

**2015 NASW Social Work Biennial Conference**  
**“Social Work: Paves the Way for Change”**  
**October 22-24, 2015**  
**BP Energy Center, Anchorage, Alaska**

**Continuing Education Schedule \***

**Thursday, October 22**

**Keynote Address 8:45 - 9:45 am (1.0 clock hour)**

**Focus on Hope - General - Presented by: Brandon Stogsdill**

More information available soon.

**Morning Breakout Session 10:00 - 11:30 am (1.5 clock hours)**

**A) Case Studies: Perinatal Mental Health Disorders – General - Presented by: Joclyn Reilly, LCSW; Michele Blair, LCSW; Margi Clifford, LPC**

Audience will participate in discussions about cases of women and families dealing with perinatal mood disorders.

Participants will feel more comfortable talking with women about mental health and their symptoms.

Participants will feel more comfortable identifying symptoms specific to perinatal mental health.

Participants will be able to identify appropriate community resources for women in the perinatal phase.

Participants will be able to discuss treatment options with women in the perinatal phase.

**B) LBGQT Cultural Competency Basics: Developing as a Social Work Advocate - General - Presented by: Fransing Daisy, PhD; Joseph D. Cantil**

Health care delivery requires equal access of culturally competent services for clients and patients seeking assistance with behavioral health issues. The LBGQT communities benefit from advocates within front-line staff, health providers and administrators of health clinics who have a basic understanding of the needs and expectations of these communities. The focus of this presentation is to provide knowledge about barriers to behavioral health care and basic development of way to improve application of good service delivery for LBGQT clients/patients and communities.

Learning Objectives:

1. Define barriers to behavioral health care experience
2. Understand ways to improve behavioral health services for LBGQT client/patients
3. Describe culturally competent health care services

**C) Suicide in Rural Alaska: Dark Matters – Alaska Native - Presented by: Sandra L. Kleven, MSW, MFA, LCSW**

Helping programs will not, and in many cases, cannot, communicate in depth with other entities. Villages wait for help that never comes. Positive programs get results but local initiative has neither the information nor funding to replicate. This session shines a light on failings of current practices and offers solid suggestions for change:

Learning Objective #1: Participants will gain insight into the disconnection between service and prevention and will learn ways to strengthen suicide intervention efforts.

Learning Objective #2: Participants will understand how the process of intervention under Title 47 works and learn reasons why this is ineffective in terms of impact on the individual or the community.

Learning Objective #3: Participants will come to appreciate the level of trauma experienced by villages where a sequence of suicides occur and will recognize that village “self-help” is unrealistic.

**Early Afternoon Breakout Session 1:00 - 2:30 pm (1.5 Clock Hours)**

**A) ACE’s & Resilience: How to Bridge Science to Practice and Policy - General - Presented by: Trevor Storrs, MRC**

Have you attended one or more presentations over the past couple years focused on Adverse Childhood Experiences and Resilience? Do you know the common language? If you answered yes, then you are ready for the next discussion, how to build the bridge from science to policy and practice. This session will have attendees explore ways to apply the science to the work you do in the community. The session will incorporate lecture, audience participation and small group discussions.

**B) Inter-Cultural Partnerships for Life - Alaska Native - Presented by: Sarah McConnell, LCSW & Dorothy Savage Joseph, Deg Xi'tan**

(Designed to meet State of Alaska licensure CE requirements for Cross Cultural Alaska Native Specific.)

Suicide is the number one cause of death for Alaskans ages 15-24, and the 6<sup>th</sup> leading cause of death for Alaskans of all ages. Many diverse tools are needed in our efforts to build a protective environment for Alaskans. The presenters will share examples of positive partnerships across Alaskan cultures that promote suicide prevention. They will discuss Alaska Native cultural traditions and protective factors important for service providers to learn. They will describe the process of cultural tailoring evidence based suicide prevention training and associated enhancement of community capacity.

Learning Objectives:

1. Participants will be able to describe the benefits of partnerships across cultures in providing practical community based services such as suicide prevention with Alaska Native communities.
2. Participants will increase their knowledge of how to connect with community cultural resources for safety planning/resilience.
3. Participants will be able to discuss potential partnerships across cultures for supporting community-based services.

