANDOUTS AND RESOURCE MATERIAL
WILL ALSO BE AVAILABLE AT:**

WWW.CIBHS.ORG

4:00 PM – 5:15 PM

SESSION THREE, CONTINUED

Salon 4

FUNCTIONAL FAMILY THERAPY CHILD WELFARE

Julie Elmenhurst, MSW, LICSW, FFT Therapist, Consultant, and Trainer, FFT LLC

MODERATOR: Pam Hawkins, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS)

This workshop is intended for clinicians who are interested in learning more about providing family services in a child welfare context. This workshop will present the framework on the adaptation, Functional Family Therapy-Child Welfare model (FFTCW). It will include an outline of the many risk factors FFTCW addresses including trauma, domestic violence, parental mental health, abuse, neglect, and parenting skills deficit, and working developmental issues/disabilities. This workshop will include examples of doing FFT with children of all ages.

Sacramento

INTERPERSONAL THERAPY INSTITUTE

Scott Stuart, MD, Professor of Psychiatry and Psychology, University of Iowa, Interpersonal Psychotherapy Institute

MODERATOR: Percy Howard III, LCSW, Vice President of Programs and Operations, California Institute for Behavioral Health Solutions (CIBHS)

Interpersonal Psychotherapy (IPT) is an Evidence-Based Psychotherapy for adults, adolescents, and children ages nine and older. IPT is efficacious for affective disorders, anxiety disorders, eating disorders, and PTSD. Dr. Stuart will review the IPT model and the approved training program for community-based therapists implemented by the IPT Institute within the Los Angeles County DMH system and elsewhere in California..

Terrace

COMMUNITY DEFINED PRACTICE EMOTIONAL EMANCIPATION CIRCLES

Kristee Haggins, PhD, Senior Associate, CIBHS

Theopia Jackson, PhD, Chapter President/Director, Dept. of Humanistic & Clinical Psychology, The Association of Black Psychologists/Saybrook University

MODERATOR: Khani Gustafson, MSW, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS)

This presentation provides an overview of a Community Determined Practice (CDP), highlighting the value of CDPs within cultural context and it's implementation using the Community Development Team (CDT) model. The Emotional Emancipation CirclesSM concept is an innovative, grassroots partnership designed to provide culturally-specific, community-informed practices. It is intended to foster personal commitment to emotional emancipation, healing, wellness and empowerment. It also addresses the key social determinants of mental and emotional health for persons of African ancestry.

THURSDAY, APRIL 21, 2016 CONTINUED

4:00 PM – 5:15 PM

SESSION THREE, CONTINUED

Garden

SCREENING OF THE RAISING OF AMERICA: EARLY CHILDHOOD AND THE FUTURE OF OUR NATION-DNA IS NOT DESTINY

Monica Adrian, Behavior Support Specialist, Merced County Office of Education: Caring Kids Program

MODERATOR: Sharon Mendonca, MPA, Assistant Director, Planning/Development Merced County Department of Mental Health

This is your opportunity to watch *The Raising of America: Early Childhood and the Future of Our Nation-DNA Is Not Destiny*. How do early experiences get under the skin, altering which genes get switched on and which stay off? Following with a discussion about the implications for your work.

Redwood

EVALUATION MEASURES

Rikke Addis, MA, Associate, California Institute for Behavioral Health Solutions (CIBHS)

MODERATOR: Kelly Bitz, Program Coordinator, California Institute for Behavioral Health Solutions (CIBHS)

This workshop includes a review of common clinical measures used in behavioral health and in CIBHS evaluation initiatives. CIBHS criteria for selecting assessment tools will be reviewed. In addition, the workshop will include a discussion of how to interpret data in aggregate CIBHS reports for practices such as FFT.

5:15 PM

CLOSING

Grand Ballroom

5:30 PM – 7:00 PM

NETWORKING RECEPTION –
PREVIEW OF 'REAL BOY' DOCUMENTARY,
SHALEECE HAAS, MUSIC BY JOE STEVENS



REAL BOY is the coming-of-age story of Bennett Wallace, a transgender teenager on a journey to find his voice—as a musician, a friend, a son, and a man. As he navigates the ups and downs of young adulthood, he works to gain the love and support of his mother, who has deep misgivings about her child's transition. Along the way, Bennett forges a powerful friendship with his idol, Joe Stevens, a celebrated transgender musician with his own demons to fight.

