CIBHS
CALIFORNIA INSTITUTE FOR
BEHAVIORAL HEALTH SOLUTIONS

ARE CO-SPONSORING
TO PRESENT THE

8TH ANNUAL
EVIDENCE-BASED
PRACTICES SYMPOSIUM

“BUILDING LIVES BEYOND TRAUMA”

ONSITE PROGRAM

APRIL 5-6, 2018
HOLIDAY INN SACRAMENTO DOWNTOWN - ARENA
300 J STREET, SACRAMENTO, CA 95814
CIBHS has invited you to use the CIBHS Yapp App at this event. Your invitation is in this URL: http://my.yapp.us/ACTY9V.

If you do not already have the Yapp on your iPhone or Android mobile device, you’ll be directed to your app store to download the Yapp container app. Once the Yapp is downloaded, open it, tap the “Download an Existing App” button and put this information into the screen: ACTY9V. For those who don’t have an iOS or Android mobile device, just click on this link in your computer’s browser, http://my.yapp.us/ACTY9V, and the app will open in read only mode.
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.

<table>
<thead>
<tr>
<th>EFFECTIVE PRACTICE</th>
<th>Achieves outcomes, random clinical trials, independent replication, in real world settings</th>
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<tbody>
<tr>
<td>EFFICACIOUS PRACTICE</td>
<td>Achieves outcomes, random clinical trials, independent replication, in study settings</td>
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<td>PROMISING PRACTICE</td>
<td>Positive outcomes, quasi-experimental research support or expert consensus</td>
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<td>EMERGING PRACTICE</td>
<td>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</td>
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<tr>
<td>NOT EFFECTIVE PRACTICE</td>
<td>Significant evidence of no, negative, or harmful outcomes</td>
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<td>NOT EVALUATED</td>
<td>Has not been evaluated, level of effectiveness is not known</td>
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THURSDAY, APRIL 5, 2018

7:15 AM – 5:00 PM  REGISTRATION  Grand Ballroom Foyer

7:15 AM – 8:30 AM  CONTINENTAL BREAKFAST  Grand Ballroom Foyer

8:00 AM – 8:30 AM  OPENING REMARKS  Grand Ballroom
  Percy Howard III, LCSW, Interim Chief Executive Officer, California Institute for Behavioral Health Solutions (CIBHS)

8:30 AM – 10:00 AM  KEYNOTE SPEAKER  Grand Ballroom
EBPs FROM THE PERSPECTIVE OF CULTURE AND CONTEXT
Cheryl Grills, PhD, Professor of Psychology, Loyola Marymount University
MODERATOR: Percy Howard III, LCSW, Interim Chief Executive Officer, California Institute for Behavioral Health Solutions (CIBHS)
This address will examine important considerations when applying EBPs with different ethnocultural groups. Issues of culture, context, and linguistics must be addressed and assumptions of cultural equivalence of meaning and methods. Fundamental differences in what constitutes mental health, illness and wellness form various ethnocentric perspectives and examples will be discussed.

10:00 AM – 10:15 AM  BREAK

10:15 AM – 11:30 AM  SESSION ONE

Balboa
USING THE CALIFORNIA EVIDENCE-BASED CLEARINGHOUSE TO SELECT & IMPLEMENT AN EVIDENCE-BASED TRAUMA INTERVENTION
Jared Martin, Implementation & Training Specialist, California Evidence-Based Clearinghouse (Rady Children’s Hospital: Chadwick Center for Children & Families)
MODERATOR: Lori Ford, PhD, MFT, Associate, California Institute for Behavioral Health Solutions (CIBHS)
This seminar will walk participants through the process of how to effectively select an EBP, including assessing their organizational needs and determining whether change and/or a new program is needed.

Fresno
AGGRESSION REPLACEMENT TRAINING® THE PREPARED ADULT
Mark Amendola, LCSW, BCD, President, Educational & Treatment Alternatives, Inc.
Robert Oliver, EdD, Vice President, Educational & Treatment Alternatives, Inc.
MODERATOR: Kelly Bitz, Program Coordinator, 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.
THURSDAY, APRIL 5, 2018 CONTINUED

10:15 AM – 11:30 AM  SESSION ONE CONTINUED

Hermosa

TF-CBT WITH PRESCHOOLERS AND YOUNG CHILDREN

**Donna Potter, LCSW, TF-CBT Endorsed Trainer**

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

Working with preschoolers and young children can be intimidating. Many practitioners assume preschoolers are incapable of successfully engaging in a cognitive behavioral therapy approach. This session will demonstrate how to do TF-CBT effectively with preschoolers and young children as well as review the research demonstrating its efficacy with this population.

