

NORTH CAROLINA
*Evidence Based
Practices Center*
PROFESSIONAL FOCUS

January - June 2012

We thank the following partners:
NC AHEC Program • Duke AHEC Program

Regional AHECs:

Area I AHEC • Charlotte AHEC • Coastal AHEC • Eastern AHEC • Greensboro AHEC
Mountain AHEC • Northwest AHEC • Southern Regional AHEC • Wake AHEC



In affiliation with Duke University Medical Center
Part of the NC AHEC Program



North Carolina
AHEC



Developing Evidence Based Outcomes for Family Psychoeducation

Target Audience

This program is designed for administrators and clinicians currently serving persons with severe and persistent mental illness and interested in implementing Family Psychoeducation in their community.

Program Description

Research conducted over the past decade has shown that patients' outcomes improve when the needs of family members for information, clinical guidance, and support are met. Psychoeducation can be provided in single-family and multi-family groups. The format is structured and pragmatic to assist people with developing skills for handling problems posed by mental illness. Over time, practitioners, family members, and consumers form a partnership as they work toward recovery. This intensive workshop is designed to teach the essential elements of this proven treatment approach, the daily application and activities of the approach, and the quality assurance that follows from a commitment to high fidelity to the treatment model.

Program Objectives

- Describe the Family Psychoeducation Toolkit model;
- Discuss joining (developing an alliance);
- Describe ongoing education about the illness;
- Discuss/Teach problem-solving skills;
- Identify instruction and guidance on creating social supports;
- Explain techniques on developing coping skills; and
- Explain the role of Fidelity Scales in ensuring quality application of the Family Psychoeducation Toolkit model.

Faculty Disclosure Statement

Southern Regional AHEC adheres to ACCME Essential Areas and Policies regarding industry support of continuing medical education. Disclosure of faculty and commercial relationships will be made known at the activity. Speakers are also expected to openly disclose a discussion of any off-label, experimental, or investigational use of drugs or devices in their presentations.

Credit

No partial credit will be given to participants who do not attend 100% of each program.

1.25 CEUs or 12.5 contact hours will be awarded to participants who attend the entire program.

Southern Regional AHEC adheres to NBCC Continuing Education Guidelines, Provider #5362. Southern Regional Area Health Education Center is recognized by the National Board for Certified Counselors.

This program will provide 12.5 contact hours (category A) continuing education credits to N.C. psychologists. Application has been made to the NC Substance Abuse Professional Practice Board for up to 12.5 hours of Substance Abuse General Skill Building credit for this program.

Teleconferences: Participants receive up to an additional 0.5 CEUs and contact hours from participation in the monthly teleconference calls. In addition to the educational credits, valuable information can be received from the calls.

Fees

The registration fee is \$375 if payment and registration are postmarked two weeks before the program date; \$395 thereafter.

Three or more persons from the same organization are eligible for a 10% discount if they register and pay together. The registration fee is \$337.50 if payment and registration are postmarked two weeks before the program date; \$355.50 thereafter.

*All individuals registering online at www.southernregionalahec.org will receive a special discount of \$10 off each program.

Only one discount will be honored per each registration.



Faculty

Brenden Hargett, MS, LPC, NCC, CCAS
Tara Hodge, MS, TRS, CTRS
Bebe Smith, MSW, LCSW

Developing Evidence Based Outcomes for **Family Psychoeducation**

DAY ONE

8:25 a.m.	Welcome & Introductions
8:30 a.m.	Introductions Pre Test
9:30 a.m.	Purposes & Objectives of Training Introductory Video
10:00 a.m.	[Break]
10:15 a.m.	Brief Overview of Evidence Based Practices Essentials of Family Psychoeducation Training
12:00 p.m.	Lunch (on your own)
1:00 p.m.	Background of Family Psychoeducation Training
1:45 p.m.	Behavioral Family Therapy
2:30 p.m.	[Break]
2:45 p.m.	Psychoeducation Principles
4:30 p.m.	Wrap up & Evaluations
4:40 p.m.	Adjourn