REAL BOY is supported by ITVS, Cal Humanities, Film Independent, IFP, Berkeley Film Foundation, and Pacific Pioneer Fund, among others. The film is currently in post-production and is expected to be released in early 2016.

BIOS



Keynote Speaker Dean Lee Fixsen, PhD, University of North Carolina at Chapel Hill, Senior Scientist and Co-Director of the National Implementation Research Network (NIRN) will speak on April 21, 2016. Dr. Fixsen is Co-Director (with Karen Blase) of the National Implementation Research Network;

Co-Director (with Karen Blase, Rob Horner, and George Sugai) of the State Implementation and Scaling-up of Evidence-based Practices (SISEP) Center; and Co-Chair (with Bianca Albers, Deborah Gbate, and Jennifer Schroeder) of the Global Implementation Conference.



Keynote Speaker Stan Huey, PhD, Associate Professor, University of Southern California, Dept. of Psychology will speak on April 22, 2016. Dr. Huey is an expert on the appropriateness of EBP's for culturally diverse clients. His research is on psychotherapy effects with children and adolescents, culture-

responsive treatments for ethnic minorities, and psychotherapy mechanisms that lead to clinical change. He also addresses service system implications based on his studies.



Shaleece Haas, Director/Producer, is a queer documentary filmmaker based in Oakland, CA. She is the co-producer of the 2013 documentary film, *The Genius of Marian*, which premiered at the Tribeca Film Festival and was broadcast on POV in 2014. Her 2010 documentary short, *Old People*

Driving, premiered at the Mill Valley Film Festival and was broadcast on the PBS News Hour as part of the Economist Film Project. In addition to her work as a director/producer,

Shaleece is an instructor of video storytelling at the UC Berkeley Graduate School of Journalism, the Berkeley Advanced Media Institute, and the NY Press Association, and serves as the head of submissions for New Day Films. She is a 2015 Film Independent Documentary Lab Fellow, a 2012 Working Films (Reel Aging) fellow and a 2010 Met Life Foundation Journalists in Aging fellow. Prior to starting her work in documentary film, Shaleece worked as an editorial photographer and radio producer and was a founding staff member of the national oral history project, Story Corps. She is a graduate of the documentary film program at UC Berkeley's Graduate School of Journalism.



North American singer/songwriter, guitar, upright bass, and banjoman, Joe Stevens is a third-generation professional musician in a long line of restless westward moving souls. Joe's career began in 2006 with the Alt-Americana group Coyote Grace. Between 2006 and 2012 Coyote Grace released five albums and toured with the Indigo Girls, Melissa Ferrick, and Girlyman.

Joe's music rides the edge of the first wave of transgender performers to break through into the public consciousness. The social media explosion combined with shifting public opinion created the conditions that enabled trans and queer artists, a highly marginalized and often isolated subculture, to connect and gain visibility throughout the world. Joe performs and gives workshops on songwriting and queer/trans issues at colleges and universities and is a social justice activist for underdogs of all stripes, committed to honoring their vital contributions to the greater collective evolution. From his roots as an awkward kid with a debilitating stutter, through dark years of alcohol and drug addiction, Joe's music touches on themes at once specific and ubiquitous, portraying the human condition distilled — where one person's story is truly everyone's story.

FRIDAY, APRIL 22, 2016

8:00 AM – 4:00 PM **REGISTRATION** *Grand Ballroom Foyer*

8:00 AM – 9:00 AM **CONTINENTAL BREAKFAST** *Grand Ballroom*

8:45 AM – 10:15 AM **KEYNOTE: EBTS & YOUTH DIVERSITY:
WHAT WE KNOW & WHY IT MATTERS** *Grand Ballroom*

Stan Huey, PhD, Associate Professor, University of Southern California, Dept. of Psychology

MODERATOR: Percy Howard III, LCSW, Vice President of Programs and Operations, California Institute for Behavioral Health Solutions (CIBHS)

This talk will provide an overview of the research on Evidence-Based Treatments (EBTs) for children and adolescents, with a particular focus on therapies for diverse populations and the role of “cultural sensitivity.” Misconceptions about the utility of EBTs with “real-world” youth will be addressed, as well as challenges to transporting EBTs to public sector settings will also be discussed. Broad guidelines for providing efficacious treatments to diverse populations.