Calaveras

STRENGTHS MODEL FOR YOUTH: A COMMUNITY-BASED YOUTH-DRIVEN CASE MANAGEMENT MODEL

**Amy Mendenhall, PhD, MSW, Associate Professor, University of Kansas School of Social Welfare**

**MODERATOR:** Matthew Blankers, MSW, Associate, California Institute for Behavioral Health Solutions (CIBHS)

Strengths Model for Youth (SM-Y) is a community-based case management intervention which builds on the relationship between worker and youth and encourages youth-driven goal development and attainment by identifying and building on strengths and resources. This presentation will provide an overview of SM-Y including adaptation from the adult model, the core principles and components, and the current evidence base.

City View

16th Floor

PEER-LED SEEKING SAFETY: AN INNOVATION TO EXPAND CARE

**Martha Schmitz, PhD, Senior Trainer, Treatment Innovations**

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

Peer-led Seeking Safety offers an exciting new way to provide evidence-based care for trauma and/or addiction. We will explore how peer-led Seeking Safety is similar and different from professionally-led Seeking Safety; identify the benefits of peer-led Seeking Safety; and examine the evidence on it. We will also cover implementation strategies.

El Dorado

EBP FROM THE PERSPECTIVE OF CULTURE AND CONTEXT/QUESTIONS AND ANSWERS SESSION

**Cheryl Grills, PhD, Professor of Psychology, Loyola Marymount University**

**MODERATOR:** Percy Howard III, LCSW, Interim Chief Executive Officer, California Institute for Behavioral Health Solutions (CIBHS)

This address will examine important considerations when applying EBPs with different ethnocultural groups. Issues of culture, context, and linguistics must be addressed and assumptions of cultural equivalence of meaning and methods. Fundamental differences in what constitutes mental health, illness and wellness form various ethnocentric perspectives and examples will be discussed.
THURSDAY, APRIL 5, 2018 CONTINUED

10:15 AM – 11:30 AM  SESSION ONE CONTINUED

Granada  MENTAL HEALTH PROVIDER ATTITUDES TOWARD EBPs

Patricia Gonzalez, PhD, Research Psychologist, Ventura County Behavioral Health
Alexis Villegas, BA, Research Assistant, Ventura County Behavioral Health
Angela Riddle, LCSW, Behavioral Health Manager, Ventura County BH, Youth and Family,
   Oxnard and Santa Clara Valley

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

This presentation will identify organizational and mental health provider characteristics
that facilitate or hinder the implementation of Evidence-Based Practices (EBPs). A greater
understanding of these factors allows for increased acceptance of EBPs and will be
conducive to a healthy work environment, particularly within public mental health sectors.

11:30 AM – 11:45 AM  BREAK

11:45 AM – 12:45 PM  LUNCH (INCLUDED WITH REGISTRATION)  Grand Ballroom

12:45 PM – 1:00 PM  BREAK

1:00 PM – 2:15 PM  SESSION TWO

Balboa  THE EVALUATION OF PARENT-CHILD INTERACTION THERAPY (PCIT) AT A
       NON-PROFIT AGENCY SERVING AT-RISK FAMILIES IN LOS ANGELES COUNTY

Diana Macias, Research Associate, Research and Evaluation Center, Children’s Institute Inc.
MODERATOR: Matthew Blankers, MSW, Associate, California Institute for Behavioral Health
   Solutions (CIBHS)

This workshop will describe the utilization of PCIT to lower emotional and behavioral
symptoms in children who have experienced trauma or maltreatment. PCIT has also proved
to be beneficial for enhancing parenting and decreasing negative behavioral and emotional
issues that are present in at-risk families.