**C) Introduction to the Spirit and Clinical Competencies of Motivational Interviewing - General - Presented by: James M. Fitterling, PhD.**

This session provides a thorough introduction to Motivational Interviewing, with an emphasis on the Spirit of MI and its fundamental importance as a foundation for MI skills.

Objective #1: The learner will be able to describe ambivalence and to identify personal and client examples of ambivalence.

Objective #2: The learner will be able to describe the counterproductive nature of the "Righting Response" and be able to recognize its emergence in subsequent clinical exchanges.

Objective #3: The learner will be able to give a basic description of motivational interviewing (MI) and the "Spirit of MI."

Objective #4: The learner will be able to describe core MI skills.

Objective #5: The learner will develop a sufficient understanding of and appreciation for MI so that he/she will be able to determine a level of interest for further MI training and skills development for application in her/her respective clinical setting.

**Late Afternoon Breakout Session 2:45 - 4:15 pm (1.5 Clock Hours)**

**A) "Wait, I don't need an appointment for that?" How One Agency Implemented Same Day Access - General - Presented by: Rachel Gearhart, MSW, LCSW**

Increasingly, social workers, especially those in mental health, are held accountable to show that what we do matter through performance outcome measures that look at a consumer's episode of care. Fastest, best/evidence based practices, etc. The goal of this presentation is to help mental health professionals have a better understanding of how to implement same day access in their agency to improve outcome measures.

1. Why same day access? [Stats and outcome measures our agency looked at, why it is good client care, what it means for an agency]
2. Pre-Implementation [How we got staff on board, how we got the word out, how we prepared, how to improve client engagement/motivation]
3. Implementation [How we made it happen, how/what we track now to show our progress, what it means for clients, what it means for staff, pros/cons, Treatment Readiness Groups benefit]
4. How to implement in your own agency. [How to get an agency on board, steps to take to make one's agency more accessible to clients, specifics about how to start Treatment Readiness Groups]

Basically, more than just talk globally about how we did it, I want to show specifics, statistics, give handouts, things that folks can take back to their agencies to start to make changes right away in improving client engagement/motivation in services.

**B) Boost Your Conflict Readiness - General - Presented by: Mia Oxley, MEd**

Mia Oxley has worked as a professional mediator and conflict consultant for nearly 20 years. She has built on her bachelor's and master's degrees in education with thousands of hours of specialized education in the field of conflict and conflict resolution. She believes that with every improvement in our individual conflict readiness we each become a more powerfully positive influence in the world. She enjoys teaching others what she has learned from working with people in conflict. Learn more at [www.miaoxley.com](http://www.miaoxley.com).

**C) Culturally Proficient Care for LGBTQ Individual - General - Presented by: Drew Phoenix, BSW, MSDM, MDiv, MAC & Billy Farrell, BPS**

Learning Objectives include:

- To learn how to balance beliefs, stereotypes and fears in relation to LGBTQ clientele;
- To demonstrate increased understanding of the differences between sex, gender identity, gender expression, and sexual orientation, and increased cultural competence in use of terminology;
- To understand risk factors that account for LGBTQ health disparities and barriers to care;
- To effectively interact with transgender and gender non-conforming individuals; and
- To learn the WPATH Standards of Care as they relate to gender transition.

**D) Part 1: Refugee 101: Global & Local Overview and Part 2: Best Practices Working with Diverse Refugee Communities - Cross Cultural - Presented by: Jessica Kovarik, BAIS, MAHR; Issa Braman, BA, Med; Jaime Spatrisano, BAP**

**Part 1: Refugee 101: Global and Local Overview**

Presenters will share an overview of the global resettlement picture, path of a refugee to resettlement, and the local populations being served in Alaska and Anchorage. Participants will gain basic knowledge about local services provided by Catholic Social Services Refugee Assistance and Immigration Program and basic introduction and background to various cultural groups currently being resettled.

**Part 2: Best Practices Working with Diverse Refugee Communities**

Presenters will cover essential case management skills to work with diverse communities. This will include, working with an interpreter (in person and telephonic), cross cultural communication, and trauma informed care.

