



**Spring 2011  
Learning Institute Catalog  
By  
Mental Health Department and  
Department of Alcohol and Drug Services**



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## Welcoming Message

Welcome to the 14th year of Learning Institute trainings! This marks the 3rd year the Department of Alcohol and Drugs Services (DADS) has partnered with the Mental Health Department's (MHD) Learning Partnership Division in providing exceptional trainings. Working in collaboration, both departments are providing trainings that will be available to both DADS staff and Mental Health staff. This collaboration has increased the number and variety of training opportunities for participants.

The trainings will remain free for Santa Clara County employees and DADS and MHD contractors. Those needing continuing education units (CEUs), will be pleased to know that the CEUs fees are waived for Santa Clara County employees and DADS and MHD contractors WHO PRE-REGISTER FOR OUR TRAININGS. To register on-line, please follow the directions on page 7 and sign up for these exciting new courses.



## General Information

### CONTINUING EDUCATION UNIT (CEU) CREDIT

SCVHHS Department of Alcohol & Drug Services & Mental Health Department are an approved provider of continuing-education contact hours for the following licensure agencies:

- BBS - California Board of Behavioral Sciences  
Provider Number PCE 797 (DADS)  
Provider Number PCE 3275 (MHD)
- BRN - California Board of Registered Nursing  
Provider Number CEP 12240.
- CAADAC - California Association of Alcoholism and Drug Abuse Counselors,  
Provider Number 4S-95-305-0411.
- CAADE - Provider approved by California  
Association of Alcohol & Drug Educators.  
Provider Number CP10 847 C 0711.
- CADDTP - Provider approved by California  
Association of Drinking Driver Treatment Programs, Provider Number 118.

Workshops meet qualifications for number of hours of continuing education credit indicated under CE in workshop description, as required by BBS, BRN, CAADAC, CAADE, and CADDTP. To receive CEU credits and a certificate, You **MUST SIGN-IN AND SIGN-OUT** of each workshop day **AND** turn in your evaluation sheet (s) at the end of the workshop session. You **MUST ATTEND THE ENTIRE WORKSHOP** to receive credits; **NO PARTIAL CREDITS** are given. Continuing Education certificates will be mailed within six to eight weeks.

### CEU FEES

CEUs are free for ALL Santa Clara County employees, & employees of agencies contracting with DADS or The Department of Mental Health who pre-register. There is a charge of \$25 for walk-ins and other attendees not affiliated with Santa Clara County; these fees are non-refundable.

### **TRAININGS REQUIRED BY DADS**

The Department requires *any/all staff who interact with clients and client information during the course of their work to attend the following mandated trainings.*

#### **Annually:**

**Confidentiality, 42 CFR, and HIPAA**  
**A Common Sense Approach to Compliance**

#### **Every two years:**

**Communicable Diseases (HEP-C, TB, HIV, AIDS)**  
**Law and Ethics**  
**Dual Relationships Policy Review**

Except for **Law & Ethics**, all of the above trainings must be the trainings offered by the Department of Alcohol and Drug Services Learning Institute.

# How to Register for a Training

## REGISTRATION

Pre-registration is important. In the unlikely event of a workshop cancellation, pre-registered persons will be notified directly. Workshop enrollment is limited and early registration will insure your place in high-demand classes.

### *How to Register On-Line*

1. *Connect to the Internet.*
2. *TYPE <http://elearning.networkofcare.org/scpub>*
3. *Use your USER ID and PASS WORD to LOG IN. If you forgot your User ID and Password, click on the tab "Forgot your password," enter your email address and it will be sent to you. If you need to create a USER ID and PASSWORD then press "Contact Us" underneath sign-in button and e-mail your request.*
4. *Once logged in, click on "Learning Institute" on left hand side. You will then see the list of classes by month. Click on the class you are interested and click on "Add to Cart" then click on "Check Out," and then "Check Out" again, and then and "Add to Courses" to complete the registration process.*
5. *After clicking the last link you should click on the tab at the top of the page called "My Inbox" to verify that you are registered. Please note that the most current classes will be posted at the bottom of your list of your pre-registered classes in your in box.*
6. *If you were successful in registering for the course, you will receive an e-mail notification to confirm your registration.*
7. *If you still need help, please call Learning Partnership at (408) 792-3900 and staff will be happy to assist you.*

**WORKSHOP SIGN-IN** begins half-hour before the start time of workshops and conferences.

**REGISTRATION FEES** Registration is **free** for **ALL** Santa Clara County employees, contractors, and service providers.

For attendees outside of Santa Clara County, registration fees are \$60 for five (5) to eight (8) hour workshops and \$30 for two (2) to four (4) hour workshops, unless otherwise specified. Please make checks payable to:

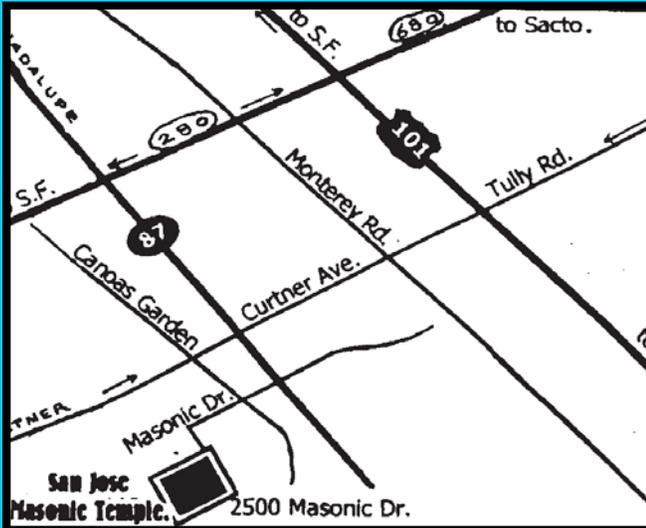
### **SCVHHS Alcohol & Drug Services.**

Registration fees are nonrefundable.

### **IMPORTANT NOTE**

We will accept **on-line registration only.**

## WORKSHOP SITES

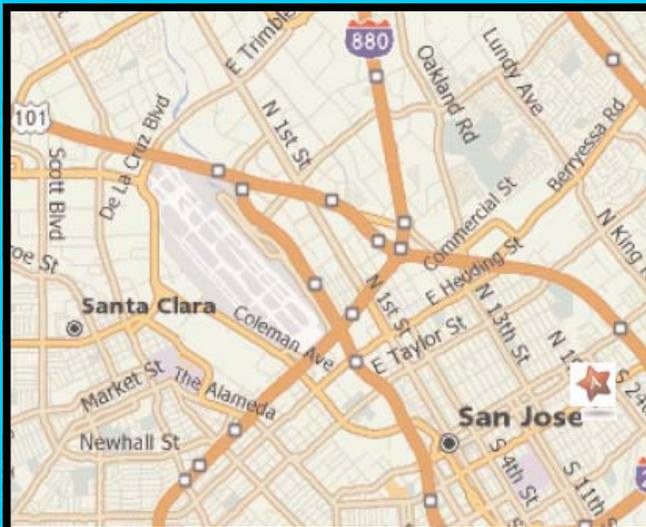


### MASONIC CENTER

2500 Masonic Drive, San Jose, CA 95125

From Interstate 101---

1. Take the Tully Road West exit. Tully turns into Curtner Avenue. One block past Guadalupe Expressway (87), turn Left at Canoas Garden.
2. After one block, turn Right onto Masonic Drive. Follow the street up the hill past Scottish Rite Center into large parking area in front of Masonic Center (aka San Jose Masonic Temple).
3. Workshop rooms are on the first floor.

