THE FOURTH ANNUAL
CiMH
EVIDENCE BASED PRACTICES SYMPOSIUM

“EARLY IDENTIFICATION APPROACHES AND TREATMENT FOR UNDERSERVED POPULATIONS”

APRIL 8–9, 2014
HOLIDAY INN CAPITOL PLAZA – SACRAMENTO
300 J ST, SACRAMENTO, CA 95814
TUESDAY, APRIL 8, 2014

7:30 AM – 5:00 PM  REGISTRATION  California Foyer
7:30 AM – 8:30 PM  CONTINENTAL BREAKFAST  California Foyer
8:30 AM – 9:00 AM  WELCOME AND INTRODUCTIONS  California Ballroom
   Sandra Naylor Goodwin, PhD, President and CEO, California Institute for Mental Health (CiMH)
9:00 AM – 10:15 AM  LEVERAGING IMPLEMENTATION RESEARCH AND PRACTICE FOR THE GREATER GOOD  California Ballroom
   Sonja K. Schoenwald, PhD, Professor, Psychiatry & Behavioral Sciences Family Services Research Center, Medical University of South Carolina
   This is a potentially exciting time for all stakeholders in mental health - consumers, practitioners, policy makers, and payers. More treatments with demonstrated effectiveness with more problems and populations are becoming available. To benefit any population in need, however, both effective treatment and effective implementation of treatment are necessary. Absent adequate implementation, effective treatment can fail in practice. This presentation describes what we are learning from research about supporting the implementation of effective interventions in diverse practice contexts.
10:15 AM – 10:30 AM  BREAK
10:30 AM – 12:00 PM  SESSION ONE
   Fresno  ADVANCED FUNCTIONAL FAMILY THERAPY (FFT) SITE SUPERVISOR TRAINING (SESSION ONE)
   Kim Mason, LCSW, National Supervisor, FFT Inc.
   This workshop will set the stage for the full six sessions of the FFT Site Supervisor Symposium Track. Session One will focus on an introduction to the principles of FFT supervision and the combination of clinical experience, supervision skills and data analysis needed to increase therapist fidelity to the FFT Model.
   El Dorado  AGGRESSION REPLACEMENT TRAINING - ANGER CONTROL TRAINING
   Mark Amendola, LCSW, BCD, Education & Treatment Alternatives, Inc.
   Robert Oliver, EdD, Education & Treatment Alternatives, Inc.
   Session One in the Aggression Replacement Training® Track: This session will highlight modifications to the Anger Control Training curriculum. Focus will be on modeling and role plays in Sessions Two and Three. There will also be review of Session Eight and correct application of skill sequencing with Skillstreaming.
Monterey  
2nd Floor

**IMPROVING SCHOOL CLIMATE AND STUDENT SUCCESS USING MULTI-TIERED FRAMEWORK**

*Michael Lombardo, MA, Director of Interagency Facilitation for the Placer County Office of Education*

Attendees of this session will learn about strategies for improving school climate, student wellness, and academic outcomes. School-Wide Positive Behavioral Interventions & Supports (PBIS) is a Multi-Tier Response to Intervention model based on the premise that all students can benefit from well implemented, evidence based practices for improving student behavior.

Placer  
2nd Floor

**CBT FOR PSYCHOSIS**

*Dr. Kate Hardy, Clinical PsyD, Clinical Director of the Prevention and Recovery from Early Psychosis (PREP) Program*

This workshop will provide an overview of CBT for psychosis (CBTp) including a brief review of the evidence base for CBTp, engaging clients in this treatment approach, collaboratively developing a formulation, and implementing both cognitive and behavioral interventions. There will be an emphasis on illustrating high yield CBT techniques that can be employed across multiple treatment settings and conducting this model within a culturally sensitive context. Real life case vignettes will be utilized to illustrate the main teaching points.

Hermosa

**FFT PRACTITIONERS TRAINING (SESSION ONE)**

*Kellie Armey, LISW-S, National FFT Supervisor, FFT Inc.*

This presentation will focus on effective engagement and motivation, goal of the therapist and flexibility within the model to support family success and sustainability with divorced families.