## **Friday, October 23**

### **Ethics Session 8:30 - 10:00 am (1.5 clock hours)**

**A) Alaska Public Protection: Your Board's Role - Ethics - Presented by: Marilyn B. Kerr, LCSW; Laura Thiesen, LCSW,; Zachary Paulson, LCSW; Danielle LaFon, LBSW**

Panel of 4-5 will present; we have PowerPoint aid also. We will have materials for participants including Alaska licensing regulations, ASWB Standards of Practice booklets, and NASW Code of Ethics.

### **Keynote Address 10:15 - 11:15am ( 1.0 clock hour)**

**21<sup>st</sup> Century Drugs - Substance Abuse - Presented by: Frank L. Greenagel, Jr., MPAP, LCSW, LCADC, ICADC, ACSW, CJC**

More information available soon.

### **Government Relation Luncheon 11:30 am - 12:30 pm (no CE credits)**

### **Early Afternoon Breakout Session 12:45 - 2:15 pm (1.5 Clock Hours)**

**A) The Alaska Behavioral Health Systems Assessment: Report on Findings and Recommendations - General - Presented by: Heidi Wailand, MRP, PMP, LSSGB & Mike Baldwin**

**The Alaska Mental Health Trust Authority, the Alaska Native Tribal Health Consortium, the Alaska Division of Behavioral Health, and the Mat-Su Health Foundation** recently partnered on an effort to describe and assess Alaska's behavioral health system. Project goals included identifying the need of Alaskans for behavioral health services, assessing the system's capacity to meet the need, developing a methodology and framework for regular monitoring, identifying opportunities and barriers to meeting capacity, and making recommendation for systems improvement. Contractors Agnew::Beck and Hornby Zeller Associates worked with a broad range of stakeholders to accomplish the project's goals. The project encompassed qualitative and quantitative efforts, including analysis of services provided with support from State Medicaid and Behavioral Health Funds. Together, this body of work has resulted in an improved understanding of the behavioral health system and its capacity to meet the likely demand for services provided with support from State funds. The assessment also highlights a number of opportunities and barriers and recommendations for improving system capacity. A strong behavioral health workforce is critical to meeting system capacity.

**B) In Her Shoes: A Day in the Life of Victims Who Experience Disabilities - General - Presented by: Christine King, BASW; Ariesl Herman, BA; Julie Dale**

Participants will role-play in an interactive exploration called 'In Her Shoes' to increase their understanding of what life is like for victims of domestic violence that incorporates a disability awareness component. Participants will walk away from the exercise with a better sense of the problematic reality faced by victims that, experience the complex challenges victims encounter when trying to navigate limited community options and supports and empathize with victims who engage "helping systems" that have attitudinally challenging staff. After this interactive session participants will have greater knowledge of what models of community response are available to address the epidemic of interpersonal violence in Alaskan communities.

**C) Policies and Programs in the Era of 21<sup>st</sup> Century Drugs - Substance Abuse - Presented by: Frank L. Greenagel, Jr., MPAP, LCSW, LCADC, ICADC, ACSW, CJC**

More information available soon.

**D) The Importance of Self-Awareness and Mindfulness in Intercultural Development - Cross Cultural - Presented by: Valarie Clark, MFA, BA**

Intercultural competence is a deep understanding of your own culture in addition to knowledge and consideration of cultures other than your own. Intercultural development increases an individual's skill set in all areas of life: school, workplace, family, and community. Because the emphasis is placed on knowing one's own strengths and areas to build on in multicultural communication, intercultural development using Bennett's Developmental Model of Intercultural Sensitivity at its base (rather than focused knowledge specific to one only one culture) provides a skills foundation. Attendees will learn the definition of "Culture," "Dominant Culture," "Co-Culture," "Intercultural Competency," and "Intercultural Development," and will be able to differentiate between Monocultural and Multicultural mindsets, estimate their own Intercultural Competency, and identify next steps for personal intercultural competency.