Fresno  AGGRESSION REPLACEMENT TRAINING®THE PREPARED ADULT WITH FAMILIES
       UTILIZING FUNCTIONAL FAMILY THERAPY

Mark Amendola, LCSW, BCD, Master Trainer, Educational & Treatment Alternatives, Inc.
Robert Oliver, EdD, Master Trainer, Educational & Treatment Alternatives, Inc.
MODERATOR: Kelly Bitz, Program Coordinator, California Institute for Behavioral Health
   Solutions (CIBHS)

This workshop will describe the benefits of the combined use of Functional Family Therapy
and Aggression Replacement Training®.
1:00 PM – 2:15 PM  **SESSION TWO**  

**Hermosa**

**ASSESSMENT AND CASE CONCEPTUALIZATION IN TF-CBT**

**Donna Potter, LCSW, TF-CBT Endorsed Trainer**

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

The first step in ensuring TF-CBT model fidelity is assessment. This presentation will focus on factors to consider in determining the effectiveness of TF-CBT with particular children, as well as identifying specific free standardized assessment tools that can be used.

**Calaveras**

**STRENGTHENING FAMILIES PROGRAM**

**Angela Da Re, Master Trainer, Strengthening Families**

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

The Strengthening Families Program (SFP) is an evidence-based, 14-session parenting and family skills training program widely implemented with diverse families. This multicomponent intervention involves separate parent and youth skills training groups as well as a family group where they practice strengthening their skills of observation, monitoring, therapeutic play, communication, and effective discipline.

**City View**

**16th Floor**

**BEST SELF: A NEW MODEL FOR TRAUMA, ADDICTION OR BOTH**

**Martha Schmitz, PhD, ABPP, Senior Trainer, Treatment Innovations**

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

Finding Your Best Self is a new recovery model for trauma and/or addiction by Lisa Najavits. It is designed as self-help and can also be conducted by a counselor in group or individual format. It has 36 short chapters with exercises, recovery skills, and poignant writings by people in recovery.

**El Dorado**

**ELECTRONIC BEHAVIORAL HEALTH SOLUTIONS (eBHS)**

**Rikke Addis, MA, Associate, CIBHS**

**Pam Hawkins, Senior Associate, CIBHS**

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

Improvement and Innovation Through Data (IITD) is a three-pronged approach created to assist counties and providers in using data meaningfully. The approach includes a web-based data platform (eBHS), implementation support, and data use training. The presentation will include examples of IITD implementations and a live demonstration of the data platform.
THURSDAY, APRIL 5, 2018 CONTINUED

1:00 PM – 2:15 PM  SESSION TWO CONTINUED

Granada  
**GENDERQUEER YOUTH: LEARNING FROM THEIR NARRATIVES**

David Nylund, LCSW, PhD, Professor/Clinical Director, Sacramento State University/Gender Health Center  
Alex Filippelli, ASW, Mental Health Director, Gender Health Center  
**MODERATOR:** Lori Ford, PhD, MFT, Associate, California Institute for Behavioral Health Solutions (CIBHS)  

Genderqueer youth experience microagressions differently than binary transgender and LGBTQ youth. Youth interviewed by presenters about their experiences, stress that clinicians need to understand the nuances of microagressions, and respond in a way that honours youth agency and self-determination. A queer-informed narrative practice framework that encompasses these elements is presented.

2:15 PM – 2:30 PM  BREAK

2:30 PM – 3:45 PM  PLENARY:  A KNOCK ON THE DOOR:  A FOSTER YOUTH’S STORY OF OVERCOMING TRAUMA

Grand Ballroom  
Lorne Wood, Peer Training Specialist, Stars Behavioral Health Group  
Joseph Solomita, LCSW, Managing Director Stars Training Academy, Stars Behavioral Health Group  
Coral Huntsman, Clinical Training Specialist, Stars Behavioral Health Group  
**MODERATOR:** Lori Ford, PhD, MFT, Associate, California Institute for Behavioral Health Solutions (CIBHS)  

Former LA County foster-child Lorne Wood will describe how strengths-based practices such as Wraparound and the Transition to Independence Process (TIP) Model™ helped him to overcome multiple childhood traumas. Lorne will also discuss the specific interventions that proved most welcoming, effective and transformative for him as a traumatized child.