10:15 AM – 10:30 AM **BREAK**

10:30 AM – 12:00 PM **SESSION FOUR**

Salon 2 **FFT SITE SUPERVISOR ADVANCED TRAINING: SUPERVISION FOCUSED ON THE BEHAVIOR CHANGE PHASE**

Kellie Armey, MSW, LISW-S, FFT Trainer, Functional Family Therapy

MODERATOR: Kristin Dempsey, MS, MFT, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS)

This workshop is specifically designed for current FFT supervisors. This workshop will focus on working with supervisors to provide phase based supervision within the behavior change phase. Specific focus will be given to development of family skill, therapist planning and follow through.

Salon 1 **THE PREPARED ADULT UTILIZING AGGRESSION REPLACEMENT TRAINING®**

Mark Amendola, LCSW, BCD, Educational & Treatment Alternatives, Inc.

Robert Oliver, EdD, Educational & Treatment Alternatives, Inc.

MODERATOR: Lynn Thull, PhD, Consultant for Mental Health Policy, and Practice Improvement, California Alliance of Child and Family Services

This workshop will review the components of the Prepared Adult. It will also address implementation concerns for utilization of an adult population. Videos will be reviewed showing actual sessions of each component.

10:30 AM – 12:00 PM **SESSION FOUR, CONTINUED**

Salon 3

A TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY CASE CONCEPTUALIZATION: FROM ASSESSMENT TO TERMINATION

Alison Hendricks, LCSW, National TF-CBT Trainer, Hendricks Consulting, San Diego

MODERATOR: *Gayaneh Karapetian, MA, LMFT, Associate, California Institute for Behavioral Health Solutions (CIBHS)*

This workshop will focus on applying TF-CBT to a case example involving complex trauma. Treatment considerations and challenges will be discussed related to the assessment process, each of the PRACTICE components, and termination. This workshop will be interactive, as participants will be invited to think about how they would apply TF-CBT and its components for the case provided. Cultural and developmental issues will be discussed, and specific resources and interventions will be explained.

Salon 4

FFT PRACTITIONER TRAINING: INNOVATIONS IN FFT WITH GANG INVOLVED YOUTH

Julie Elmenhurst, MSW, LICSW, FFT Therapist, Consultant, and Trainer, FFT LLC

MODERATOR: *Tracye Jones, MA, MBA, CIBHS FFT Statewide Consultant*

This workshop is specifically designed for current FFT therapists. This workshop will teach FFT therapists to talk honestly and directly about the risks of gang affiliation, without increasing blame or family conflict. Strategies for reframing and helping family members to shift their perceptions of gang affiliation will be presented. Therapists will also learn specific ideas about reducing family risk factors to address gang-affiliation.

Redwood

CBTP – FELTON INSTITUTE/CIBHS AND BEST CENTER

Harry J. Sivec, PhD, Consultant and Trainer, Best Practices in Schizophrenia Treatment (BeST) Center; Northeast Ohio Medical University (NEOMED)

Vicki Montesano, PhD, Associate Director, Best Practices in Schizophrenia Treatment (BeST) Center; Northeast Ohio Medical University (NEOMED)

Lon Herman, MA, Director, Best Practices in Schizophrenia Treatment (BeST) Center; Northeast Ohio Medical University (NEOMED)

Melissa Moore, PhD, Director of Research and Training, Felton Institute

MODERATOR: *Percy Howard III, LCSW, Vice President of Programs and Operations, California Institute for Behavioral Health Solutions (CIBHS)*

Felton Institute Research and Training and CIBHS as well as the Best Practices in Schizophrenia Treatment (BeST) Center Department of Psychiatry of Northeast Ohio Medical University are pioneers in implementing Cognitive Behavioral Therapy for Psychosis in the United States. Both Partnerships will present the history, background, challenges and successes of their respective experiences implementing CBTP in a “real world implementation” context.