DAY TWO

8:25 a.m.	Welcome & Introductions
8:30 a.m.	Review of Program A
9:15 a.m.	Problem Solving Skills
10:15 a.m.	[Break]
10:30 a.m.	Problem Solving Skills (cont'd)
11:00 a.m.	Motivational Interviewing
12:00 p.m.	Lunch (on your own)
1:00 p.m.	Multiple Family Groups
2:30 p.m.	[Break]
2:45 p.m.	Group Work
3:00 p.m.	Organizational Issues: Implementation, Supervision, Fidelity, and Quality Assurance Post Test
4:30 p.m.	Wrap-up & Evaluations
4:40 p.m.	Adjourn

Training Schedule

Fayetteville
January 11-12, 2012
Southern Regional AHEC
1601 Owen Drive
Fayetteville, NC 28304
Early registration fee expires after
January 4, 2012
CASCE #34420 / EBP120111

Adapting ACT into Practice: A Comprehensive Approach to Implementing Assertive Community Treatment

Target Audience

This program is designed for psychologists, administrators, ACT team leaders, nurses and other ACT team members. Other interested mental health professionals are invited to attend.

Program Description

Assertive community treatment is a comprehensive community-based model for delivering treatment, support, and rehabilitation services to adults with severe mental illness. A team of professionals assumes direct responsibility for providing the specific mix of services needed by a mental health consumer, for as long as they are needed. The team ensures that services are available 24 hours a day, seven days a week.

An assertive community treatment team consists of members from the fields of psychiatry, nursing, and social work and professionals with other types of expertise, such as substance abuse treatment and vocational rehabilitation. Team members are cross-trained in each other's areas and are available to assist and consult with each other.

Program Objectives

- Describe the roles of each member of the multidisciplinary ACT team;
- Describe the value of community based interventions that are carried out at the locations where problems occur and support is needed, rather than in hospital or clinic settings;
- Discuss the importance of assertive engagement (the team is assertive in engaging individuals in treatment and monitoring their progress);
- Describe the value of direct provisions of services, treatment, support, and rehabilitation services provided directly in the community;
- Describe how ACT treatment, rehabilitation, and support are individualized (person-centered), and the range of treatment and services is comprehensive and flexible; and
- Explain the role of Fidelity Scales in measuring adherence to the ACT toolkit model.

Faculty Disclosure Statement

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Credit

No partial credit will be given to participants who do not attend 100% of each program.

1.95 CEUs or 19.5 contact hours will be awarded to participants who attend the entire program.

Southern Regional AHEC adheres to NBCC Continuing Education Guidelines, Provider #5362. Southern Regional Area Health Education Center is recognized by the National Board for Certified Counselors.

This program will provide 19.5 contact hours (category A) continuing education credits to N.C. psychologists. Application has been made to the NC Substance Abuse Professional Practice for up to 19.5 hours of Substance Abuse General Skill Building credit for this program.

Teleconferences: Participants receive up to an additional 0.5 CEUs and contact hours from participation in the monthly teleconference calls. In addition to the educational credits, valuable information can be received from the calls.

Fees

The registration fee is \$550 if payment and registration are postmarked two weeks before the program date; \$570 thereafter.

Three or more persons from the same organization are eligible for a 10% discount if they register and pay together. The registration fee is \$495 if payment and registration are postmarked two weeks before the program date; \$513 thereafter.

**All individuals registering online at www.southernregionalahec.org will receive a special discount of \$10 off each program. Only one discount will be honored per each registration.*



Faculty

Monique Crutchfield, MSW, LCSW
Tara Hodge, MS, TRS, CTRS
Densie Lucas, MSW, LCSW

Adapting ACT into Practice: A Comprehensive Approach to Implementing Assertive Community Treatment

DAY ONE

8:25 a.m. Welcome
Introductions

8:30 a.m. Review of Evidence Based Practices
Introductory Video
Pre Test

10:00 a.m. [Break]

10:15 a.m. Overview of ACT Basics

12:00p.m. Lunch (on your own)

1:00 p.m. ACT Overview (cont'd)

2:30 p.m. [Break]

2:45 p.m. Practicing from a Recovery Perspective
The Stress-Vulnerability Model

4:30 p.m. Wrap-up & Evaluations

4:40 p.m. Adjourn

DAY TWO

8:25 a.m. Welcome
Introductions

8:30 a.m. Review of Program A
Practicing from a Recovery Perspective
The Stress-Vulnerability Model

10:00 a.m. [Break]

10:15 a.m. Core Processes
The Ongoing Comprehensive Assessment
Engagement Process