3:45 PM – 4:00 PM  BREAK

4:00 PM – 5:15 PM  SESSION THREE

Diablo  
**FUNCTIONAL FAMILY THERAPY-CONTINGENCY MANAGEMENT**

Kellie Armey, MSW, LISW-S, FFT Supervisor/Trainer/Consultant, FFT LLC  
**MODERATOR:** Lori Ford, PhD, MFT, Associate, California Institute for Behavioral Health Solutions (CIBHS)  

Functional Family Therapy-Contingency Management (FFT CM): Introduction to FFT’s specific behavioral approach of eliminating youth/family referred behaviors specific to substance use/abuse.
**THE THERAPEUTIC JOY OF JUGGLING**

**Fresno**

Sarah J. Oliver, MEd, Consultant, Educational & Treatment Alternatives, Inc.
Mark Amendola, LCSW, BCD, Master Trainer, Educational & Treatment Alternatives, Inc.
Robert Oliver, EdD, Master Trainer, Educational & Treatment Alternatives, Inc.
MODERATOR: Kelly Bitz, Program Coordinator, California Institute for Behavioral Health Solutions (CIBHS)

Scarf Juggling is a simple tool practitioners can use to stimulate adolescents’ brains before, during or after the therapeutic process. Juggling activates multiple hemispheres of the brain, reduces stress, and can allow adolescents to feel a sense of accomplishment. Participants in this interactive presentation will learn the components of juggling and will be able to teach those steps to clients for breaks during therapy, counseling or group process.

**FINDING SOLUTIONS IN COMPLEX TF-CBT CASES**

**Hermosa**

Donna Potter, LCSW, TF-CBT Endorsed Trainer

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

Meet Nancy and her client Jose. Jose is a 7-year old boy receiving TF-CBT from Nancy to address symptoms related to physical and sexual abuse. Help Nancy problem-solve various stuck points in her treatment and avoid the COWS using creative, effective and engaging intervention strategies throughout the model.

**CAN MANDATED TREATMENT BE TRAUMA INFORMED? STRATEGIC USE OF MOTIVATIONAL INTERVIEWING**

**City View 16th Floor**

Kristin Dempsey, LMFT, LPCC, Senior Associate, CIBHS

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

Most organizations providing behavioral health care to the community are challenged by the client that has been “mandated” by the courts, other service providers, employers, government agencies, schools, or families to attend treatment...or else. Individuals who enter care with external pressure to comply have reputations as being difficult to engage and “resistant” to treatment. We soon discover that many mandated individuals have various trauma histories that typically relate to the overall behaviors and presentations that get them into conflict with others. How can an organization support someone in a trauma-informed and collaborative approach if the person does not want to be in the room? This workshop will address the strategic use of Motivational Interviewing (MI) to help engage mandated clients while being respectful of individual choices and needs within the frame of a trauma-informed system. Attendees will learn about the strategic application of the MI philosophy to decrease dissonance in the relationship and identify specific strategies to promote client engagement in treatment.
### El Dorado

**MEASUREMENT, PERSONAL CHANGE AND A TRAUMA-INFORMED PROCESS**  
*April Fernando, PhD, Policy Fellow, Chapin Hall at the University of Chicago*

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

We live in an information culture where the use of data and measurement to inform our personal decision making is commonplace. Yet, despite our increasing comfort in pinning our likes, providing ratings on our experiences of the services we receive, and hash tagging our thoughts and opinions, we still grapple with ways to track, measure and provide feedback on the efficacy of our clinical practice. This presentation looks at the use of measurement tools in clinical settings and strategies to engage clients in their care and use data throughout the treatment process. A trauma-informed process of measurement will be discussed through the use of the Child and Adolescent Needs and Strengths (CANS).

### Balboa

**SUPPORTING THE TRANSITION OF L.A. YOUTH OUT OF FOSTER CARE: IMPLEMENTATION AND EVALUATION STRATEGIES OF AN INDIVIDUALIZED TRANSITION SKILLS PROGRAM**  
*Vera Stiefler Johnson, Research Associate, Children’s Institute, Inc.*

**MODERATOR:** Yvonne Frazier, Project Manager, California Institute for Behavioral Health Solutions (CIBHS)

The Individualized Transition Skills Program (ITSP) supports L.A. youth in their transition out of the foster care system. We will provide an in-depth profile of the program’s effective components and practices; share youth outcomes after six months and one year of program participation; and discuss methods for utilizing evaluation data to continuously adapt program structure and content.