**E) Women's Issues in Tunisia - Cross Cultural - Presented by: Kamaree Altaffer, MSW, LCSW, CDCI**

This presentation is to familiarize participants with cross cultural information about the North African country of Tunisia, the progression of women's issue in Tunisia, the evolution of women's issues in a predominantly Muslim country, and practical intervention skills when working with women with Islamic backgrounds.

Objectives:

- Country specific education
- Increased awareness of international women's issue
- Cross cultural information
- Enhance cultural competency working with Muslim women

**Late Afternoon Breakout Session 2:30 - 4:00 pm (1.5 Clock Hours)**

**A) Emotionally Focused Therapy - General - Presented by: Shawnmarrie Carpenter, MS, Med, LMMFT, ICEEFT & Douglas Carpenter, MS**

Emotionally Focused Therapy is an evidence based treatment for couples. 70%-73% of couples who complete EFT have improved marriages. This presentation will introduce participants first to the latest fMRI research showing the efficacy of EFT and future research on couples attachment and chronic pain. The stages and steps of EFT will be introduced, as well has the techniques used in stage 1. Participants will gain a better understanding of EFT and the growing EFT community of professionals in Alaska. The goals for this workshop is first to understand the basic foundation of Emotionally Focused Therapy. The second goal it to understand the nine steps and three stages of EFT. The final goal is to understand the current options for learning more about EFT in Alaska.

**B) Humor as an Anti-Evidence Based Practice – General - Presented by: Joan Cullinane, LPC**

To address fears and fantasies about humor as a therapeutic tool.  
Finding the group voice and individual voice then letting go of the ego.  
Playing with resistance.  
Learn a few tricks!  
Keep the focus on fun as an important part of work and recovery.

**C) HX of Marijuana – Substance Abuse - Presented by: Frank L. Greenagel, Jr., MPAP, LCSW, LCADC, ICADC, ACSW, CJC \*\*SESSION CHANGE\*\***

More information available soon.

**D) Suicide Prevention - General - Presented by: Courtney Dreher, MSW, LCSW, CAC III**

- VA gatekeeper suicide prevention training, Veteran's Affairs developed suicide prevention Operation SAVE training
- VA/DoD Clinical Practice Guideline for Assessment and Management of Patients at Risk for Suicide
- Identifying and enhancing care for Veterans who are high risk, identifying high risk behaviors.
- Safety planning to include means restriction

**E) Personal Self-Care: What Are My Ethical Obligations – Ethics - Presented by: Tamitha R. Overly, ACSW, CSWM, LBSW-IP, BSBA \*\*ADDED SESSION\*\***

This presentation will review professional self-care and the need for practitioners to engage in this essential underpinning of best practice while looking within the Professional Code of Ethics and the Alaska State Committee for Social Workers licensure regulations for guidance. Professional self-care is critical within the profession of social work which offers unique challenges that are both rewarding and potentially overwhelming for the practitioner. It can be extremely taxing on the practitioner's judgment and their role in guiding clients for best outcomes. In a challenging and shrinking work environment, social workers need to preserve their passion and energy when engaging in practice with clients by striving not to deplete through a lack of self-care. Social workers owe it to themselves first, their work, and their clients and families to prioritize a healthy lifestyle and make self-care a part of their regular routine.

Learning Objectives:

- Define, Understand & Review the Need for Professional Self-Care
- Understanding Burnout/Compassion Fatigue
- Review the Need for Personal Self-Care
- Develop Strategies to Incorporate Professional Self-Care into Practice

# Saturday, October 24

## Keynote Address 9:00 – 10:00 am (1.0 clock hour)

**Saturday Keynote Address - General - Presented by: Kane Smego**

More information available soon.

## Alaska Native Session 10:15 - 11:45am (1.5 Clock Hours)

**A) Silent No More: Alaska Native Families and Historical Trauma - Alaska Native – Presented by: Elsie Boudreau, LMSW**

The power of the film *The Silence* lies in its honest and intimate accounting of a history of sexual abuse in a small Yup'ik village in Alaska at the hands of the Catholic clergy. This presentation will allow for a discussion, using the film as a tool, focused around healing.