12:00 p.m. Lunch (on your own)

1:00 p.m. The Ongoing Comprehensive Assessment
Engagement Process (cont'd)

2:30 p.m. [Break]

2:45 p.m. Person Centered Treatment Planning

4:30 p.m. Wrap-up & Evaluations

4:40 p.m. Adjourn

DAY THREE

8:25 a.m. Welcome
Introductions

8:30 a.m. Review of Programs A & B
Person Centered Treatment Planning

10:00 a.m. [Break]

10:15 a.m. Putting It All Together

12:00 p.m. Lunch (on your own)

1:00 p.m. Fidelity Scales (DACTS)
Quality Management

1:30 p.m. General Organizational Index (GOI) Readiness

2:30 p.m. [Break]

2:45 p.m. Implementation Planning
Quality Improvement
Post Test

4:30 p.m. Wrap-up & Evaluations

4:40 p.m. Adjourn

Training Schedule

Fayetteville

January 23-25, 2012
Southern Regional AHEC
1601 Owen Drive
Fayetteville, NC

Early registration fee expires after
January 9, 2012
CASCE #34417 / EBP120123

Fayetteville

June 4-6, 2012
Southern Regional AHEC
1601 Owen Drive
Fayetteville, NC

Early registration fee expires after
May 21, 2012
CASCE #34422 / EBP120604

Evidence Based Practices in Wellness (Illness) Management and Recovery

Target Audience

This program is designed for mental health professionals including psychologists, administrators, clinicians, social workers, case managers, and substance abuse professionals. Other interested mental health professionals working with severe and persistent mental illness are invited to attend.

Program Description

Wellness management is a broad set of strategies designed to help individuals with serious mental illness collaborate with professionals, reduce their susceptibility to the illness, and cope effectively with their symptoms. Recovery occurs when people with mental illness discover, or rediscover, their strengths and abilities for pursuing personal goals and develop a sense of identity that allows them to grow beyond their mental illness. This intensive workshop is designed to teach the essential elements of this proven treatment approach, the daily application and activities of the approach, and the quality assurance that follows from a commitment to high fidelity to the treatment model.

Program Objectives

- Describe the Wellness Management and Recovery Toolkit model;
- Explain the comprehensive ten sections of the curriculum;
- Describe goal setting and goal follow-up;
- Discuss the use of motivation-based strategies;
- Discuss/Conduct coping skills training;
- Discuss/Conduct relapse prevention training;
- Understand the use of behavioral tailoring to increase medication adherence; and
- Explain the role of Fidelity Scales in ensuring quality application of the Wellness Management and Recovery Toolkit model.

Faculty Disclosure Statement

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This program will provide 12.5 contact hours (category A) continuing education credits to N.C. psychologists. Application has been made to the NC Substance Abuse Professional Practice Board for up to 12.5 hours of Substance Abuse General Skill Building credit for this program.

Teleconferences: Participants receive up to an additional 0.5 CEUs and contact hours from participation in the monthly teleconference calls. In addition to the educational credits, valuable information can be received from the calls.

Fees

The registration fee is \$375 if payment and registration are postmarked two weeks before the program date; \$395 thereafter.

Three or more persons from the same organization are eligible for a 10% discount if they register and pay together. The registration fee is \$337.50 if payment and registration are postmarked two weeks before the program date; \$355.50 thereafter.

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Only one discount will be honored per each registration.



Faculty

Monique Crutchfield, MSW, LCSW
Tara Hodge, MS, TRS, CTRS
Daniel Platt, MSW

Evidence Based Practices in Wellness (Illness) Management and Recovery

DAY ONE

8:25 a.m.	Welcome & Introductions
8:30 a.m.	Introductions Pre Test
9:30 a.m.	Purpose & Objectives of Training Introductory Video
10:00 a.m.	[Break]
10:15 a.m.	Brief Overview of Evidence Based Practices Essentials of Wellness Management and Recovery
12:00 p.m.	Lunch (on your own)
1:00 p.m.	Principles of Wellness Management and Recovery
2:00 p.m.	The 9 Wellness Management and Recovery Modules
2:30 p.m.	[Break]
2:45 p.m.	Consumer Orientation Structure of Learning Sessions
3:10 p.m.	Orientation of the Consumer
3:30 p.m.	Doing Wellness Management & Recovery In a Group Setting
4:30 p.m.	Wrap-up & Evaluations
4:40 p.m.	Adjourn