Granada

**TIP MODEL FOR IMPROVING OUTCOMES WITH YOUTH AND YOUNG ADULTS: IMPLEMENTATION STRATEGIES, IMPACT ON YOUNG PEOPLE, AND BUILDING SITE CAPACITY FOR SUSTAINABILITY**

*Hewitt B. “Rusty” Clark, PhD, BCBA, Director National Network on Youth Transition, Professor Emeritus, Department of Child & Family Services University of South Florida*

*Julie Frietas, Supervising Mental Health Clinician - TAY Division Humboldt County Transition Program*

*Joseph Solomita, LCSW, Director of Clinical Training Stars Behavioral Health Group*

*Rochelle Trochtenberg, Youth Organizer, Humboldt County Department of Health and Human Services*

It’s time to put the youth in the driver’s seat! The Transition to Independence Process Model, TIP, is an evidence-supported and youth-driven practice that improves real-life outcomes for youth and young adults with emotional/behavioral difficulties. Learn about TIP from its author, Dr. Rusty Clark, and Master Trainer Joseph Solomita, as well as getting a site-based perspective from Humboldt County’s Rochelle Trochtenberg.
SESSION ONE, CONTINUED

Diablo

USING TRIPLE P WITH UNDERSERVED POPULATIONS IN THE CHILD WELFARE SYSTEM

*Randy Ahn, PhD, MLIS, Implementation Consultant, Triple P America/Social Skills Training Institute*
*Kerryann Schuette, M.S., PPS Prevention Early Intervention Manager Mental Health Services Act, Ventura County Behavioral Health*
*Marcela M. Becerra, IMF Family Support Clinician, City Impact Counseling Center, Irene Gomez, Program Manager, Mixteco/Indigena Community Organization Project (MICOP)*

*Norma Gomez, Project Manager, Mixteco/Indigena Community Organizing Project (MICOP)*

Linguistic isolation in parents is a main barrier when accessing social and health services and interfacing with the child welfare system. Learn about one of Ventura County’s approaches for addressing their underserved Mixtec population through the use of Promotores to facilitate delivery of the Triple P – Positive Parenting Program.

12:00 PM – 1:00 PM LUNCH *(Included with registration)*  
*California Ballroom*

SESSION TWO

Fresno

ADVANCED FFT SITE SUPERVISOR TRAINING (SESSION TWO)

*Kim Mason, LCSW, National FFT Supervisor, FFT Inc.*

This workshop will focus on supervision tasks in the pretreatment, engagement and motivation phases of FFT. Focus will be on the assessment of difficulties in each phase and how to address these through the supervision process.

El Dorado

AGGRESSION REPLACEMENT TRAINING - PROBLEM SOLVING TRAINING

*Mark Amendola, LCSW, BCD, Educational & Treatment Alternatives, Inc.*
*Robert Oliver, EdD, Educational & Treatment Alternatives, Inc.*

Session Two in the Aggression Replacement Training® Track: This session will review the recently released Problem Solving Implementation Guide from The Prepare Curriculum.

Diablo

COGNITIVE ENHANCEMENT THERAPY (CET)

*Ray Gonzalez, ACSW, LISW-S, Executive Director, Center for Cognition and Recovery*

Workshop attendees will learn how CET helps promote recovery by participating in a typical CET session including specialized computer exercises; a social cognition talk followed by completing and discussing homework questions, and participating in interactive cognitive exercises. A PowerPoint talk will describe the neuroscience research supporting CET; the social, vocational and educational effectiveness of CET; using CET with a wide range of individuals in recovery including adults, Transitional Youth, persons with high-level autism and veterans; and how CET is effective with persons from many ethnic and socio-economic backgrounds. This presentation will demonstrate the hope and practical wisdom that CET offers individuals in recovery, including how acceptance and adjustment to a psychiatric disability can improve physical health, independence, vocational effectiveness and well-being.
1:00 PM – 2:15 PM SESSION TWO, CONTINUED

**Hermosa**

**FFT PRACTITIONERS TRAINING (SESSION TWO)**  
Kellie Armey, LISW-S, National FFT Supervisor, FFT Inc.

This presentation will focus on effective engagement in treatment and what motivation may look like for parents who struggle with mental illnesses. Included will be the use of relational assessments, case management in the early phase, goals of the therapist, and self-care of the therapist.

**Granada**

**TF-CBT TRACK: CULTURALLY MODIFIED TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY FOR LATINO CHILDREN AND FAMILIES**  
Alison Hendricks, LCSW, National TF-CBT Trainer, Hendricks Consulting, San Diego

This workshop will focus on cultural enhancements to TF-CBT that can be used to increase its relevance for Latino children and their families. Core cultural values will be explored, and strategies for incorporating these values into the assessment and treatment process will be explained. Examples of cultural enhancements for each of the PRACTICE components will be provided.