### Calaveras

**TOGETHER FACING THE CHALLENGE: AN EVIDENCE-BASED MODEL FOR TREATMENT FOSTER CARE**  
*Maureen Murray, LCSW, Assistant Professor, Duke University Medical Center*
*Allen Murray, Co-Director, Together Facing the Challenge LLC*

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

Together Facing the Challenge (TFTC) is an evidence-based training program for therapeutic foster care agency staff and foster parents. Developed with support from NIMH, and presently in use over 20 states, TFTC combines a trauma focused approach with practical positive parenting techniques with a CBT focus.
Granada

**SESSION THREE CONTINUED**

**4:00 PM – 5:15 PM**

**FAMILY ACCEPTANCE PROJECT: ADDRESSING THE TRAUMA OF FAMILY REJECTION & INCREASING SUPPORT TO BUILD HEALTHY FUTURES FOR LGBTQ YOUTH**

*Caitlin Ryan, PhD, ACSW, Director, Family Acceptance Project - San Francisco State University*

**MODERATOR: Percy Howard III, LCSW, Interim Chief Executive Officer, California Institute for Behavioral Health Solutions (CIBHS)**

The Family Acceptance Project has developed the first family support model to prevent risk and promote well-being for LGBTQ children and youth in the context of their cultures and faith communities. Session provides an overview of key research, resources and strategies to address the trauma of rejection and increase acceptance.

**5:15 PM**

**CLOSING**

**5:30 PM – 6:45 PM**

**NETWORKING RECEPTION**

**Sierra Ballroom**

**REACHING CALIFORNIA’S DIVERSE COMMUNITIES: NETWORKING AND ASK-AN-EXPERT ROUND ROBIN**

Each Mind Matters is excited to host the Networking Reception! Reception will include opportunities to network and mix with conference attendees, hear a brief update on what’s new from “Each Mind Matters: California’s Mental Health Movement,” and participate in an Ask-An-Expert Round Robin to learn about new research, innovative programs, and much more. Hosted hor d’oeuvres.
FRIDAY, APRIL 6, 2018

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

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

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<tr>
<td>8:30 AM – 4:30 PM</td>
<td>FFT: ADVANCING FFT SUPERVISOR PRACTICE</td>
<td>Granada</td>
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<td>Kellie Armey, MSW, LISW-S, FFT Supervisor/Trainer/Consultant, FFT LLC.</td>
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<td>Tracye Jones, MBA, LMFT, CIBHS Statewide FFT Consultant</td>
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<td>Zuelika Xicotencatl, LCSW, Clinical Therapist, FFT Consultant, San Bernardino</td>
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<td>Lori Ford, PhD, MFT, Associate, California Institute for Behavioral Health Solutions (CIBHS)</td>
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<td>MODERATOR:</td>
<td>Lori Ford, PhD, MFT, Associate, California Institute for Behavioral Health Solutions (CIBHS)</td>
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<td>One day training for all FFT trained site supervisors across the State of California with the goal of elevating FFT supervisor practice. Heavy emphasis will be placed on increasing competent supervision across complex issues, the use of data as a supervisor tool and review of practice supervisor staffing protocol and fidelity to the model. (Closed to FFT Site Supervisors Only.)</td>
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8:45 AM – 10:15 AM  KEYNOTE: BUILDING LIVES IN THE COMMUNITY THROUGH TRAUMA-INFORMED APPROACHES  Grand Ballroom

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10:30 AM – 11:45 AM  SESSION FOUR

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<tr>
<td>El Dorado</td>
<td>PARTICIPATORY WORKSHOP: WHERE DO WE GO ONCE WE UNDERSTAND</td>
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<td>TRAUMA-INFORMED CARE?: EXPLORING A VARIETY OF ORGANIZATIONAL AND</td>
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<td>COMMUNITY INNOVATIONS.</td>
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<td>Raul Almazar, MA, RN, Senior Public Health Advisor, Almazar Consulting, NASMHPD’s Center for Innovations in Trauma Informed Approaches</td>
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<td>MODERATOR:</td>
<td>Kristin Dempsey, LMFT, LPCC, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS)</td>
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<td>This workshop will present the behaviors and outcomes of organizations after the understand the concepts of trauma-informed care. Workshop participants will be invited to share their own program and community innovations and take the next steps toward creating trauma-informed programs and practices.</td>
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10:30 AM – 11:45 AM  **SESSION FOUR CONTINUED**

**Fresno**

**AGGRESSION REPLACEMENT TRAINING® THE PREPARED CURRICULUM POST-SECONDARY READINESS**

*Mark Amendola, LCSW, BCD, Master Trainer, Educational & Treatment Alternatives, Inc.*

*Robert Oliver, EdD, Master Trainer, Educational & Treatment Alternatives, Inc.*

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

This workshop will review with attendees a web-based curriculum for adolescents to prepare them for post-secondary success.