Too remote and insular to access outside help, the village of St. Michael was particularly vulnerable to sexual abuse hidden under a cloak of silence. Each member of the Catholic clergy in the village was an abuser, leaving no one in a position of authority with which to level the claims.

Objectives:

1. Gain understanding of historical trauma from an Alaska Native perspective.
2. Explore oneself as a Healer in honoring, listening and responding to survivors of sexual abuse.
3. Collaborate with others

## Afternoon Breakout Session 1:15 - 2:45 pm (1.5 Clock Hours)

**A) Co-Occurring Substance Abuse/Mental Health Disorders and Integrated Treatment - Substance Abuse - Presented by: Karen Kelly, MSW, LMSW, CDC II**

Mental and substance use conditions often co-occur. In other words, individuals with substance use disorders also often have a mental health condition or illness at the same time, or vice versa. With integrated treatment, both the mental health condition and the substance use condition can be addressed concurrently, effectively lowering costs and producing better outcomes. Without integrated treatment, one or more disorders may not be addressed properly.

Effective treatment for individuals experiencing co-occurring mental health and substance use conditions require sharing information across systems, across agencies, and collaboration across disciplines. To serve this population effectively requires integrated screenings and assessments.

**B) Introduction to PTSD – General - Presented by: Suzanne Findlay, MSW, LCSW**

This presentation is designed to give introductory information about PTSD to include a brief history, and the definition and symptoms from the DSM V in the context of and to foster trauma informed care. I will ask the attendees about what setting they would use this information for and present the information in a way that allows them to operationalize it in that setting.

**C) Ready for Anything: You, Your Family and Your Clients - General - Presented by: Amanda Cooper, BA, MPH & Lanny Mommsen, BS, BPH**

It is vital for Alaskans who experience disabilities and their support professionals to be prepared for disasters. During this session participants will learn about resources to get themselves ready, how to help clients make a written plan, and make their own SKIP (Safety Kept in Place) kit to take with them.

Description:

Are you ready? It is important that everyone is prepared to what to do in case of a natural disaster or emergency. This is especially important for Alaskans who experience disabilities and their support professionals. Natural disasters and emergencies can highlight gaps in support services for people with disabilities who might otherwise function well enough day-to-day.

Less than 20% of Alaskans who experience a disability have a written plan for what to do in an emergency. During this session, come and learn why it is important to prepare. Discover cheap and easy resources available to get you and your family ready for an emergency. You will learn how to help your clients make a written plan using *the Get Ready! Toolkit* and the *Disaster Preparedness for Families of Children and Youth with Special Health Care Needs* booklet. You will get to build your own SKIP (Safety Kept in Place) kit to take home with you.

**D) Universal Design and Health Literacy - General - Presented by: Rain T. Van Den Berg, MPH**

Alaskans who experience disabilities make up about 23% of our State's population. Individuals experiencing disabilities do not necessarily need separate, different, or special items to navigate and participate fully in their communities and health care. Universal design ensures real choices for all people while appreciating and promoting diversity and inclusion. Universal design – both of the physical environment and in educational materials – is an important component for health care providers to include in their practice. This session will demonstrate the principles

of universal design and emphasize usability for all through interactive learning and discussion using both Universal Design and Health Literacy concepts.

Learning objectives:

1. Discuss how universal design principles relate to health literacy
2. Discuss how universal design principles and health literacy principles can be integrated into one's own professional practice.
3. List at least three resources to assist with implementation of universal design principles and health literacy.

**E) Way Beyond LGBT: What We Have Learned From AK Queer Youth – General - Presented by: Jaime Spartriano, BAP; Rachel Wahto, BAP; Issa Braman, BA, MEd**

This session will begin with a brief overview of LGBTQ+ vocabulary and cover family, school and health related needs and barriers specific to Alaska LGBTQ+ Youth, with an emphasis on best practices for working with transgender youth. Findings and recommendations will be shared from the annual LGBTQ+ Youth Summit hosted by Identity Inc. and attended by youth from all over Alaska. Following this presentation participants will be able to: list and describe a diverse array of sexual orientation and gender identity terms, discuss the major issues facing transgender youth in Alaska and give examples of best practices for working with LGBTQ+ youth.