**Placer**  
2nd Floor

**EVIDENCE BASED PARENTS ANONYMOUS® PROGRAMS; EMPOWERING FAMILIES AND COMMUNITIES**  
Lisa Pion-Berlin, PhD, President and CEO Parents Anonymous, Inc.*  
Don Pickens, Program Director and Leadership Coordinator Parents Anonymous, Inc.*

This workshop will examine three evidence based Parents Anonymous® Programs including the National Certification of Parent Leaders, Parents Anonymous® Groups and Shared Leadership® in Action. Utilizing the socio-ecological model of change, program components and related research will be reviewed and linked to learning competencies, well-being, and family strengthening for all programs.

**Monterey**  
2nd Floor

**SCREENING TOOLS FOR BEHAVIORAL HEALTH**  
Cricket Mitchell, PhD, Senior Associate, California Institute for Mental Health

Dr. Mitchell will review the most commonly used screening tools for mental health and substance use across all age groups. This workshop will focus on each tool’s validity, reliability, administration and clinical utility.

2:15 PM – 2:30 PM BREAK

2:30 PM – 4:00 PM PLENARY  
California Ballroom

**EVIDENCE BASED PRACTICE FROM THE CONSUMER PERSPECTIVE**  
Stanford Youth Solutions  
River Oak Center for Children  
CommuniCare, Inc.

**Moderator: Lori Ford, LMFT, Associate II, California Institute for Mental Health**

This plenary session will provide a panel discussion by three families who have participated in an evidence based practice: Functional Family Therapy (FFT), Multisystemic Therapy (MST), and Trauma Focused Cognitive Behavior Therapy (TF-CBT). These families will describe their treatment in a way that will highlight differences between the respective treatment models.
4:00 PM – 5:15 PM  SESSION THREE

**Fresno**

**ADVANCED FFT SITE SUPERVISOR TRAINING (SESSION THREE)**

*Kim Mason, LCSW, National FFT Supervisor, FFT Inc.*

This workshop will focus on supervision tasks in the Behavior Change phase of FFT. Focus will be on utilizing the components of good behavior change in the supervision process and developing plans for assisting therapists in all phases through teaching, coaching, and directing.

**El Dorado**

**AGGRESSION REPLACEMENT TRAINING - EMPATHY TRAINING**

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

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

Session Three in the Aggression Replacement Training® Track: This session will review the revised Empathy Training Implementation Guide from The Prepare Curriculum.

**Hermosa**

**FUNCTIONAL FAMILY THERAPY (FFT) – CHILD WELFARE (CW) MODEL**

*Kellie Armey, LISW-S, National FFT Supervisor, FFT Inc.*

This workshop will focus on the introduction to FFT’s unique way of offering family-based services to the child welfare population. The presentation will focus primarily on the different intervention tracks utilized in FFT-CW, effectively engaging and motivating caregivers and selection of best service or intervention to target risk factors.

**Placer**

**TRANSFORMATIONAL CARE PLANNING (TCP)**

*Percy Howard, LCSW, Associate Deputy Director, California Institute for Mental Heath*

Transformational Care Planning (TCP) is a Person-Centered, Family-Directed process of care planning which is constructed on principles of Shared-Decision Making and Recovery-Oriented Practice. This workshop will be concerned with how TCP can be a lever to help facilitate engagement with individuals that can help prepare for their optimal benefit from Evidence Based Interventions.

**Diablo**

**THE PEARLS PROGRAM: COMMUNITY-BASED IN-HOME COLLABORATIVE CARE FOR TREATING DEPRESSION IN INDIVIDUALS WITH CO-MORBID MEDICAL CONDITIONS**

*Paul Ciechanowski, MD, MPH, Associate Professor of Psychiatry, University of Washington*

PEARLS (Program to Encourage Active Rewarding Lives for Seniors), is a highly effective clinical intervention designed to reduce depressive symptoms and improve quality of life in older adults. The PEARLS Program empowers individuals to take action and to make lasting changes so that they can lead more active and rewarding lives.