**Balboa**

**CAREGIVER ENGAGEMENT AND INVOLVEMENT IN TF-CBT**

*Alison Hendricks, LCSW, Hendricks Consulting*

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

Caregiver involvement is essential to successful TF-CBT implementation, but initial and ongoing caregiver engagement in the treatment process can be challenging. This workshop will present strategies for engaging and involving caregivers throughout treatment. Specific interventions for caregivers will be demonstrated for each PRACTICE component, and resources for caregivers will be highlighted.

**Diablo**

**ALTERNATIVES FOR FAMILIES: A COGNITIVE BEHAVIORAL THERAPY (AF-CBT): AN OVERVIEW OF AN EBP FOR CHILD AND FAMILY AGGRESSION AND ABUSE**

*Barbara Baumann, PhD, National AF-CBT Trainer and Consultant, University of Pittsburgh School of Medicine*

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

This workshop is for counseling and child welfare staff interested in learning about an evidence-based, trauma-focused treatment that addresses in one model parenting, anger management, social skills, and communication for children (5-17) and their caregivers. AF-CBT is designed for families experiencing high levels of conflict, physical discipline, or child aggression.

**Calaveras**

**FACTORS AFFECTING IMPLEMENTATION: UPDATES TO STAFF-LEVEL IMPACTS OF BEST PRACTICE**

*Amanda Gentz, Research Assistant II, Hathaway-Sycamores Child and Family Services*

*Rebecca Stephens, MA, Research Analyst, Hathaway-Sycamores Child and Family Services*

*Jennifer Regan, PhD, Assistant Director of Clinical Training and Evidence-Based Practice, Hathaway-Sycamores Child and Family Services*

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

Given the implementation barriers present, one strategy Hathaway-Sycamores used to insure sustainability of EBPs was to examine staff-level outcomes relevant to trainings focused on staff exposed to secondary trauma. The research focused on provider knowledge retention following training, provider ability to increase compassion satisfaction and reduce burnout, and consumer outcomes.
FRIDAY, APRIL 6, 2018  CONTINUED

10:30 AM – 11:45 AM  SESSION FOUR  CONTINUED

**Hermosa**

**EXECUTIVE AND MANAGEMENT SUPPORT OF EBP IMPLEMENTATION**

**Percy Howard III, LCSW, Interim Chief Executive Officer, California Institute for Behavioral Health Solutions (CIBHS)**

**MODERATOR:** Percy Howard III, LCSW, Interim Chief Executive Officer, California Institute for Behavioral Health Solutions (CIBHS)

Practice implementation is difficult without the energized support of Executive Leaders and Middle Managers. They set the tone for value-driven delivery of services in an organization, and have the authority to limit or remove barriers to implementation. This workshop will focus on providing these leaders with implementation strategies.

**City View**

**16th Floor**

**HEALING TRAUMA/EXPLORING TRAUMA: BRIEF INTERVENTIONS FOR WOMEN AND MEN**

**Carol Ackley, LADC, CEO, Ackley Consulting and Training**

**MODERATOR:** Yvonne Frazier, Project Manager, California Institute for Behavioral Health Solutions (CIBHS)

This workshop will introduce the six-session trauma curriculum HEALING TRAUMA/EXPLORING TRAUMA; BRIEF INTERVENTIONS FOR WOMEN AND MEN. It is designed for women and men who have been abused or have experienced other forms of trauma. Both completed and ongoing research will be discussed.

11:45 AM – 12:00 PM  BREAK

12:00 PM – 1:00 PM  LUNCH (INCLUDED WITH REGISTRATION)  Grand Ballroom

1:00 PM – 1:15 PM  BREAK

1:15 PM – 2:30 PM  SESSION FIVE

**Fresno**

**AGGRESSION REPLACEMENT TRAINING® PROGRAM EVALUATION/UTILIZATION OF METRICS FOR AGGRESSION REPLACEMENT TRAINING®**

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

**Robert Oliver, EdD, Vice President, Educational & Treatment Alternatives, Inc.**

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

This workshop will describe the benefits of program evaluation. It will outline the standards for types of evaluation for evidence based programming. It will also describe the specific metrics utilized for Aggression Replacement Training®.
El Dorado  ADDRESSING CRISSES OF THE WEEK (COWS) IN TF-CBT IMPLEMENTATION
Alison Hendricks, LCSW, Hendricks Consulting
MODERATOR: Gayaneh Karapetian, MA, LMFT, Associate, California Institute for Behavioral Health Solutions (CIBHS)
Dealing with frequent client crises is a common challenge to TF-CBT implementation. This workshop will provide strategies for addressing COWs throughout the treatment process. Case vignettes will be used to help participants differentiate between real crises and avoidance and to apply the PRACTICE skills to address COWs.

