Essential Approaches and Skills for Working with Co-occurring Mental Health & Substance Use Conditions

Date and Time
February 8th and 9th, 2016 - Registration 8:30 am
Training 9:00 am to 4:00 pm

Location
Harvest Hall
3800 Cornucopia Way, Modesto, CA
Map

Who Should Participate
50 participants from Central Region

Counties
Three attendees per each county

Presenter
Kristin Dempsey, MS, LMFT, LPCC,
Senior Associate at California Institute of Behavioral Health Solutions
Member, Motivational Interviewing Network of Trainers

For more information
Kristin Dempsey, kdempsey@cibhs.org, or
Gina Ehler, gehlert@cibhs.org

Registration
Email confirmation to Bobbie Zawkiewicz at
bzawkiewicz@cibhs.org with “Skills” in the subject line, and please provide the pertinent information below for registration:

Name
Title
Organization
Email

Cost
Free Attendance, Continental breakfast & lunch provided with registration
(Mileage costs are covered for those who live over one hour away from the training venue – per training policy).

Training Description
Co-occurring mental health and substance use disorder treatment is the expectation in behavioral health care, yet providing integrated care can be challenging due to the complexity of presentations and demand for our time. This two day training will define the issues and expand understanding of co-occurring conditions (COC), while building provider skill sets. After participating in this training, individuals will:

• Recall the definition of COC and recognize the prevalence of COC in healthcare systems.
• Select appropriate screening and assessment tools to identify and determine nature of COC.
• Apply micro skills to enhance engagement in treatment for individuals with COC.
• Practice behavioral interventions to address issues around relapse prevention, enhancement of coping skills and emotional regulation for individuals with COC.
• Recognize the presence of cultural issues and trauma in the lives of individuals with COC, and adjust interventions to ensure cultural responsiveness and trauma informed care.
• Identify the significant components of successful clinical documentation for individuals with COC.

Continuing Education MFT, LPCC, LEP and/or LCSW Credit:
CIBHS is an approved provider for the California Board of Behavioral Sciences (PCE 2617). Course meets the qualifications for 6.0 continuing education credit for MFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences.
Kristin Dempsey, MS, LMFT, LPCC, is a Senior Associate at the California Institute for Behavioral Health Solutions where she is the Project Manager for the Greater Bay Area Mental Health and Education Workforce Collaborative. Prior to her current work at CIBHS, Kristin most recently worked as Director of Workforce Development at San Mateo County Behavioral Health and Recovery Services.

She started at BHRS in 2001 as a clinician specializing in the treatment of dual diagnosis (mental health and substance issues) and later oversaw quality improvement efforts to integrate mental health and substance abuse services. Kristin has assisted in implemented a number of evidence-based practices in behavioral health systems of care including, but not limited to, Motivational Interviewing, Neurosequential Model of Therapeutics and Wellness Recovery Action Planning. She has lead the development of mentoring programs for behavioral health professionals as well as skills development programs for consumers and family members working as educators and trainers in behavioral health. She worked for almost a decade in school-based counseling services where she counseled groups and individuals on a variety of mental health and developmental concerns.

She has clinical experience in treating alcohol and other drug issues, co-occurring mental health and substance use conditions, suicide intervention, depression, anxiety, trauma, adolescent, child and family treatment, and issues related to women’s health and pregnancy counseling.

She is a member of the Motivational Interviewing Network of Trainers, and is a Master Trainer for Applied Suicide Interventional Skills Training. She is currently is studying to provide training in Cognitive Behavioral Therapy for Psychosis and is a trainer for the Neurosequential Model of Therapeutics. She trains extensively on trauma informed care, client-driven case management, addictions, co-occurring conditions, and behavioral/cognitive behavioral therapy. Additionally, Kristin trains peers entering the behavioral health workforce in interaction techniques and crisis managements skills.

Kristin teaches community mental health, trauma informed care and addictions at The Wright Institute, addictions in the Department of Counseling at San Francisco State University, and trauma informed care for social work students at California State University East Bay.