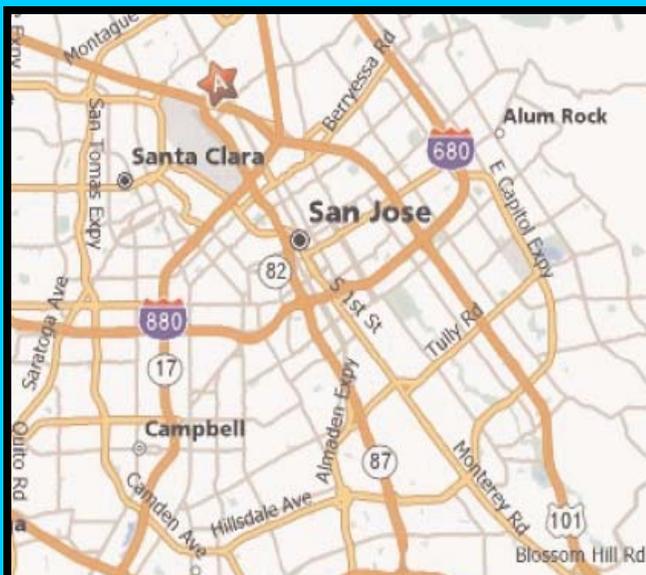


### LEARNING PARTNERSHIP-2ND FL

1075 E. SANTA CLARA ST., SAN JOSE, CA 95116

From Interstate 101 North---

1. Take the Alum Rock Exit. Turn Right. Alum Rock Turns into E. Santa Clara St.
2. Downtown Training Center is on the Right
3. Workshop rooms are on the 2nd floor.
4. Parking is permitted in "C" designated slots.



### CHARCOT TRAINING CENTER

2310 N. 1ST STREET, SAN JOSE, CA 95131

From Interstate 101 South toward San Jose---

1. Take the BROKAW RD. Exit toward first Street.
2. Turn Left onto E. Brokaw. Turn Rt. onto N. 1st Street. Arrive at Location.



*Trainings sponsored by  
Department of Alcohol &  
Drug Services*

# Confidentiality, 42 CFR & HIPAA

Tuesday, January 25, 2011  
9:00 am –12:00 pm

Thursday, June 9, 2011  
9:00 am - 12:00 pm

## DESCRIPTION & AGENDA

Anyone working in a federally-funded substance abuse treatment program must comply with strict confidentiality regulations. These regulations afford strong protections for clients, but can present challenges for those who work in the field.

This workshop will provide an overview of confidentiality regulations, especially those detailed in 42 CFR (Code of Federal Regulations), part 2, but also others such as HIPAA (Health Insurance Portability and Accountability Act) which also apply. Participants will be able to gain a basic understanding of confidentiality regulations, which will enable them to comply with legal requirements and to identify situations where further advice should be sought.

Participants will learn definitions of terms, the general rule that prohibits disclosure, exceptions to the general rule, about new laws, and how to respond to some problematic areas such as: subpoenas and search warrants, and laws that appear contradictory.

## OBJECTIVES

1. Provide a foundational understanding of 42, CFR and HIPAA and other relevant regulations, which will assist participants in complying with confidentiality regulations
2. Highlight problem areas, including some in which legal advice should be sought
3. Provide information about other resources available to participants
4. **Review of Information for DADS Internal Certification.**



**Masonic Center**  
2500 Masonic Drive  
San Jose, CA 95125



### PRESENTER: STEPHEN BETTS, MS,

CFCS Division Director

Mr. Betts is the Division Director of the Children, Family and Community Services Division of the Department of Alcohol & Drug Services. He also serves as the Department's Compliance Officer, HIPAA Security Officer and Privacy Officer.

### PRESENTER:

**NEVSA FLIGOR, JD**

Deputy County Counsel

Ms. Fligor is the attorney for the County of Santa Clara's Department of Alcohol and Drug Services (DADS). She obtained her law degree from Georgetown University Law Center in 2000.

Register on line at: <http://elearning.networkofcare.org/scpub>

# A Common Sense Approach to Compliance



## DESCRIPTION

Substance abuse professionals have to contend with a host of federal, state, and local laws and regulations. Understanding and complying with these laws and regulations can be very confusing and overwhelming. Failure to comply with these laws and regulations can lead to civil and criminal penalties, so it is important that employees pay serious attention to matters related to compliance. This workshop attempts to simplify some of these laws and regulations and to provide guidelines on how agencies and individuals can minimize their risk.

## Objectives

Participants will leave with a better understanding of:

- Which areas are covered by compliance.
- Why compliance is important
- How to identify areas of risk
- How to minimize personal risk and risk to their agency
- What protocols to follow, when concerns about compliance arise

Location:  
Masonic Center,  
2500 Masonic Dr.  
San Jose, CA  
95125



## PRESENTER

**STEPHEN BETTS, MS**, is the Division Director of the Children, Family and Community Services, Division of the DADS. He also serves as the Department's Compliance Officer, HIPAA Security Officer and Privacy Officer.

Tuesday,  
January 25, 2011,  
1:30pm-3:30pm

Thursday,  
June 9, 2011,  
1:30am-3:30pm

Register on line at:

<http://elearning.networkofcare.org/scpub>

DADS Learning Institute presents:

Masonic Center

2500  
Masonic Dr  
San Jose, CA  
95125

Tuesday,  
February 1,  
2011  
9:00am to  
12:00pm

**OR**

Friday,  
February 4,  
2011  
1:30pm to  
4:30pm

## Psychopharmacology Review 2011: Medications for Dually Diagnosed Clients

### DESCRIPTION

This presentation will focus on updated & new material from the most current information & clinical use of psychiatric medications, especially as related to dually diagnosed clients (clients with both substance abuse and mental health diagnoses). As a result of attending this presentation, participants will better understand the rationale for medicines used in the treatment of various mental disorders.

### AGENDA

1. Review primary medications principally used for used for various psychiatric conditions
2. Drug side effects
3. Newer medications and efficacy in different populations

### OBJECTIVES

1. To learn about newer psychotherapeutic drugs including the next generation of antipsychotic, antidepressant, anti-manic, & anti-anxiety medications.
2. To develop an increased understanding of the treatment foundations for



### PRESENTER:

Ali Alkoraishi, M.D. is the psychiatric consultant for the Santa Clara Valley Health & Hospital System Department of Alcohol & Drug Services. In this capacity, he provides treatment for system of care's dually diagnosed patients. He is also the Medical Director in Behavioral Health Services for the Catholic Charities agency. Dr. Alkoraishi is a psychiatric consultant on the use of the newest medications for the treatment of mental illness and dual diagnosis and has a specialty in child psychiatry. Dr. Alkoraishi has been teaching, consulting and practicing psychiatric medicine for twenty-five years.