Diablo  WORKING WITH CAREGIVERS IN TREATMENT FOR SUBSTANCE USE DISORDERS: MODIFICATIONS FOR IMPLEMENTING ALTERNATIVES FOR FAMILIES: A COGNITIVE BEHAVIORAL THERAPY (AF-CBT)
Barbara Baumann, PhD, National AF-CBT Trainer and Consultant, University of Pittsburgh School of Medicine
MODERATOR: Angela Riddle, LCSW, Behavioral Health Manager, Ventura County BH, Youth and Family, Oxnard and Santa Clara Valley
This workshop focuses on learning about AF-CBT, an evidence-based, trauma-focused treatment designed for families experiencing high levels of conflict, physical discipline, or child aggression, as it applies to caregivers in treatment for substance use disorders. We will explore possibilities for modifying AF-CBT for this population in group and individual sessions.

Balboa  PRACTICE-BASED EVIDENCE FOR AN AGENCY-DEVELOPED TREATMENT FOSTER CARE MODEL
Amy Strickler, PhD, Director of Organizational Performance, Pressley Ridge
Cha-Tanya Lankford, LCSW, Program Director, Pressley Ridge
MODERATOR: Pam Hawkins, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS)
This presentation will provide information about an agency-developed treatment foster care model that addresses youth’s emotional and behavioral issues. The application of trauma-informed care within the model through evidence-based screenings, assessments, and treatments will be discussed. An overview of the model’s outcomes and published research will be provided.
FRIDAY, APRIL 6, 2018 CONTINUED

1:15 PM – 2:30 PM  SESSION FIVE CONTINUED

Calaveras  MOTIVATIONAL INTERVIEWING AS A TRAUMA-INFORMED APPROACH
Kristin Dempsey, LMFT, LPCC, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS)
MODERATOR: Kristin Dempsey, LMFT, LPCC, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS)
This workshop will compare the basic concepts of trauma-informed care (Fallot & Harris, 2009; SAMHSA, 2014) and the conceptual framework of Motivational Interviewing (Miller & Rollnick 2013). Workshop attendees will engage in a discussion of how Motivational Interviewing (MI) can be used to develop, support, and strengthen trauma-informed systems of care (TIC). By the end of the workshop, specific MI strategies to promote a trauma-informed system of care as well as individual trauma-responsive clinical and administrative practices will be identified. Resources for further study will also be provided.

Hermosa  TURNING A MANDATE INTO AN OPPORTUNITY
Nate Israel, PhD, Policy Fellow, Chapin Hall at the University of Chicago
MODERATOR: Rikke Addis, MA, Associate, California Institute for Behavioral Health Solutions (CIBHS)
California’s DHCS and DSS identified the Child and Adolescent Needs and Strengths (CANS) as the assessment tool for children, providing an opportunity to align decision making and facilitate effective care. This workshop describes Transformational Collaborative Outcomes Management and the CANS to inform decision making at all levels of the system.

City View 16th Floor  HELPING WOMEN RECOVER: A TRAUMA-INFORMED PROGRAM FOR TREATING SUBSTANCE ABUSE
Carol Ackley, LADC, CEO, Ackley Consulting and Training
MODERATOR: Yvonne Frazier, Project Manager, California Institute for Behavioral Health Solutions (CIBHS)
Helping Women Recover: A Trauma-Informed Program for Treating Substance Abuse by Dr. Stephanie Covington offers a comprehensive treatment model integrating theories of addiction, women’s psychological development and trauma, emphasizing the key issues of self, relationships, sexuality, spirituality and therapeutic techniques for these issues. Completed and ongoing research will be discussed.

2:30 PM – 2:45 PM  BREAK
FRESNO  
**AGGRESSION REPLACEMENT TRAINING® MOVING TOWARD RESILIENCY**

**Sarah J. Oliver, MEd, Consultant, Educational & Treatment Alternatives, Inc.**

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

Current research indicates the average adolescent needs to physically move about every 17 minutes to better retain information. By providing purposeful movement activities before, during or after the therapeutic process, clinicians will help adolescents reduce anxiety, trigger curiosity, and build cognitive bridges between learned information and retention.