DAY TWO

8:25 a.m.	Welcome & Introductions
8:30 a.m.	Review of Program A
9:00 a.m.	Three Teaching Strategies
9:15 a.m.	Motivational Strategies
10:00 a.m.	[Break]
10:15 a.m.	Educational Strategies
11:00 a.m.	Cognitive-Behavioral Strategies
12:00 p.m.	Lunch (on your own)
1:00 p.m.	Involving Significant Others
1:30 p.m.	Coping with Stress Stress Vulnerability Model Coping with Symptoms
2:45 p.m.	[Break]
3:00 p.m.	Organizational Issues: Implementation Supervision, Fidelity, and Quality Assurance Post Test
4:30 p.m.	Wrap-up & Evaluations
4:40 p.m.	Adjourn

Training Schedule

Fayetteville

February 6-7, 2012
Southern Regional AHEC
1601 Owen Drive
Fayetteville, NC 28304

Early Registration fee expires after
January 23, 2012
CASCE #34420 / EBP120206

Fayetteville

April 9-10, 2012
Southern Regional AHEC
1601 Owen Drive
Fayetteville, NC 28304

Early registration fee expires after
March 26, 2012
CASCE #34421 / EBP120409

Evidence Based Practices in Supported Employment

Target Audience

This program is designed for psychologists, administrators, clinicians, and Supported Employment professionals who are currently providing Supported Employment services. Other interested mental health professionals are invited to attend.

Program Description

Supported Employment is a well-defined approach to helping people with disabilities participate as much as possible in the competitive labor market, working in jobs they prefer with the level of professional help they need. Supported Employment programs for persons with mental illness typically provide individual placements in competitive employment — that is, community jobs paying at least minimum wage that any person can apply for — in accord with client choices and capabilities, without requiring extended prevocational training.

Program Objectives

- Describe the Supported Employment Toolkit model;
- Discuss the commitment to competitive employment;
- Develop attainable goals for clients with severe mental illness;
- Discuss resources for rehabilitation services to Supported Employment rather than to day treatment or sheltered work;
- Describe rapid job search;
- Review consumer preferences, individualized job placements, strengths, and work experiences;
- Review follow-along supports that are maintained indefinitely;
- Explain the integration with the mental health treatment team;
- Describe the eligibility process based on consumer choice; and
- Explain the role of Fidelity Scales in measuring adherence to the Supported Employment toolkit model.

Faculty Disclosure Statement

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Teleconferences: Participants receive up to an additional 0.5 CEUs and contact hours from participation in the monthly teleconference calls. In addition to the educational credits, valuable information can be received from the calls.

Fees

The registration fee for the series is \$550 if payment and registration are postmarked two weeks before the program, and \$570 thereafter.

Three or more people from the same organization are eligible for a 10% discount if they register and pay together.

The registration fee is \$495 if payment and registration are postmarked two weeks before the program date; \$513 thereafter.

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Faculty

Monique Crutchfield, MSW, LCSW
Kirk Williams, MEd

Evidence Based Practices in Supported Employment

DAY ONE

8:25 a.m.	Welcome Introductions Pre Test
8:30 a.m.	Purpose & Objectives of Training
10:00 a.m.	[Break]
10:15 a.m.	Brief Overview of Evidence Based Practices
11:30 a.m.	Principles of Supported Employment
12:00 p.m.	Lunch (on your own)
1:00 p.m.	Principles of Supported Employment (cont'd)
2:00 p.m.	Engagement
2:30 p.m.	[Break]
2:45 p.m.	Engagement (cont'd)
3:15 p.m.	Assessing for a Good Job Match
3:45 p.m.	Assessing for a Perfect Job Match (cont'd)
4:30 p.m.	Wrap-up & Evaluations
4:40 p.m.	Adjourn

DAY TWO

8:25 a.m.	Welcome Introductions
8:30 a.m.	Review of Program A Employment Plans
10:00 a.m.	[Break]
10:15 a.m.	Employment Plans (cont'd)
12:00 p.m.	Lunch (on your own)
1:00 p.m.	Job Development
2:30 p.m.	[Break]
2:45 p.m.	Supports
4:30 p.m.	Wrap-up & Evaluations
4:40 p.m.	Adjourn