Register on-line at <http://elearning.networkofcare.org/scpub>

# The Impact of Health Care Reform on Substance Abuse Treatment

Tuesday,  
February 1, 2011  
1:30pm-4:30pm

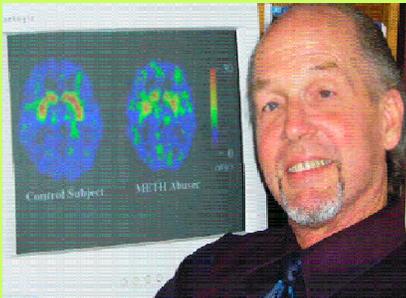
OR

Friday,  
February 4, 2011  
9:00am—12:00pm

**LOCATION:**  
MASONIC CENTER  
2500 MASONIC DRIVE  
SAN JOSE, CA  
95125

**PHONE:**  
408-792-3900

REGISTER ON LINE AT: <http://elearning.networkofcare.org/scpub>



## **COURSE DESCRIPTION:**

Health Care Reform (HCR) is a sweeping overhaul of our healthcare system, including access to medical insurance for millions of Americans. The question many in the field of addictions treatment is, *How will healthcare reform impact substance abuse treatment and the way we deliver care?*

Currently, clients come into treatment via an extensive intake/admissions process. These procedures may not be effective or tolerable for a client who is not severely dependent or someone in recovery seeking support during a particularly stressful time. With parity and healthcare reform bringing substance abuse treatment into the realm of general medical care, doctor's offices, and in particular, Federally Qualified Health Centers will be the new entrees to reaching new populations that we may never have been able to reach in the specialty care system. This will give us the opportunity to deliver new services such as brief treatments, behavioral interventions, and, for those who need specialty care, to provide appropriate referrals.

## **TRAINING OBJECTIVES:**

Participants will:

1. Understand the Parity Act, the Coverage Initiative and Health Care Reform as they relate to addictions treatment
2. Become aware of the DADS Health Agenda which describes the vision and strategic plan for change over the next several years
3. Understand the need for a shift in the "treatment as usual" paradigm of addiction treatment in preparation for Health Care Reform in 2014

## **COURSE AGENDA**

1. What is Health Care Reform?
2. How will DADS services be impacted?
3. What new opportunities will be coming for DADS services?
4. What is the DADS Health Agenda?

## **PRESENTER**

Mark Stanford, Ph.D. is the Senior Manager of Medical and Clinic Services for the Santa Clara Valley Health & Hospital System, Dept of Alcohol & Drug Services Addiction Medicine Division. He is also a research educator in clinical and behavioral neuroscience and an Associate Professor of psychopharmacology at Cal State Hayward, UC Berkeley Extension and lecturer for the Dept of Family and Community Medicine at Stanford Medical School. Since 1976, he has worked in addictions treatment within the modalities of residential, day treatment, outpatient and medication-assisted treatment programs. Dr Stanford has written numerous materials including his most recent book, *Foundations in Behavioral Pharmacology: An Introduction to the Neuroscience of Drug Addiction and Mental Disorders*.

# Overcoming Stigma, Shame and Depression in Recovery

## DESCRIPTION

Great stigma exists about those vulnerable to Addiction and Related Disorders. Nowhere is that stigma more greatly imposed than during the process of relapse after periods of abstinence and progress. Brain imaging and other research continue to discover variances in neuro-function and neuro-pathways that underlie compulsion to drugs, alcohol and certain behaviors; the dysfunction in controlling use or participation in these activities; and especially anomalies in those prone to chronic relapse. These findings confirm addiction to be a chronic persistent medical disorder that is both treatable and preventable. This presentation will show evidence of these differences, the root causes for these anomalies, explore how they are associated with affective disorders, and explore new perspectives on the treatment of Addiction and Related Disorders.

## Objectives

### Participants will be able to:

- Cite at least 4 commonly held myths or misconceptions that hamper the understanding and treatment of addiction and promote much undue stigma and shame.
- Name 3 brain circuits or functions that are different in those vulnerable to addictive disorders and chronic relapse.
- Identify the 3 major root causes of addiction & related disorders.
- Name at least 4 major neurotransmitters that are imbalanced by drug addiction and describe how their imbalances contributes to major mental health disorders.
- List the 4 levels of treatment as defined by the American Society of Addiction Medicine Patient Placement Criteria and discuss its assessment process.
- Recognize at least two FDA approved medication for the treat-

Friday,  
February 11, 2011  
9:00am—4:00pm  
Registration starts at 8am

Location:  
Masonic Center,  
2500 Masonic Dr.  
San Jose, CA  
95125



**PRESENTER** Dr. Darryl Inaba is Director of Research and Education at CNS Productions and Director of Clinical and Behavioral Health Services at Addictions Recovery Center in Medford, Oregon. He is an Associate Clinical Professor at the University of California in San Francisco, CA., Special Consultant, Instructor, at the University of Utah School on Alcohol and Other Drug Dependencies in Salt Lake City, UT and a Lifetime Fellow at Haight Ashbury Free Clinics, Inc., in San Francisco, CA. Dr. Inaba has also served on the Advisory and Editorial Review Boards of the *Journal of Psychoactive Drugs* since 1971 and is co-author of *Uppers, Downers, All Arounders* as well as a number of award winning educational videos on addiction and related disorders.

Register on-line at <http://elearning.networkofcare.org/scpub>

# Dual Relationships Policy Review

Tuesday, February 15, 2011  
Tuesday May 3, 2011  
10:00 am –12:00 pm

The Masonic Center  
2500 Masonic Drive  
San Jose, CA 95125

## DESCRIPTION

Sometimes it can be confusing to know when a dual relationship issue is manifesting itself. This workshop will help identify when this might be occurring. Topics to be covered include the review of DADS policy on dual relationships and defining sponsor/sponsee exploitative relationships.

Participants will gain understanding about DADS' Dual Relationship Policy and learn how to set boundaries and avoid dual relationships with clients. Through vignettes and small group exercises, attendees will, practice making decisions related to dual relationships.

## AGENDA

- Review Policy/Define "Exploitative"
- Discussion and examples related to policy
- Define Sponsor/Counselor relationships
- Brainstorming and questions
- Small Group work with vignettes
- Large Group discussion and questions
- **Review of Information for DADS Internal Certification. Test will be given.**

## OBJECTIVES

Participants will:

1. Become knowledgeable about DADS' Dual Relationships Policy
2. Learn how to set boundaries and avoid dual relationships with clients at their agency
3. Experience decision making related to dual relationships using vignettes

## PRESENTER:

Cheryl Berman, Ph.D., Sr. Program Manager, Adult Outpatient Services, has a PhD in Clinical Psychology (Pacific Graduate School of Psychology, 1994) and is a licensed MFT. She has over 25 years of experience in the field of substance abuse treatment. Dr. Berman implemented the first women's poly-drug abuse treatment program in Santa Clara County in 1979. She currently works at the Santa Clara County Department of Alcohol and Drug Services as a Sr. Program Manager overseeing adult residential and outpatient treatment services. In addition, she has been in private practice since 1990.

# Disability Awareness & Sensitivity: Understanding People with Physical, Mobility, Sensory, and Cognitive Disabilities

Wednesday March 2, 2011  
9:00 am –12:00 pm

Masonic Center, 2500 Masonic Drive  
San Jose, CA 95125

## DESCRIPTION:

The workshop is designed to give managers, supervisors and clinicians in substance abuse treatment and recovery programs insight into the daily challenges faced by those who live with physical, sensory, cognitive or mobility disabilities. The workshop will also help those working in the substance abuse treatment field to look beyond the individual's disability and consider their individual needs and issues on a case-by-case basis. Participants will also be provided with an overview of disability accessibility laws, including: Section 504 of the Civil Rights Act of 1964; the Americans With Disabilities Act of 1990; and California Code of Regulations Title 24, The California Building Standards Code.