The PEARLS Program sees outcomes of a 50 percent or greater reduction in depression symptoms and achieves complete remission from depression in 36 percent of PEARLS Program recipients. PEARLS is being disseminated in over 20 sites nationally and has been added to the National Registry of Evidence Based Programs online registry of mental health and substance abuse interventions.
TUESDAY, APRIL 8, 2014 CONTINUED

4:00 PM – 5:15 PM  SESSION THREE, CONTINUED

California Ballroom  PIER MODEL PROGRAM: MULTIPLE FAMILY GROUPS WITH BILINGUAL AND MONOLINGUAL SPANISH SPEAKING FAMILIES
Teresa Renteria, LMFT, Service Chief I, Orange County Center for Resiliency, Education, and Wellness (OCCREW) OCHCA/Prevention & Intervention
John Gavino, ASW Clinical Social Worker I, Orange County Center for Resiliency, Education, and Wellness, (OC CREW)

This workshop will focus on the Orange County Center for Resiliency Education and Wellness Program implementation of the PIER Model Program. OCCREW will discuss the Multifamily Psycho-Education Groups that are provided in Spanish to participants and their families. Educational opportunities are also available to the greater community to learn more about psychosis, and how to improve the outcomes of young people who are affected by it. OCCREW will also present on the family groups which are designed for Orange County youth ages 14-25 with psychotic symptoms.

Granada  TF-CBT TRACK: TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY FOR CHILDREN AND YOUTH IN THE FOSTER CARE SYSTEM
Alison Hendricks, LCSW, National TF-CBT Trainer, Hendricks Consulting, San Diego

This session will highlight challenges related to implementing TF-CBT with children and youth in the foster care system, including complex trauma, court involvement, changes in placement, and engaging substitute care providers. Strategies for overcoming these challenges will be provided and discussed. Case examples will be used to illustrate successful TF-CBT implementation with this population.

5:30 PM – 6:30 PM  RECEPTION  JQ Ballroom on the 16th Floor

Handouts and resource material will also be available at:
www.cimh.org/Learning/Conferences-Training/Handouts.aspx
Evidence Based Practices Symposium

WEDNESDAY, APRIL 9, 2014

7:30 AM – 4:00 PM    REGISTRATION      California Foyer

7:30 AM – 8:30 PM    CONTINENTAL BREAKFAST  California Foyer

8:30 AM – 10:15 AM   KEYNOTE                   California Ballroom

Evidence Based Practices & Current Innovations in the Treatment of Substance Use Disorders

Thomas Freese, PhD, Director of Training, UCLA Integrated Substance Abuse Programs, Director of The Pacific Southwest Addiction Technology Transfer Center

Evidence-based practices (EBPs) play an increasingly important role in the delivery of Substance Use Disorders (SUD) prevention and treatment. Screening and brief intervention (SBI) strategies for identifying and effectively addressing problem alcohol (and drug) use have robust evidence as effective prevention/early intervention approaches. This presentation will review the range of screening tools and critical elements of effective brief interventions. Among the practices featured will be Motivational Interviewing, Behavioral strategies, including Contingency Management and Cognitive Behavioral Therapy, and 12 Step facilitation therapy and participation in 12 Step Support groups. Additionally, addiction pharmacotherapies for alcohol and opioid disorders will be discussed. Innovative strategies that appear to have promise, but do not have established efficacy at present, will be included. A critical challenge that now faces the healthcare system is how access to these EBPs can be increased so that the prevention and treatment needs of a greater percentage of individuals with SUD can be effectively addressed.

10:15 AM – 10:30 AM  BREAK

10:30 AM – 12:00 PM  SESSION FOUR

Monterey

DEVELOPING FIDELITY AND TRAINING PROTOCOLS TO DECREASE MODEL DRIFT

Lori Ford, LMFT, Associate, California Institute for Mental Health

This workshop will discuss the importance of developing training protocols and fidelity checklists for those practices that do not provide ongoing fidelity support. Research will be presented suggesting the importance of ongoing fidelity checks and training. Evidence based tools and other suggestions for developing internal measures and protocol will also be presented.

Fresno

ADVANCED FFT SITE SUPERVISOR TRAINING (SESSION FOUR)

Kim Mason, LCSW, National FFT Supervisor, FFT Inc.

This workshop will continue with the task of developing plans for assisting therapists in developing fidelity in all phases of the model.
AGGRESSION REPLACEMENT TRAINING - MORAL REASONING TRAINING

Mark Amendola, LCSW, BCD, Educational & Treatment Alternatives, Inc.
Robert Oliver, EdD, Educational & Treatment Alternatives, Inc.