FRIDAY, APRIL 22, 2016 CONTINUED

10:30 AM – 12:00 PM **SESSION FOUR, CONTINUED**

Garden

THREE MODELS OF IMPLEMENTATION FOR TREATMENT FOSTER CARE OREGON

Rohanna Buchanan, PhD, Research Scientist, Oregon Social Learning Center

MODERATOR: Pam Hawkins, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS)

Scaling up interventions such as Treatment Foster Care Oregon (TFCO; formerly known as Multidimensional Treatment Foster Care) into county-, state-, or country-level contexts is a complex task that requires collaboration with a range of stakeholders including policy makers, system leaders, managers, practitioners, and consumers. This workshop will outline three models used to scale up TFCO.

Sacramento

MORAL RECONATION THERAPY (MRT)

Stephen Swan, Vice President, Correctional Counseling, Inc., Germantown, Tennessee

Michaele Brown, MSW, LCSW, Clinical Supervisor, Mental Health Division in Tehama, CA

Tom Dearmore, Case Manager, New Opportunity Work (NOW) Program

MODERATOR: Khani Gustafson, MSW, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS)

Moral Reconciliation Therapy (MRT) is the premiere cognitive-behavioral program for substance abuse treatment and for criminal justice offenders. Developed in 1985 by Gregory Little, EdD, and Kenneth Robinson, EdD, more than 120 published reports have documented that MRT-treated offenders show significantly lower recidivism for periods as long as 20 years after treatment.

Terrace

SUBSTANCE USE DISORDERS: RESEARCH AND REAL WORLD TREATMENT

Lori Ford, PhD, MFT, Associate, California Institute for Behavioral Solutions (CIBHS)

MODERATOR: Sharon Mendonca, MPA, Assistant Director, Planning/Development Merced County Department of Mental Health

This workshop will highlight research for the treatment of Substance Use Disorders as well as resources for training in Evidence Based Practices for adolescent and adult populations. Sample treatment protocol and a quick case example will be provided.

12:00 PM – 1:00 PM

LUNCH (Included with registration)

Grand Ballroom

1:00 PM – 2:15 PM

SESSION FIVE

Salon 2

FFT SITE SUPERVISOR ADVANCED TRAINING: SUPERVISION FOCUSED ON THE GENERALIZATION PHASE

Kellie Armey, MSW, LISW-S, FFT Trainer, Functional Family Therapy

MODERATOR: *Lori Ford, PhD, MFT, Associate, California Institute for Behavioral Health Solutions (CIBHS)*

This workshop is specifically designed for current FFT supervisors. This workshop will focus on assisting supervisors to clearly articulate the importance of the Generalization Phase during supervision, to clearly support therapist with plan development and follow through with families in this phase.

Salon 1

MORAL REASONING AND INCLUSION OF CHARACTER EDUCATION

Mark Amendola, LCSW, BCD, Educational & Treatment Alternatives, Inc.

Robert Oliver, EdD, Educational & Treatment Alternatives, Inc.

MODERATOR: *Percy Howard III, LCSW, Vice President of Programs and Operations, California Institute for Behavioral Health Solutions (CIBHS)*

This session will review the Moral Reasoning Training with the inclusion of Character Education. It is the implementation guide for the Prepare Curriculum.

Salon 3

POST-TRAUMATIC STRESS DISORDER AND AVOIDANCE IN TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY

Alison Hendricks, LCSW, National TF-CBT Trainer, Hendricks Consulting, San Diego

MODERATOR: *Gayaneh Karapetian, MA, LMFT, Associate, California Institute for Behavioral Health Solutions (CIBHS)*

This session will focus on understanding avoidance as a common post-traumatic stress reaction. Challenges related to avoidance during assessment and when implementing TF-CBT will also be explored. Strategies and interventions for overcoming avoidance among children, adolescents, and caregivers will be described.