## OBJECTIVES

- Define and identify physical, sensory, and cognitive disabilities;
- Identify the essential elements of the ADA and Section 504 of the Rehabilitation Act
- Recognize attitudinal, programmatic, policy, communication, and physical barriers
- Have a better understanding of functional limitations caused by a disability and how to overcome them
- Distinguish between alcohol and drugs as a disability, & alcohol and drug dependency with a coexisting disability. Recognize the prevalence of alcohol and drug abuse among people with physical, mobility, sensory & cognitive disabilities



## PRESENTER: DAVID ABRAMSON, MPA, CASI

David is an Organizational Development Consultant & self-employed grant writer, partnering with his wife to run Grant Writing Services, Inc. since 2005. He consulted with many County & community agencies, and has served as the Napa County Alcohol Drug Program Administrator and managed and provided counseling in resi-



Register on line at: <http://elearning.networkofcare.org/scpub>

# Clinical Considerations When Providing Substance Abuse Treatment for Persons with Physical, Mobility Sensory and Cognitive Disabilities

Wednesday March 2, 2011:  
1:30 pm –4:30 pm

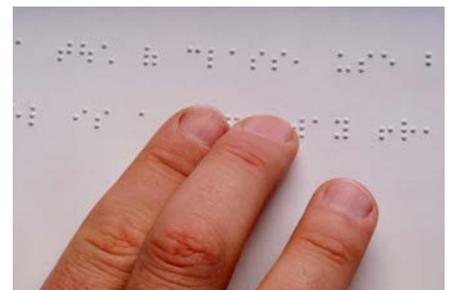
Masonic Center, 2500 Masonic Drive  
San Jose, CA 95125

## DESCRIPTION:

This workshop is designed to give managers, supervisors and clinicians in substance abuse treatment and recovery programs an overview of treatment considerations when providing services to people with physical, mobility, sensory and cognitive disabilities. The workshop will explore the relationship between substance use/abuse and the onset of disability, as well as risk factors for substance abuse among those with disabilities. Participants will be provided with insight into interpersonal psychological and emotional issues among people with disabilities that can increase their risk of developing substance abuse and related disorders. Treatment considerations for planning and implementing outreach, engagement, screening, assessment, treatment placement, treatment planning and discharge planning will be discussed.

## OBJECTIVES

- Identify the relationship between disability and substance abuse;
- Conduct a screening/intake of a person with a disability that respects and validates their experience;
- Identify elements of treatment that may need to be modified to increase their effectiveness with people with disabilities; and
- Explain the phenomena of enabling as it relates to working with a person with a disability who also has substance dependence



**PRESENTER: DAVID ABRAMSON, MPA, CAS1**

David is an Organizational Development Consultant & self-employed grant writer, partnering with his wife to run Grant Writing Services, Inc. since 2005. He consulted with many County & community agencies, and has served as the Napa County Alcohol Drug Program Administrator and managed and provided counseling in residential substance abuse treatment programs.

Register on line at: <http://elearning.networkofcare.org/scpub>

# EXPUNGEMENT: An Overview for Clients & Staff

Tuesday, March 8, 2011  
10:00 am –12:00 pm

Learning Partnership Training Center  
1075 E. Santa Clara St. 2nd Floor  
San Jose, CA 95116

## DESCRIPTION

One of the most helpful recovery tools available to clients is Expungement Program offered through the SCC Public Defender's Office. ANY client can apply for these services, which will assist clients in criminal records clearance. FOR DADS and CalWorks clients, this program is FREE! All who attend will be assisted in the application process and provided with needed resources to obtain this important service. BOTH Clients and staff should attend this workshop! Participants will gain understanding about the Expungement Program, what type of charges can be cleared, the application process and the benefits of criminal records clearance.

## AGENDA

- Review/Define "Expungement"
- Discussion of this process
- Examine the benefits of Expungement services
- Understanding who is eligible to participate
- Questions & Answers
- Distribution of applications, and assistance to those who want to apply

## OBJECTIVES

Participants will:

1. Become knowledgeable about the Public Defenders' Office's Expungement Program
2. Learn who is eligible to participate in these services
3. Learn the benefits of Expungement service
4. Apply for Expungement services

## PRESENTER:

John Gutierrez has been a paralegal for the Santa Clara County Office of the Public Defender for nearly twenty years. He and Mamie Lopez (founder of the Expungement Program) have been providing Expungement Services for about ten years. John's commitment to client services is evident in his undying desire to help individuals to have a fresh start in life. John's work as a paralegal has covered nearly all types of cases, and his calling is to work with those in need.

# Inside the Criminal Mind: Thought, Behavior and Change Processes

## DESCRIPTION:

This two-day training will provide the participants with detailed information regarding the thought processes that underlie criminal behavior. Attention will be given to the world view of the offender -- how he regards himself and others. There will be a focus on how the mind works before, during, and after a crime. A focus will be the role of mind-altering substances in the lives of people who are irresponsible and arrestable. Participants will learn to identify and effectively address the tactics that these resistant clients employ during interviews and treatment. There will be ongoing discussion of the external and internal motivators to change or to continue the irresponsible/criminal life. Participants will learn how to engage clients in a process of identifying "thinking errors," seeing the ramifications of those errors, learning correctives and implementing them. There will be discussion in depth of thought processes underlying anger and how to deal with the intense emotions that these clients have.

## OBJECTIVES:

Participants will leave with a better understanding of:

- "Causes" of criminal behavior and the continuum of thinking errors underlying criminal behavior
- Thinking errors that can lead to criminal behavior
- How the mind works before, during or after a crime
- Substance use by the offender and myths about why offenders use mind altering chemicals
- The scope of the "habilitative" process
- How to cope with tactics used by offenders during interviews and in the change process
- How to help offenders identify, deter and reduce thinking errors
- How to teach corrective thought processes and assist offenders in implementing them into daily life
- How to cope with the intensity of the offender population
- How to determine if change is really taking place

March 29, 30, 2011,  
9:00am—4:00pm

Registration starts at 8am

Location:  
Masonic Center,  
2500 Masonic Dr.  
San Jose, CA  
95125



## PRESENTER:

Dr. Samenow received his B.A. (cum laude) from Yale University in 1963 and his Ph.D. in psychology from the University of Michigan in 1968. After working as a clinical psychologist on adolescent inpatient psychiatric services in the Ann Arbor (Michigan) area, he joined the Program for the Investigation of Criminal Behavior at St. Elizabeths Hospital in Washington, D.C. He was clinical research psychologist for that program. With the late Dr. Samuel Yochelson, he participated in the longest in-depth clinical research-treatment study of offenders that has been conducted in North America. The findings of that study are contained in the three volume publication [The Criminal Personality](#) (Lanham, Md.: Roman and Littlefield) that he co-authored with Dr. Yochelson.. Today Dr. Samenow is in private practice of clinical psychology in Alexandria, Virginia and has authored many more books and articles including, [Inside the Criminal Mind](#). His specialty has continued to be the evaluation and treatment of juvenile and adult offenders. Dr. Samenow has delivered lectures, seminars, and workshops in 48 states, Canada, and England to a variety of professional groups including mental health, law enforcement, corrections, education, social services, and the judiciary.