Session Four in the Aggression Replacement Training® Track: This session will review specific strategies in Moral Reasoning Training and updated research on moral development.

LOS ANGELES COUNTY PROBATION DEPARTMENT
EVIDENCE BASED PRACTICES IMPLEMENTATION

Kelly Glossup, LCSW, Supervising Deputy Probation Officer, Los Angeles County Probation Department
Julia Vest, LCSW, Supervising Deputy Probation Officer, Los Angeles County Probation Department

The Los Angeles County Probation Department has been providing both Functional Family Therapy (FFT) and Functional Family Probation Services (FFPS) for high risk probation youth. This workshop will focus on the unique implementation efforts the department has put in place to support model adherent implementation with Probation Officers. They will also discuss barriers to implementation and implementation solutions in a large county bureaucracy. And finally, they will discuss how the program managers have become Champions for Evidence Based Practices within the Los Angeles County Probation Department.

TF-CBT TRACK: CHILDHOOD TRAUMATIC GRIEF TREATMENT

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

This workshop will provide an overview of how to use TF-CBT with cases of childhood traumatic grief (involving the sudden and/or violent loss of a loved one). Adaptations to the PRACTICE components for traumatic grief cases will be illustrated. The four grief components (Grief Psychoeducation, Grieving and Ambivalent Feelings, Preserving Positive Memories, and Redefining the Relationship) will be explained, with case examples.

PROMOTORAS MODEL - ASSISTING LATINO FAMILIES IN ACHIEVING WHOLE-FAMILY WELLNESS

Elisa Herrera, Latino Leadership Council
Celina Salas, Promotora, Latino Leadership Council

Client testimonial
As the Latino community grows, so does the need for health and social supports that embrace the culture’s unique needs. This workshop will focus on the Promotores cultural brokers that help families to access medical, mental, dental and vision resources; and for the LLC, they also support families struggling with gang involvement, school failure or violence.
Evidence Based Practices Symposium

10:30 AM – 12:00 PM  SESSION FOUR, continued

**Diablo**

TRANSFORMING MENTAL HEALTH CARE: INTEGRATING SPIRITUALITY INTO WELLNESS AND RECOVERY

*Kumar Menon, MSPA, Los Angeles County Department of Mental Health*

*Khani Gustafson, MSW, Associate, California Institute for Mental Health*

The Los Angeles County Department of Mental Health, both independently and in partnership with California Institute for Mental Health has a set guidelines, teaching/learning tools, protocols, and practices to advance the promising practices of supporting the inclusion of spirituality in people’s mental health recovery and wellness. The workshop will introduce participants to components of the promising practice, including specific guidelines; a curriculum to develop the knowledge and skills, mental health staff, a manual/toolkit to help individuals self-actualize their spirituality interests; and a series of vignettes developed to facilitate learning. Additionally, the workshop will cover factors that contributed to the development of this promising practice, the critical considerations that should guide practice, and the process and components involved in developing the curriculum.

12:00 PM – 1:00 PM  LUNCH (Included with registration)  California Ballroom

1:00 PM – 2:15 PM  SESSION FIVE

**Monterey**

THE SCIENCE OF IMPLEMENTATION

*Pam Hawkins, Senior Associate, California Institute for Mental Health*

Evidence based practices are available for a number of mental health conditions; however, these practices are not always implemented in service delivery settings. Traditionally, research has focused on EBPs and improved outcomes, and much less research attention has been paid to how to implement these effective practices. Implementation is difficult and needs strategies that address the complexity of changing the service delivery environment. This workshop will address those implementation strategies.

**Fresno**

ADVANCED FFT SITE SUPERVISOR TRAINING (SESSION FIVE)

*Kim Mason, LCSW, National FFT Supervisor, FFT Inc.*

This workshop will focus on supervision tasks in the Generalization Phase of FFT. Special emphasis will be placed on the goal of relapse prevention.