Salon 4

FFT PRACTITIONER TRAINING: LOCKING IN CHANGE – MAKING THE MOST OF GENERALIZATION

Julie Elmenhurst, MSW, LICSW, FFT Therapist, Consultant, and Trainer, FFT LLC

MODERATOR: *Tracye Jones, MA, MBA, CIBHS FFT Statewide Consultant*

This workshop is specifically designed for current FFT therapists. Many therapists struggle with keeping families engaged and motivated throughout the generalization phase. This workshop will focus on ideas for helping therapists to use the phase goals as an anchor for doing relapse prevention in a way that is helpful for beneficial for families, and reducing the risk for drop-out during this crucial phase of the treatment process.

FRIDAY, APRIL 22, 2016 CONTINUED

1:00 PM – 2:15 PM

SESSION FIVE, CONTINUED

Sacramento

IT TAKES A COMMUNITY

May-Ci Xiong, ASW, LMFT, Merced County Mental Health Department

Kindle Wallace, LMFT, Merced County Mental Health Department

MODERATOR: Sharon Mendonca, MPA, Assistant Director, Planning/Development Merced County Department of Mental Health

Merced County Mental Health, Child Welfare, and Service Providers have been collaborating closely on developing initiatives, policies and guidelines to ensure that the mental health needs of each child is met to promote the well-being, safety, and permanency of all children served.

Garden

REFRAMING WORKPLACE MENTAL HEALTH: WHAT EVERY LEADER MUST KNOW

Donna Hardaker, Director, Mental Health America of California - Wellness Works

MODERATOR: Pam Hawkins, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS)

In the behavioral health sector, we benefit from opening up dialogue to consider that taking care of employee mental health is integral to delivering good care. This presentation builds awareness that employers who successfully manage behavioral health issues among employees can alleviate performance problems, avoid litigation, create a more inclusive work environment, and enhance organizational effectiveness.

Terrace

BRIEF PARENT ENHANCEMENT STRATEGIES (BPES)

Dan Thorne, LMFT, Director, Harbor View Community Services Center

MODERATOR: Lynn Thull, PhD, Consultant for Mental Health Policy, and Practice Improvement, California Alliance of Child and Family Services

Brief Parent Enhancement Strategies (BPES) is a new and emerging practice which helps parents of children with mental health challenges reduce stress. Its background, theory, and approaches will be discussed. Interventions will be presented for use with their clients. Community training opportunities will also be discussed.

1:00 PM – 2:15 PM

SESSION FIVE, CONTINUED

Redwood

THINK KIDS: COLLABORATIVE PROBLEM SOLVING

J. Stuart Ablon, PhD, Director, Think:Kids at MGH

MODERATOR: *Kristin Dempsey, MS, MFT, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS)*

Dr. Stuart Ablon will present an overview of a research-informed approach to understanding and helping youth with challenging behaviors called Collaborative Problem Solving (CPS). The CPS model provides a common philosophy, language, and process that can be used and has demonstrated effectiveness across settings and in systems of care throughout North America. Participants will learn the basics of the approach and how it represents a significant departure from conventional wisdom and motivational approaches to managing challenging behaviors.

TED Talk: <https://www.youtube.com/watch?v=zuoPZkFclVs>

2:15 PM – 2:30 PM

BREAK

2:30 PM – 3:45 PM

SESSION SIX

Salon 4

FUNCTIONAL FAMILY PROBATION SERVICES: A RELATIONAL STRATEGY IN A PROBATION CONTEXT

Julie Elmenhurst, MSW, LICSW, FFT Therapist, Consultant, and Trainer, FFT LLC

MODERATOR: *Lynn Thull, PhD, Consultant for Mental Health Policy, and Practice Improvement, California Alliance of Child and Family Services*

This workshop is specifically designed for probation workers and therapists who work with juvenile justice involved youth and their families. This workshop will focus on Functional Family Probation Services (FFP), a novel approach for working with youth in the justice system. This presentation draws on work conducted by probation workers over the past decade and includes ideas for engaging and motivating youth, linking and monitoring youth involvement with multiple systems, and generalizing change.

Salon 1

MODEL ADHERENCE FOR FIDELITY ADMINISTRATION

Mark Amendola, LCSW, BCD, Educational & Treatment Alternatives, Inc.