Register on-line at <http://elearning.networkofcare.org/scpub>

# CONFLICT RESOLUTION: SKILL BUILDING AND APPLICATIONS IN SUBSTANCE ABUSE TREATMENT ENVIRONMENTS

Wednesday April 6, 2011:  
1:00 pm –5:00 pm

Masonic Center, 2500 Masonic Drive  
San Jose, CA 95125

## DESCRIPTION:

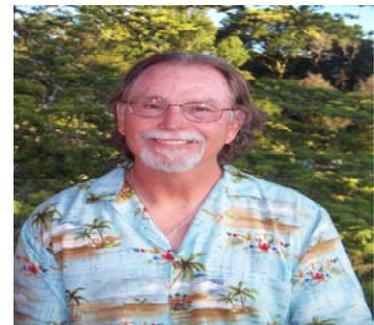
This training is designed to improve intrapersonal skills for managers, supervisors and counselors in treatment and recovery programs that will aid in identifying, resolving and learning from conflict among staff and clients.

## OBJECTIVES

As a result of this training, participants will be able to:

1. Identify common issues that tend to cause or exacerbate conflict among staff & clients;
2. Describe the elements of the social and emotional environments in treatment and recovery programs that tend to increase the potential for conflict; and
3. Understand and practice new skills for dealing with conflict, by providing some simple tools and a controlled learning environment in which to practice using them.

**LIMITED TO 40 PARTICIPANTS**



### PRESENTER: DAVID ABRAMSON, MPA, CAS1

David is an Organizational Development Consultant and self-employed grant writer, partnering with his wife to run Grant Writing Services, Inc. since 2005. He consulted with many County and community agencies, has served as the Napa County Alcohol/ Drug Program Administrator & managed and provided counseling in residential substance abuse treatment programs.

### PRESENTER: TOM NEWELL, MFT

Tom is in private practice as a Marriage & Family Therapist, and currently is an Associate Professor at Sonoma State University in the Counseling Dept. He has served as a Health Program Manager in the Alcohol & Other Drug Division of the Sonoma County Dept. of Health Services in Santa Rosa, CA. He provides consultation and training on a variety of topics

Register on line at: <http://elearning.networkofcare.org/scpub>

# Health at Any Size: An Alternative to Traditional Obesity Treatment

Thursday,  
April 14, 2011  
10:00am-3:00pm  
**BRING YOUR OWN  
LUNCH!!**



Learning Partnership  
1075 E Santa Clara St.  
2nd Fl.,  
San Jose, CA 95116

Phone:  
**408-792-3900**

register on line at: <http://elearning.networkofcare.org/scpub>



## COURSE DESCRIPTION:

Despite the fact that the field of medicine considers obesity a medical disease, there is a role for mental health workers in working with obese clients. This course will provide participants with information about the failure of traditional obesity treatment, the medicalization of obesity, the relationship between eating disorders and obesity, body image in obesity and an introduction to a new paradigm for treating individuals with weight/food/dieting issues: Health at Every Size (HAESsm).

## TRAINING OBJECTIVES:

Participants will:

1. Gain knowledge in the facts and myths about obesity
2. Discuss the hazards of dieting as a precursor to eating disorders and obesity
3. Review research on body image in obesity
4. Introduction to the principles of Health at Every Size (HAESsm)

***This training has a "working lunch!!!" BRING YOUR OWN LUNCH!!***

## COURSE AGENDA

1. Assessment and treatment of obesity from a traditional perspective
2. The paradigm of Health At Every Size (HAESsm) and its application with clients
3. Research and clinical examples of working with individuals and groups of people with medically-diagnosed obesity

## PRESENTER

Dr. Elyn Herb, Ph.D., CEDS, is a licensed psychologist and certified eating disorders specialist with a private practice in San Jose, CA. Since 1983 she has specialized, since 1983, in treating individuals who struggle with eating problems, weight issues, disordered eating, and "dieting disorders". Her practice includes services for individuals, groups, couples, adults, and adolescents. Dr. Herb is a frequent instructor of continuing education courses for national, state and local organizations. Dr. Herb developed the Eating Disorders Certificate Program for John F. Kennedy University. She continues to teach at JFKU as an Adjunct Professor and provides continuing education and consultation for professionals.

# Talking with Youth

## A Summit for Adults and Youth

Adult and Youth Tracks, Some sessions held together  
CEU's Available

Why are youth and adults so attracted to the Downtown San Jose "Entertainment Zone" for the party scene, walking from bar to bar looking for love, sexual action?

**The purpose of the Summit is for the Youth and Adults attending the Summit to come up with media messages that combine alcohol and other drug issues with messages regarding teen sexual behaviors, sexual threats to teens and how alcohol and other drugs plays a role in those threats (sexual assaults, rape, bullying, etc).**

## Tuesday, April 12<sup>th</sup>, 2011

10 am – 4pm

Alcohol Awareness Month

### Masonic Center

2500 Masonic Drive, San Jose CA 95125

Plenty of free parking

*Lunch Provided*

This is a FREE EVENT

**This is a collaboration between VOICES UNITED and their  
San Jose Urban Youth Coalition  
The Santa Clara County Department of Alcohol and Drug Services  
Planned Parenthood Mar Monte**

This is a Summit about how alcohol and other substance use impacts teen pregnancy, HIV, sexual behavior, drunk driving, alcohol overdoses etc. We will explore what Environmental Prevention Strategies and Media Messages can counter the alcohol and tobacco industry's targeting of teens (e.g. alcopops, e-cigarettes), and reduce access and harm.

## **Who should attend?**

Mental Health and Alcohol and other Drug professionals, teachers, educational professionals, therapists, parents, YOU – you may be working with adults who have teenage children in their care, you may have a teenager in your household yourself, or work directly with teens – welcome to this important Summit.

## **Who else should attend?**

High school age youth!!!

## **Tentative Schedule**

Each workshop, panel discussion will provide resources

### **10am Welcome and Keynote Inspirational Speaker – TBA**

#### **11am Break in Workshops**

**Youth Tracks:** Let's Talk about Alcohol, other Drugs and Sex!

**Adult Tracks:** How to Talk to Teens about Alcohol, Sex, Teen Pregnancy/HIV

**Combined Track:** Some Challenges Teens Face/Binge Drinking, Drunk Driving

**Panel:** Depression, Teen Suicide, Mental Health and Substance Use Issues

### **12 Noon: LUNCH: working lunch - TBA**

#### **1 pm Break in Workshops**

**Youth Tracks:** Downtown Marketing of Alcohol and Tobacco Sales

**Adult Tracks:** Homelessness/Racial Profiling/Hate Crimes

**Combined Track:** The Environment: Hookah Bars, Bars, Medical Marijuana Dispensaries, Drug Dealing – and Environmental Prevention Strategies.

**Panel:** Downtown San Jose – Alcohol/Drugs, Sex, Sexual Acting Out, Homophobia, Sexual Assault, Rape, Bullying, Violence...