**El Dorado**

AGGRESSION REPLACEMENT TRAINING - SOCIAL PERCEPTION TRAINING

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

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

Session Five in the Aggression Replacement Training® Track: This session will review the recently released Social Perception Training Implementation Guide from The Prepare Curriculum.
**Placer**

2nd Floor

**THE FAMILY ACCEPTANCE PROJECT (FAP)**

**Catlin Ryan, PhD**, Director, Family Acceptance Project and Distinguished Adjunct Professor, Marian Wright Edelman Institute, College of Health & Human Services, San Francisco State University

The Family Acceptance Project (FAP) at SF State University has been pioneering the first evidence based family intervention model of wellness, prevention and care to decrease risk and promote well-being for lesbian, gay, bisexual and transgender (LGBT) children and adolescents in the context of families, faith and cultures. Called revolutionary and paradigm-changing, this new family approach is changing how services are provided to children and adolescents across disciplines and systems of care. This session will discuss FAP’s key research findings, approaches to working with ethnically and religiously diverse families, and resources, tools and strategies for family education and intervention. For example, FAP’s multi-lingual family education materials were recently designated as the First “Best Practice” resources for suicide prevention for LGBT youth and young adults by the Best Practices Registry for Suicide Prevention.

**Granada**

**TF-CBT TRACK: SECONDARY TRAUMATIC STRESS (SUPERVISOR SESSION I)**

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

This workshop will focus on the impact of doing trauma-focused therapy on treatment providers, including risk factors for secondary traumatic stress, vicarious trauma, and compassion fatigue. Signs and symptoms of secondary trauma exposure reactions will be described, as well as instruments for assessing the impact of trauma exposure on therapists, supervisors, and agencies.

**Hermosa**

**INDIVIDUAL PLACEMENT AND SUPPORT/SUPPORTED EMPLOYMENT (IPS)**

**Rick DeGette, MA, MFT**, Vocational Services Director, Alameda County Behavioral Health Services

**Jackie Pogue, MA**, IPS Trainer, Alameda County Behavioral Healthcare Services

This workshop explains the Individual Placement and Support/Supported Employment (IPS) evidence based practice as a model that maximizes competitive employment opportunities for consumers that want to work. We will share information about the IPS model, including the history, research, and practice principles. We will highlight how Alameda County has achieved success with realigning and creating IPS programs in our mental health services using an implementation science framework and support from the Johnson & Johnson- Dartmouth Community Mental Health Program. Through sharing of lessons learned so far, participants will receive information about program design, financing, training needs, and sustainability.
HEALTH EQUITY AND MULTICULTURAL COMPETENCE:
A CORE TRAINING UTILIZING THE CBMCS
Jei Africa PsyD, MSCP, CATC-V, San Mateo County
Khani Gustafson, MSW, Associate, California Institute for Mental Health

Equity and Multicultural Competence: A Core Training Utilizing the CBMCS. The presenters will summarize the training curriculum which is designed to increase knowledge and understanding of the influence of cultural practices values and belief, on mental health intervention, recovery and wellness. The workshop will also review training outcomes including the usefulness of the CBMCS Scale. This workshop is appropriate for all mental health service providers including administrators, clinicians, case managers, support staff, psychiatrists, managers, conTrackors, stakeholders, consumers, and family members.

BREAK

ADVANCED FFT SITE SUPERVISOR TRAINING (SESSION SIX)
Kim Mason, LCSW, National FFT Supervisor, FFT Inc.

This workshop will review 2013 data, review goals for 2014 and general wrap-up of the symposium. Significant time will be given to questions from participants.

AGGRESSION REPLACEMENT TRAINING - RESEARCH UPDATE
Mark Amendola, LCSW, BCD, Educational & Treatment Alternatives, Inc.
Robert Oliver, EdD, Educational & Treatment Alternatives

Session Six in the Aggression Replacement Training® Track: This session will review updated research on aggression and moral development.

MAINTAINING FIDELITY AFTER TRAINING
Tracye Jones, MA, MBA, Statewide FFT Consultant

This workshop is designed to provide those who deliver evidence based practices with some practical strategies and guidelines for maintaining fidelity after training. This workshop will provide a working definition of fidelity and how it can be implemented across EBPs and non-EBPs alike. It will provide ideas for maintaining fidelity that fit within an organizations infrastructure with limited disruption. In addition, the training will cover possible barriers to maintaining fidelity and probable solutions to correct those barriers.