Robert Oliver, EdD, Educational & Treatment Alternatives, Inc.

MODERATOR: *Khani Gustafson, MSW, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS)*

This session will review new and updated tools for fidelity implementation. This hands-on presentation will also review ongoing sustainability and maintenance for an organization to have been implementing the model over time.

FRIDAY, APRIL 22, 2016 CONTINUED

2:30 PM –3:45 PM

SESSION SIX, CONTINUED

Redwood

TRAUMA-FOCUSED BEHAVIORAL THERAPY SUPERVISION: FIDELITY VS. FLEXIBILITY, PARALLEL PROCESSES, CRISIS OF THE WEEK (COW), AND THERAPIST AVOIDANCE

Alison Hendricks, LCSW, National TF-CBT Trainer, Hendricks Consulting, San Diego

MODERATOR: *Gayaneh Karapetian, MA, LMFT, Associate, California Institute for Behavioral Health Solutions (CIBHS)*

This workshop will explore common issues and challenges in TF-CBT supervision and is intended for Supervisors. Strategies and resources for helping therapists balance fidelity with flexibility will be suggested. Examples will be provided to explain how supervisors can use parallel processes to support therapists in implementing TF-CBT. In particular, issues related to crises of the week and therapist avoidance will be discussed. Supervisors will learn strategies for helping therapists address COWs and overcome avoidance.

Salon 2

FFT SITE SUPERVISOR ADVANCED TRAINING: SUPERVISION UTILIZING FFT'S TYPE REPORT

Kellie Armey, MSW, LISW-S, FFT Trainer, Functional Family Therapy

MODERATOR: *Pam Hawkins, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS)*

This workshop is specifically designed for current FFT supervisors. This workshop will focus on assisting supervisors with understanding the TYPE report and its use in supervision for therapists and the team.

Sacramento

SOAR'ING TO RECOVERY: INCREASING ACCESS TO INCOME, HOUSING, TREATMENT & EMPLOYMENT OPPORTUNITIES THROUGH SSI/SSDI BENEFITS

Abigail Lemon, Project Associate II, SAMHSA SOAR Technical Assistance Center at Policy Research Associates

MODERATOR: *Percy Howard III, LCSW, Vice President of Programs and Operations, California Institute for Behavioral Health Solutions (CIBHS)*

SOAR (SSI/SSDI Outreach, Access and Recovery) is a culturally sensitive, trauma-informed, community-based program designed to increase access to Social Security disability benefits for people who are homeless or at risk. SOAR builds a community infrastructure which supports case managers to better navigate the Social Security disability process. This workshop will introduce the essential elements for implementing a successful SOAR program.

2:30 PM – 3:45 PM

SESSION SIX, CONTINUED

Salon 3

ON THE ROAD WITH TRIPLE P – POSITIVE PARENTING PROGRAM

Randy Ahn, PhD, MLIS, Implementation Consultant, Triple P America

Keri Pesanti, PsyD, Mental Health Clinical Program Head, Los Angeles County Dept. of Mental Health

Jennifer Dixon, LMFT, Clinical Therapist II, Riverside University Health System, Behavioral health, Preschool 0-5 Programs, Mobile PEI

MODERATOR: *Kristin Dempsey, MS, MFT, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS)*

Two California county mental health departments, LA and Riverside, have implemented Triple P broadly in different ways. This workshop will provide an overview of Triple P as a prevention and early intervention program. It will also highlight how LA oversees 40+ clinical sites and how Riverside’s Mobile Clinics traverse 7303 square miles of territory bringing services to where they are needed.

Garden

CULTURAL COMPETENCY

Zuelika Xicotencatl, LCSW, Clinical Therapist, FFT consultant, San Bernardino

MODERATOR: *Tracye Jones, MA, MBA, CIBHS FFT Statewide Consultant*

This workshop will focus on strategies for addressing cultural competency with monolingual Spanish speaking families by addressing the challenges of cultural accommodations to the FFT model without compromising model fidelity.