*Other Topics will be added. Contact us with your ideas.*

## **2pm – 4pm ACTION: Developing Media Messages to make an Impact in the Downtown San Jose Area**

**Facilitated:** Youth Groups, Adult Groups, Combined Group

If you would like to become a Collaborator of this event, a presenter/workshop or panel leader, or want more information Contact VOICES UNITED at (408) 292-7292, if you would like to register Contact the Learning Institute:

**<http://elearning.networkofcare.org/scpub>**

Masonic Center

2500  
Masonic Dr  
San Jose, CA  
95125

Friday,  
May 13, 2011  
9:00am to  
4:30pm

## Walking the Tightrope of Pain Management and Addiction

### DESCRIPTION

Healthcare and treatment providers are on the front line to accurately assess, intervene upon and develop appropriate treatment plans for the chemically impaired patient with a chronic pain condition. This can become more difficult when prescription drug abuse/addiction are present often because of a mismanaged chronic pain condition that may be either under treated or over treated or even misdiagnosed. Using a conservative 10% estimate, research shows that over 10 million chronic pain sufferers experience substance use disorders. Therefore, a major focus of this workshop will center on identification and effective intervention and treatment of prescription drug abuse for chronic pain patients

### AGENDA

- Overview of Road-blocks....
- Defining Pain & Looking for Red Flags....
- Denial Patterns
- Using a multidisciplinary approach....
- Q & A

### OBJECTIVES

- Identify Red Flags that indicate that clients are using their prescription medication problematically and learn simple interventions to address those problems.
- Identify the twelve (12) denial patterns employed by clients
- Understand and explain the unique needs and obstacles confronting patients and their families who are living with chronic pain conditions and other
- Educate their clients about the five (5) types of pain and the importance of developing a multidisciplinary treatment plan to manage their pain =



### PRESENTER:

Dr. Grinstead is the Clinical Director of Training and Consultation for the Gorski-CENAPS® Corporation. He is also an author and internationally recognized expert in preventing relapse related to chronic pain disorders and is the developer of the Addiction-Free Pain Management® System (please visit [www.addiction-free.com](http://www.addiction-free.com) for more information). He has been working with pain management, chemical addictive disorders, eating addiction and coexisting mental and personality disorders for over twenty-seven years. Dr. Grinstead has a Bachelors Degree in Behavioral Science, a Masters Degree in Counseling Psychology and a Doctorate in Addictive Disorders. He is a Licensed Marriage and Family Therapist, (LMFT) a California Certified Alcohol and Drug Counselor (CADC-II), and an Advanced Relapse Prevention Specialist (ACRPS). He was on the faculty of UC Santa Cruz Extension Alcohol and Drug Studies Program and also taught at Santa Clara University, UC Berkeley Extension and Stanford University Medical School and is currently on the faculty of University of Utah's School on Alcoholism and Other Drug Dependencies.

Register on-line at <http://elearning.networkofcare.org/scpub>



*Trainings sponsored by  
Department of Alcohol &  
Drug Services*



# 2010-2011 STATE OF MIND TRAINING: PART I & PART II

**What is the training about?** State of Mind training illuminates the 3 psychological functions that exist within all of us. These functions create our moment to moment experience. With greater understanding about these internal functionings, we engage our inner resources: patience, creativity, compassion, motivation and inspiration and we regain an inner power, a center from which we have a new vantage point and a completely different kind of control. In short, we regain our psychological bearings.

**Part One - The Principles**  
**2-½ -Day Course**

**Course 1: August 2010**

2500 Masonic Dr., San Jose, 95125  
 Wed Aug. 4, 2010 (1-4 pm)  
 Thu Aug. 5, 2010 (8:30 am – 4 pm)  
 Fri Aug. 6, 2010 (8:30 am – 4 pm)

**Course 2: November 2010**

2310 N. First St. Ste # 102, SJ, 95131  
 Fri Nov. 5, 2010 (1-4 pm)  
 Sat Nov. 6, 2010 (8:30 am – 4 pm)  
 Sun Nov. 7, 2010 (8:30 am – 4 pm)

**Course 3: February 2011**

2310 N. First St. Ste # 102, SJ, 95131  
 Fri Feb. 4, 2011 (1-4 pm)  
 Sat Feb. 5, 2011 (8:30 am – 4 pm)  
 Sun Feb. 6, 2011 (8:30 am – 4 pm)

**Course 4: April 2011**

2500 Masonic Dr., San Jose, 95125  
 Wed Apr. 27, 2011 (1-4 pm)  
 Thu Apr. 28, 2011 (8:30 am – 4 pm)  
 Fri Apr. 29, 2011 (8:30 am – 4 pm)

**Part Two - The Applications**  
**(Prerequisite –Part One)**  
**2 ½ -Day Course**

**Course 5: September 2010**

2500 Masonic Dr., San Jose, 95125  
 Wed Sept. 22, 2010 (1-4 pm)  
 Thu Sept. 23, 2010 (8:30 am – 4 pm)  
 Fri Sept. 24, 2010 (8:30 am – 4 pm)

**Course 6: March 2011**

2310 N. First St. Ste # 102, SJ, 95131  
 Fri Mar. 4, 2011 (1-4 pm)  
 Sat Mar. 5, 2011 (8:30 am – 4 pm)  
 Sun Mar. 6, 2011 (8:30 am – 4 pm)

**Course 7: June 2011**

2500 Masonic Dr., San Jose, 95125  
 Wed Jun. 1, 2010 (1-4 pm)  
 Thu Jun. 2, 2010 (8:30 am – 4 pm)  
 Fri Jun. 3, 2010 (8:30 am – 4 pm)

**PRE-REGISTRATION:** Pre-registration is important in the unlikely event of a workshop cancellation as pre-registered persons will be notified directly.

**On the next page you will find the registration form.**

**CLASS LOCATIONS:**

The **WEEKDAY** classes will be held at the Masonic Center:  
**2500 Masonic Drive, San Jose, CA 95125**

From Hwy 101

Take Tully Road exit West –

Tully becomes Curtner Ave.

2. Turn left at Canoas Garden

Turn right at Masonic Drive

Masonic Center at the end of the street

The **WEEKEND** classes will be at the County Training Center at  
**2310 N. First Street, Ste. #102 SJ, 95131**

From Hwy 880

1. Take exit #4A/First St

Turn left onto N. First St.

Turn right onto **CHARCOT** Ave.

Turn into first parking lot on the left

From Hwy 280

1. Exit onto 87 south

2. Exit at Curtner Ave

3. Right onto Curtner

4. Left at Canoas Gardens

Right at Masonic Garden

Masonic Center at the end of the street

**COURSE FEES**

Fee are waived for County employees, current DADS contractors or current clients.

The cost each 2 ½ day training is \$125.

For two or more from the same organization there is a 15% discount per person when enrolled at same time.

Checks are to be made payable to **DADS-3PSD**. Fees are refundable up to 5 working days prior to the training. No charge for substitutes.

**SPECIAL NEEDS:** If you need special accommodations, please contact Christina at 408.792-5219 later than 10 working days before the workshop date.