EVIDENCE BASED MENTAL HEALTH INTERVENTIONS FOR OLDER ADULTS
Janet Anderson Yang, PhD, Clinical and Training Director, The Center for Aging Resources

This interactive presentation will explore the most well-researched evidence based mental health practices (EBPs) for older adults, with a focus on early interventions. Participants will become familiar with EBPs for outreach, prevention, and treatment of mental health challenges. The presentation will discuss several different evidenced based approaches to treating depression (for example, Reminiscence Therapy, Interpersonal Psychotherapy), and several EBPs for treating anxiety among older adults. Additionally, the presentation will discuss ways in which psychotherapy with older adults is both different and similar to working with younger adults.
2:30 PM – 3:45 PM  SESSION SIX, CONTINUED

Granada  TF-CBT TRACK: STRATEGIES FOR ADDRESSING SECONDARY TRAUMATIC STRESS (SUPERVISOR SESSION TWO)
Alison Hendricks, LCSW, National TF-CBT Trainer, Hendricks Consulting, San Diego
This session will highlight strategies for addressing secondary trauma exposure reactions, including personal, professional, supervisory, and organizational strategies. The role of the supervisor in helping to mitigate the impact of secondary traumatic stress will be emphasized, and techniques for helping therapists and supervisors will be demonstrated.

California Ballroom  THE PLATINUM RULE: VOICES ON ENGAGEMENT & RETENTION
Rochelle Trochtenberg, Youth Organizer, Humboldt County Health and Human Service
Julie Freitas, MFT, Clinical Supervisor, Humboldt County Health and Human Service
Jade Carlson, Youth Advisory Board Member, Humboldt County Health and Human Service
Christine Ruiz, Doula, WRAP facilitator, Family Advocate, River Oak
Qaiel Peltier, Peer Support Specialist, Humboldt County Health and Human Service
How do you get people interested in receiving services? What contributes to participants successfully completing an evidence based practice? How do you incorporate Positive Youth Development in the ways you engage youth? This diverse panel of experts will address the research, discuss tips for implementation, and share lived experiences receiving services specific to the topics of Engagement and Retention.

Hermosa  OUTCOME EVALUATION DATA FROM EVIDENCE BASED PRACTICE IMPLEMENTATIONS SUPPORTED BY CiMH
Cricket Mitchell, PhD, Senior Associate, California Institute for Mental Health
As CiMH’s lead for outcome evaluation, Dr. Mitchell produces program performance and outcome evaluation reports for more than 200 sites implementing evidence based practices across the state, representing thousands of child clients and families served. Recent data from these reports will be shared, highlighting the outcomes that are being achieved for children and youth in the mental health, child welfare, and juvenile justice systems.

3:45 PM – 4:00 PM  CONCLUSION WRAP-UP  California Ballroom
**EVIDENCE BASED PRACTICES SYMPOSIUM PLANNING COMMITTEE**

Ken Epstein, PhD, LCSW, Director  
Children, Youth & Families System of Care, 
San Francisco Department of Public Health, Community Behavioral Health Services

Sharon Robinson, Assistant Director,  
Planning/Development,  
Merced County Department of Mental Health

Michele Peterson, Associate Director  
California Council of Community Mental Health Agencies

Qaiel Peltier, Support Specialist  
Humboldt County Department of Health and Human Services

Rochelle Trochtenberg, Youth Organizer  
Humboldt County Department of Health and Human Services

Celeste Doerr, PhD, Research Program Specialist  
Mental Health Services Oversight and Accountability Commission

Pam Hawkins, Senior Associate  
Evidence Based Practices Team  
California Institute for Mental Health

Cricket Mitchell, PhD, Senior Associate  
Evidence Based Practices Team  
California Institute for Mental Health

Percy Howard, LCSW, Associate Director  
Evidence Based Practices Team  
California Institute for Mental Health

Lori Ford, LMFT, Associate II  
Evidence Based Practices Team  
California Institute for Mental Health

Khani Gustafson, MSW, Associate II  
Evidence Based Practices Team  
California Institute for Mental Health

Margaret Faye, PhD, Senior Associate  
Evidence Based Practices Team  
California Institute for Mental Health

Robin Texeira, Program Support Specialist  
Evidence Based Practices Team  
California Institute for Mental Health

Darcy McGaffic, Program Support Specialist  
Evidence Based Practices Team  
California Institute for Mental Health

Irina Eryomenko, Program Support Specialist  
Evidence Based Practices Team  
California Institute for Mental Health
The California Institute for Mental Health is a non-profit public interest corporation established for the purpose to promote wellness and positive mental health and substance use disorder outcomes through improvements in California’s Health System. CiMH is dedicated to a vision of “a community and mental health services system which provides recovery and full social integration for persons with psychiatric disabilities; sustains and supports families and children; and promotes mental health wellness.”

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