Terrace

DBT – BEHAVIORAL TECH

Anthony P. DuBose, PsyD, Chief Training Executive, Behavioral Tech, LLC

MODERATOR: *Lori Ford, PhD, MFT, Associate, California Institute for Behavioral Health Solutions (CIBHS)*

This presentation orients participants to the roots of Dialectical Behavior Therapy (DBT) as a approach to remediating deficits in emotion regulation skills. DBT has been studied in 33 randomized control trials in 24 independent site in 9 countries. As a result of this presentation participants will understand the theoretical assumptions related to emotion regulation which inform DBT skills and strategies. Some specific emotion regulation skills will be taught and practiced.

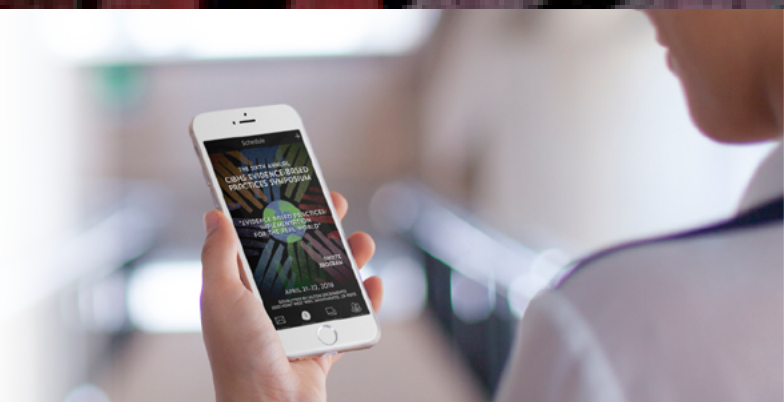
3:45 PM – 4:00 PM

CONCLUSION AND WRAP-UP

Grand Ballroom

DOWNLOAD THE CIBHS YAPP

HOW CAN I VIEW A YAPP ON MY PHONE OR TABLET?



System Requirements

Apple Devices: Yapp works on iOS devices running iOS 7.0 or later. This includes iPhones, iPads and iPod Touch devices, though the app is currently optimized for iPhone 5.

Android Devices: Yapp works on Android devices running Android 2.3 and newer, including phones and tablets.

Blackberry devices running BB10 with Android apps can download Yapp from the Google Play store.

Downloading the App

Click here to view a Vimeo video on how to download an app on iOS – first time users. There are other instructional videos in this link as well.

You will receive an invitation to view our CIBHS Yapp. The invitation includes a link: <http://my.yapp.us/37WJ5S>

If you received the link:

Tap “View” or input it from your iOS or Android device.

You’ll be directed to your app store to download the Yapp container app, if you don’t already have it on your device. If you do not already have it on your device, you will need an account to download the Yapp container. The account is an Apple App Store account or a Google Play Store Account. Once Yapp is downloaded, open it, and tap the “Download an Existing App” button and the app will install automatically.

If you are downloading from a computer via the CIBHS website: <http://www.cibhs.org/cibhs-apps>

If your invitees visit the link on a computer, we’ve still got you covered. They can first view a preview of what the app has in store. Then, they can either type in a phone number and the app invite will be sent directly to that phone, or they can scan the app’s QR code with their smartphone. (If they report trouble with the link on a computer, make sure there isn’t a “www.” in front of the “my.yapp.us” portion of the link.)

Opening the App

Once the CIBHS Yapp is downloaded, tap the cover, and wait for the cover to open and turn. You may receive occasional updates to your CIBHS Yapp. You will be asked to load the update when this occurs.

Viewing the Content

Your navigation is at the bottom of the screen (iPhone), Android and other devices may have the menu to left showing after you swipe the screen to the right.

My Schedule

You can create and view personalized schedules via “My Schedule”. Users can create and see their schedule by tapping on the My Schedule icon on the top right of any Schedule or Session page.

In addition, below the description of a session there is a 5 star rating system. Please let us how the session went for you with 1 star being the lowest and 5 stars being the highest rating.

Social Media

This CIBHS Yapp has one social media functions-News Feed. In the News Feed page, you and anyone who has downloaded the app can post pictures and comments from your phones or tablets.

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