**Send Form To:**

**Christina Cantu**

**Phone: 408.792.5219**

**Fax: 408.947.8702**

**976 Lenzen Ave., San Jose, CA 95126**

**christina.cantu@hhs.sccgov.org**

**Name:** \_\_\_\_\_

**email:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**City:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Alternate:** \_\_\_\_\_

**Fax:** \_\_\_\_\_

**Organization/Business:** \_\_\_\_\_ **Position** \_\_\_\_\_

**Course(s) number you wish to attend:** \_\_\_\_\_ *(No confirmations will be sent out.)*

Check one:     SCC Employee     DADS Contractor/Client     Other: \_\_\_\_\_

**Continuing Education: If your wish CE's, fill in your license or certification number**

**BBS#** \_\_\_\_\_ **BRN#** \_\_\_\_\_ **CAADAC#** \_\_\_\_\_ **CAADE** \_\_\_\_\_ **CADDTP** \_\_\_\_\_

**Registration Fees:**     2 ½ -Day \$125     CE's \$25    **Total enclosed \$** \_\_\_\_\_



### 3 Principles Services Division

presents

#### The Wisdom at Work Series:

Registration 8:00 am – 8:30 am

Workshop 8:30 am to noon

## “Are Your Thoughts Weighing You Down?”

**January 14<sup>th</sup> 2011**

#### Presenter:

**Gabriela Maldonado-**

**Montano** will be part of a panel of facilitators presenting this workshop. This panel is formed by people that have experienced a range of issues in dealing with their weight, exercise routine and eating habits.

All of the facilitators have exercised at one point in their lives. **Most** of them enjoy eating healthy. **Some** of them have felt content with their bodies at one point. **A few** have maintained a steady weight through out their lives and **one** of them doesn't give up in spite of wanting to quit her exercise routine!

#### Location:

Masonic Temple  
2500 Masonic Drive  
San Jose, 95125

#### Cost – \$25

(Fee waived for SCC employees, DADS and Mental Health providers and clients, and students)

Open to the public  
Pre-registration appreciated

#### Contact: Angelica Jaime (AJ)

3 Principles Services  
976 Lenzen Ave. San Jose,  
95126  
408.792.5219  
Angel-  
ica.jaime@hhs.sccgov.org

CE's available

- Have you ever had a problem committing to a healthy diet or exercise program?
- Have you ever given up because you felt guilty, shameful, or overwhelmed by your lack of progress?

The desire to experience a healthy lifestyle comes to our minds frequently. We are willing to try the grapefruit diet or the point diet, skipping meals or not eating at all, taking drugs, getting the newest fitness book or tape, buying expensive exercise gadgets or gym memberships; all of this in an effort to look and feel better.

Join us in discovering how understanding the Principles of Mind, Thought and Consciousness can help us navigate towards our path of wellbeing and wellness. As we learn to utilize our wisdom and common sense as guiding mechanisms, we are able to experience a healthy lifestyle with less struggle and more ease.

#### *Agenda/Objectives of this workshop are to explore:*

1. The connection between understanding the Principles of Mind, Thought & Consciousness and our lifestyles
2. The relationship between thought and the reason why keeping a healthy lifestyle can become a struggle

#### *Expected Outcomes:*

- Discover how the natural wisdom of your body and mind can guide you towards your fitness goals
- Understand how your psychological belief system interferes with a healthy lifestyle
- See how staying present can help you let go of your guilt, shame doubt and hopelessness when unhealthy habits or behaviors occur.

#### *Teaching Methods:*

The teaching is accomplished through interactive discussion, teaching of the 3 principles and small group discussion.

#### *Who should attend?*

Anyone interested in experiencing a healthy lifestyle with ease and peace of mind.



## 3 Principles Services Division

presents...

### The Wisdom at Work Series:

Registration 8:00 am – 8:30 am

Workshop 8:30 am to noon

# “Working with the Perfect Client”

**February 10, 2011**

#### **Presenter:**

Irina Khovraleva is an intern in The Principles Academy. She was a Social Psychologist in the past, and is a Social Worker now. She teaches the class at Montgomery Street Inn, and enjoys it very much. Her theme of interest is relationship in both, workplace and family settings, and how The Principles can play role in creating happier and healthier relationship.

#### **Location:**

Masonic Temple  
2500 Masonic Drive  
San Jose, 95125

#### **Cost – \$25**

(Fee waived for SCC employees, DADS and Mental Health providers and clients, and students)

Open to the public  
Pre-registration appreciated

#### **Contact:** Angelica Jaime (AJ)

3 Principles Services  
976 Lenzen Ave. San Jose,  
95126  
408.792.5219  
Angelica.jaime@hhs.sccgov.org

CE's available

Those of us who serves clients, don't we wish our clients would be more cooperative, or more friendly, or more honest or...what have you! Just what we expect them to be!

But they are not! They are who they are. Doesn't it sometimes make you feel frustrated, disappointed, and even angry?

In turn, that may lead to worker's burnouts, dissatisfaction, and feeling of "uselessness". So, are there clients to be blamed for all of these? Let's explore it together.

#### ***Agenda:***

1. Present how we create our expectations of the "perfect" client with our judgments, interpretations and comparisons;
2. Describe how we shift the responsibility for our feeling of dissatisfaction to the clients;
3. Present the 3 psychological principles that help us to see the innocence in our clients and acknowledge people's separate realities

#### ***Expected Outcomes:***

- Understand the principles that create our moment-to-moment experience as a way to work more effectively with our clients.
- Understand the source of our dissatisfaction with clients as our thinking about them.
- Understand the meaning of "separate realities"

#### ***Teaching Methods:***

The teaching is accomplished through interactive discussion, teaching of the Three Principles and small group discussion.

#### ***Who should attend?***

Employees, parents, managers or anyone who wants to learn how to deepen the quality of their relationships.



**3 Principles Services Division  
presents**

**The Wisdom at Work Series:  
Registration 8:00 am – 8:30 am  
Workshop 8:30 am to noon**

**“The Pursuit of Happiness”**

**March 11<sup>th</sup>, 2011**

**Presenter:**

**Marilyn Wendler**

Marilyn has been teaching the 3 Principles in Santa Clara County and other programs for seven years. She has recently completed the 3PSD Internship program. Marilyn works as a Project Manager at San Jose State University School of Nursing. In 2006, “Life Happened Here” was published, a blend of poetry and essays that explored Marilyn’s experience with the 3 Principles and chronic pain. “I Thought So” is her newest work and is all poetry based in the 3 Principles

**Location:**

Masonic Temple  
2500 Masonic Drive  
San Jose, 95125

**Cost – \$25**

Fee waived for SCC employees, DADS & Mental Health providers and clients, and students)

CE’s available.

Open to the public  
Pre-registration appreciated

**Contact:**

Angelica Jaime  
3 Principles Services  
976 Lenzen Ave.  
San Jose, CA 95126  
PH.408.792.5219  
Fax 408.947.8702  
Angelica.jaime@hhs.sccgov.org

“*The Pursuit of Happiness*” will look at the true source of our wellbeing and the illusions we create about where we will find it. We will present the basics of the 3 Principles, and explore the imagination’s subtle seductions in the form of desire, illusory needs, and anticipations. Attendees will be given the opportunity to “remember” their innate state of mind and recognize when it is clouded by mental noise.

***Agenda/Objectives of this workshop are to explore:***

1. The connection between understanding the Principles of Mind, Thought & Consciousness and happiness
2. How we develop “ideas” about happiness and train ourselves to look to others, jobs, finances and possessions to find it

***Expected Outcomes:***

- Understand the principles that create our moment-to-moment experience as a way to overcome being dependent on something outside of ourselves.
- Understand the principles as the source of every experience in life, including stress, worry, and unhappiness
- Explore the inner nature of human beings and rediscover our serenity

***Teaching Methods:***

The teaching is accomplished through interactive discussion, teaching of the 3 Principles, humor and most likely some poetry and reflection.