DAY THREE

8:25 a.m.	Welcome Introductions
8:30 a.m.	Review of Program A & B
10:00 a.m.	[Break]
10:15 a.m.	Review the Toolkit
12:00 p.m.	Lunch (on your own)
1:00 p.m.	Fidelity Reviews Quality Improvement
2:30 p.m.	[Break]
2:45 p.m.	General Organizational Index (GOI) Readiness Implementation Planning Quality Improvement Post Test
4:30 p.m.	Wrap-up & Evaluations
4:40 p.m.	Adjourn

Training Schedule

Fayetteville
May 21-23, 2012
Southern Regional AHEC
1601 Owen Drive
Fayetteville, NC 28304
Early Registration fee expires after
May 7, 2012
CASCE #34426 / EBP120521

Addressing Integrated Dual Disorders Treatment

from an Evidence Based Perspective

Target Audience

This program is designed for administrators and clinicians currently serving persons with severe and persistent mental illness and interested in implementing Integrated Dual Disorders Treatment in their community.

Program Description

IDDT promotes ongoing recovery from co-occurring severe substance abuse and severe mental illness by providing service agencies with specific strategies for organizing and delivering services. Co-occurrence is common - about 50 percent of individuals with severe mental disorders are affected by substance abuse. Dual diagnosis is associated with a variety of negative outcomes, including higher rates of relapse, hospitalization, violence, incarceration, homelessness, and serious infections such as HIV and hepatitis. The parallel but separate mental health and substance abuse treatment systems so common in the United States deliver fragmented and ineffective care.

Program Objectives

- Describe the Integrated Dual Disorders Treatment Toolkit model;
- Understand the roles of each member of the multidisciplinary treatment team;
- Understand how to utilize the four stages of treatment to guide every interaction with individuals who have dual disorders;
- Describe the comprehensive services provided to meet the needs of consumers in all stages of treatment;
- Utilize motivational interviewing to help consumers identify their goals for daily living, as well as strategies (activities) for achieving those goals;
- Understand the differing role of substance abuse counseling at each stage of treatment; and
- Explain the role of Fidelity Scales in ensuring quality application of the Integrated Dual Disorders Treatment Toolkit model.

Faculty Disclosure Statement

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Teleconferences: Participants receive up to an additional 0.5 CEUs and contact hours from participation in the monthly teleconference calls. In addition to the educational credits, valuable information can be received from the calls.

Fees

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The registration fee is \$495 if payment and registration are postmarked two weeks before the program date; \$513.00 thereafter.

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www.southernregionalahec.org

will receive a special discount of \$10 off each program.

Only one discount will be honored per each registration.



Faculty

Tony Beatty, MA, MDiv, CCAS, CCS
Joe Fortin, MS, LPC, CCS, CCAS, MAC, NCC
Brenden Hargett, MS, LPC, NCC, CCAS
Jim Mallinson, MA, CCAS
Chris Townsend, LPC, NCC, LCAS, CCS

Addressing Integrated Dual Disorders Treatment from an Evidence Based Perspective

DAY ONE

8:25 a.m.	Welcome Introductions
8:30 a.m.	Pre Test Brief Overview of Evidence Based Practices Introductory Video
10:00 a.m.	[Break]
10:15 a.m.	Stage-wise Treatment Model Essential Elements of Integrated Dual Disorders Treatment
12:00 p.m.	Lunch (on your own)
1:00 p.m.	Engagement Process
2:00 p.m.	[Break]
2:15 p.m.	Comprehensive Stage-wise Assessment
2:30 p.m.	Treatment (Person Centered) Planning
4:30 p.m.	Wrap-up & Evaluations
4:40 p.m.	Adjourn

DAY TWO

8:25 a.m.	Welcome Introductions
8:30 a.m.	Review of Program A Persuasion
9:45 a.m.	[Break]
10:00 a.m.	Motivational Interviewing
11:00 a.m.	Principles of Motivational Interviewing
12:00 p.m.	Lunch (on your own)
1:00 p.m.	Principles of Motivational Interviewing (cont'd.)
2:00 p.m.	[Break]
2:15 p.m.	Active Treatment
3:00 p.m.	Active Treatment Skills Training Relapse Prevention
3:30 p.m.	Relapse Prevention (cont'd)
4:30 p.m.	Wrap-up & Evaluations
4:40 p.m.	Adjourn