EL DORADO  
**TF-CBT, CHILD TRAUMATIC GRIEF, AND THE OPIOID EPIDEMIC**

**Alison Hendricks, LCSW, Hendricks Consulting**

The opioid epidemic is impacting countless children and families across the country. Children are experiencing trauma related to parental substance abuse and overdose. This workshop will focus on applying TF-CBT to traumas related to parental drug addiction, including child traumatic grief due to parental overdose. The components of child traumatic grief will be reviewed and applied to case examples.

CITY VIEW  
**PEER RESPITES LEADING CHANGE FOR MENTAL HEALTH**

**Laysha Ostrow, PhD, CEO, Live & Learn, Inc.**

**MODERATOR: Matthew Blankers, MSW, Associate, California Institute for Behavioral Health Solutions (CIBHS)**

Peer respites are voluntary, short-term, overnight programs that provide community-based, non-clinical crisis support to help people find new understanding and ways to move forward. This presentation by Live & Learn, Inc. will highlight developments in the peer respite evidence and program model, with attention to California innovations and opportunities.

CALAVERAS  
**CREATING A TRAUMA-INFORMED SYSTEM**

**Ken Epstein, PhD, Director of Children Youth and Families System of Care, San Francisco Department of Public Health CYF Behavioral Health**

**Briana Loomis, PhD, Director of Trauma Informed Systems Evaluation/CCSF Domestic Violence Victim Liaison, San Francisco Department of Public Health**

**MODERATOR: Yvonne Frazier, Project Manager, California Institute for Behavioral Health Solutions (CIBHS)**

The San Francisco Department of Public Health is implementing a trauma-informed systems (TIS) model to address the impact of trauma within organizations. Thousands of staff and dozens of organizations have begun adopting TIS values. Development, implementation, and evaluation focus on creating and sustaining TIS knowledge and practices through relationships.
Balboa

TREATMENT FOSTER CARE OREGON - AN EVIDENCE-BASED INTERVENTION

John D. Aarons, MS, President, TFC Consultants, Inc.

MONTADOR: Percy Howard III, LCSW, Interim Chief Executive Officer, California Institute for Behavioral Health Solutions (CIBHS)

This presentation is an overview of the Treatment Foster Care Oregon (TFCO) model and associated research. This evidence-based model is a family-based foster care alternative for highly traumatized at-risk children, youth, and families; and it serves as an alternative to residential treatment or incarceration as a result of severe behavior and emotional problems.

Diablo

THE STRENGTHS MODEL: A RECOVERY ORIENTED APPROACH TO BEHAVIORAL HEALTH SERVICES

Rick Goscha, PhD, MSW, Director, California Institute for Behavioral Health Solutions (CIBHS)
Matthew Blankers, MSW, Associate, California Institute for Behavioral Health Solutions (CIBHS)

MONTADOR: Matthew Blankers, MSW, Associate, California Institute for Behavioral Health Solutions (CIBHS)

The Strengths Model is a recovery-oriented, evidence-based practice in behavioral health with a solid research base demonstrating improved outcomes in the areas of psychiatric hospitalization, competitive employment, post-secondary education, independent living, and other quality of life indicators. The model is designed to help people identify meaningful and important recovery goals and then mobilize highly individualized strengths to achieve them. Participants will be introduced to the principles, tools, and methods of the model, which are designed to help people achieve goals that bring meaning, purpose, and a positive sense of self-identity to their lives.

Hermosa

FEEDBACK INFORMED TREATMENT: AN APPROACH FOR EVALUATING AND IMPROVING THE QUALITY AND EFFECTIVENESS OF BEHAVIORAL HEALTH SERVICES

Pam Hawkins, Senior Associate, California Institute for Behavioral Health Solutions (CIBHS)
Rikke Addis, MA, Associate, California Institute for Behavioral Health Solutions (CIBHS)
Gayaneh Karapetian, MA, LMFT, Associate, California Institute for Behavioral Health Solutions (CIBHS)

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

Feedback Informed Treatment is a pantheroretical approach for evaluating and improving the quality and effectiveness of behavioral health services. The focus of the approach is to routinely and formally solicit feedback from clients/family members regarding the therapeutic alliance and outcome of care, and using the resulting information to inform and tailor service delivery.
EVIDENCE-BASED PRACTICES SYMPOSIUM PLANNING COMMITTEE

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