DAY THREE

8:25 a.m.	Welcome Introductions
8:30 a.m.	Staging Vignettes Covering Programs A & B Relapse Prevention
10:00 a.m.	[Break]
10:15 a.m.	Groups in IDDT
11:00 a.m.	Persuasion Group
12:00 p.m.	Lunch (on your own)
1:00 p.m.	Persuasion Group (cont'd) Active Treatment Group
2:00 p.m.	Active Treatment Group (cont'd) Self-Help Group
3:00 p.m.	[Break]
3:15 p.m.	Self-Help Group (cont'd) Family Group
3:45 p.m.	Implementation/GOI/ Fidelity Post Test
4:30 p.m.	Wrap-up & Evaluations
4:40 p.m.	Adjourn

Training Schedule

Fayetteville
June 25-27, 2012
Southern Regional AHEC
1601 Owen Drive
Fayetteville, NC 28304
Early Registration fee expires after
June 11, 2012
CASCE #34428 / EBP120625

Important Information

Contact

La-Lisa Hewett-Robinson

(910) 678-7293

La-Lisa.Hewett-Robinson@sr-ahec.org

Payment Policy

Southern Regional AHEC requires full payment for all programs prior to the program date. If an organization is paying, a supervisor's written verification of approval or a copy of a purchase order must be presented with the registration form.

Substitutes/Refunds/Transfers

If you register for a program and are not able to attend, you may:

- Send a substitute;
- Cancel 48 business hours before the program and obtain a refund for 70% of the registration fee; or
- Cancel 48 business hours before the program and receive a voucher for 100% of the registration fee for use at one future Southern Regional AHEC program.

Cancellations less than 48 business hours before the program are non-refundable.

If you register for a program you don't attend and don't pay, you will be billed for the full amount of the program registration fee.

Americans with Disabilities Act

No individual with a disability is excluded, segregated or otherwise treated differently from any other individual. If you need any of the auxiliary aids or services identified in the Americans With Disabilities Act of 1990 in order to attend any of these programs, please call (910) 678-7021.

Our Promise to You

Southern Regional AHEC strives to offer the highest quality educational programming. If, for any reason, any of these programs do not meet your needs, please let us know. We value your feedback and will resolve the issue to your satisfaction.

Location

Check the program listing for the location. Contact us for directions. Please bring a sweater or jacket for variations in room temperature. If you have special dietary requirements, please notify us in advance.

Inclement Weather Policy

In case of inclement weather, please call our operations line at **910-678-7289**.

Need CARF Accreditation?

CARF Accreditation Preparation
Services are Available!

For More Information, Visit:

www.ncebpcenter.org

Registration Information

This form may be duplicated

Phone: 910-678-7226 Fax: 910-323-0674

Online: <http://aheconnect.com/registration/srahec>

Mail: SR-AHEC, Attention Registrar
1601 Owen Drive
Fayetteville, NC 28304

CASCE Number(s) _____

Name _____

Last 4 of SSN _____ Home Address _____

City _____ State _____ Zip _____ Home County _____

Home Phone _____ E-mail _____

Please do not send me e-mail announcements of upcoming Southern Regional AHEC programs.

Job Title _____ Specialty Area _____

Employer _____ Occupation _____

Work Address _____ City _____ State _____ Zip _____

Licensure/Practices _____ Are you an NCC? Yes No

Work Phone _____ Who is Paying? I am My Organization

Supervisor Signature _____ Supervisor Phone _____

Mastercard/Visa # _____ Exp. Date ____/____/____

Signature _____ Special Dietary Needs _____

Payment Policy (Requires Initialing)

Southern Regional AHEC requires full payment for all programs prior to the program date. If an organization is paying, a supervisor's written verification of approval or a copy of a purchase order must be presented with the registration form.

_____ I have read and understand this statement.

Office Use Only:

Check/Auth # _____ Date ____/____/____
From _____ Amount \$ _____

Behavioral Health **ONLINE**

Continuing Education for Mental Health
and Substance Abuse Professionals

<http://www.aheconnect.com/BehavioralHealth/default.asp>