***Who should attend?***

Employees, parents, managers or anyone who wants to learn how to deepen the quality of their relationships and enjoy a more contented state of mind



### 3 Principles Services Division

presents

### The Wisdom at Work Series:

Registration 8:00 am – 8:30 am

Workshop 8:30 am to noon

## “Tapping the Promise of Challenging Youth ...without losing your own sanity!”

**April 8<sup>th</sup>, 2011**

#### Presenter:

**Ami Chen Mills-Naim** is Director of the Center for Sustainable Change, based in Palo Alto, California and is author of the “The Spark Inside: A Special Book for Youth.” She is also Project Director for the National Community Resiliency Project. Ami has been a 3 Principles practitioner and trainer for the last 15 years. She has been instrumental in producing literature and video programs on applications of the Principles with youth, especially “at risk” youth. Through the CSC, Ami works across the country and internationally teaching organizations, parents, educators, staff, and youth. She also works privately with families, individuals and couples. She has worked directly with teenagers for over two decades.

#### Location:

Masonic Temple  
2500 Masonic Drive  
San Jose, 95125

#### Cost – \$25

(Fee waived for SCC employees, DADS and Mental Health providers and clients, and students)  
Open to the public  
Pre-registration appreciated

#### Contact: Angelica Jaime (AJ)

3 Principles Services  
976 Lenzen Ave. San Jose,  
95126  
408.792.5219  
Angelica.jaime@hhs.sccgov.org

CE’s available

**No one ever told me it’d be like this!** Opposition, hostility, withdrawal, violence, self-mutilation, drug use ... sometimes it feels like you need a Ph.D. and emergency medical credentials just to be with some kids. This half-day workshop will focus on our own inner resources as helpers and caretakers, and discuss the role and power of our own *state of mind*—as it impacts our selves and the youth around us

#### *Agenda/Objectives are to explore:*

How the Understanding of the 3 Principles can help you  
Learn what creates a calm or a stressful state of mind  
Understand healthy psychological role modeling

#### *Expected Outcomes:*

Understand how the Principles create a calm or stressful state of mind  
Experience our ability to live and work with less stress and more well-being  
Discover what is “Healthy Psychological Role Modeling”

#### *Teaching Methods:*

The teaching is accomplished through interactive discussion of the 3 Principles, small group discussion and most likely readings from “The Spark Inside: A Special Book for Youth.”

#### *Who should attend?*

Parents, grandparents, foster families, educators, counselors, social workers or anyone who wants to learn how to deepen the quality of relationships with youth.



## 3 Principles Services Division

presents

### The Wisdom at Work Series:

Registration 8:00 am – 8:30 am

Workshop 8:30 am to noon

# “Transcending The Addiction Problem And Finding True Recovery”

May 13<sup>th</sup>, 2011

### Presenter:

**Mark Howard, Ph.D.** is a national training consultant who has conducted “principle based training” for the past 28 years in a variety of settings. Dr Howard is currently a consultant to DADS. He provides training in the applications of the principles for all professionals. He provides trainings for the DADS trainers. Dr Howard is a licensed psychologist with a private practice in San Mateo, CA.

### Location:

Masonic Temple  
2500 Masonic Drive  
San Jose, 95125

### Cost – \$25

(Fee waived for SCC employees, DADS and Mental Health providers and clients, and students)  
Open to the public  
Pre-registration appreciated

### Contact: Angelica Jaime (AJ)

3 Principles Services  
976 Lenzen Ave. San Jose,  
95126  
408.792.5219  
Angelica.jaime@hhs.sccgov.org

CE's available

Given the level of consciousness in the world today, it is easy to understand that any human being is vulnerable to an addiction problem. You name it: shopping, gambling, eating, drinking alcohol, or using drugs and a person may become addicted. All it takes is for someone to believe that engaging in these behaviors leads to a better feeling state.

However, the discovery of the principles of Mind, Thought, and Consciousness has provided us with a powerful way to recovery. As a result of understanding these principles people realize an innate knowledge and well-being that allows them live without addictive ways.

### *Agenda/Objectives of this workshop are to:*

1. Identify how anyone is vulnerable to experience addiction problems
2. Understand the nature of the principles and how that realization leads to recovery
3. Realize how an understanding of principles provides access to our innate healthy mental functioning that serves as the antidote to addiction

### *Expected Outcomes:*

- Learn an alternative and effective understanding about addictions
- Understand the principles that create our moment-to-moment experience so that we can overcome being dependent on something outside of ourselves
- Understand the Principles of Mind, Thought and Consciousness as a way to engage free will and choice toward addictive behaviors

### *Teaching Methods:*

The teaching is accomplished through interactive discussion of the 3 Principles, small group discussion and most likely readings from “The Spark Inside: A Special Book for Youth.”

### *Who should attend?*

Parents, grandparents, foster families, educators, counselors, social workers or anyone who wants to learn how to deepen the quality of relationships with youth.



*Trainings sponsored by  
Learning Partnership  
Mental Health Department*



## Skill Building in Helping People Change: Intermediate Level Motivational Interviewing

### Course Description:

An increasing number of clinicians are familiar with stages of change work and motivational enhancement models and strategies. They embrace Motivational Interviewing, stages of change and other models that emphasize individualized treatment, person-centered care and empowerment of individuals. However, skills and services still limit how well many of the concepts are implemented in the “real clinical world”.

This workshop is designed to increase clinicians’ skills in engaging clients into treatment and in helping people change. Building on initial understanding and awareness of William Miller’s Motivational Interviewing principles and practices, this workshop provides the opportunity to improve skills in building motivation for change and strengthening commitment to change.

Reference will also be made to the principles of Motivational Interviewing; small and large group exercises will allow participants to practice techniques and strategies to implement those principles. The workshop will encourage discussion and consultation concerning difficult dilemmas and case presentations.

### Objectives:

Participants will:

1. Briefly review key concepts about Motivational Interviewing and models of stages of change.
2. Discuss stage-wise practice, strength-based assessment and service planning.
3. Apply skills to strengthen commitment to change and develop individualized service plans.

\*\* This course meets the qualifications for 6 hours of continuing education for LCSW's and LMFT's as required by the CA Board of Behavioral Sciences.



**David Mee-Lee, M.D.** is a board-certified psychiatrist, and is certified by examination of the American Society of Addiction Medicine (ASAM). He trains and consults both nationally and internationally. Dr. Mee-Lee is Chief Editor of the Revised Second Edition of the ASAM Criteria. He is also a Senior Advisor to The Change Companies. Dr. Mee-Lee has over thirty years experience in person centered treatment and program development for people with co-occurring mental health and substance abuse conditions.

### Learning Partnership Training Center

1075 E Santa Clara St. 2nd Fl.  
San Jose, CA 95116

**Wednesday, January 12, 2011**  
9:00am-4:30pm

Registration starts at 8:30am

Register on-line at: <http://elearning.networkofcare.org/scpub>

# Clinical Aspect of 5150

This training will provide an introduction to legal and ethical issues as they relate to involuntary detention. It will include clinical components that encompass several learning modalities, such as small group discussion and active participation. **Mandatory for clinical staff to be designated to evaluate for involuntary detention.**

## Training Dates:

January 26, 2011  
February 9, 2011  
March 2, 2011  
April 20, 2011  
May 11, 2011  
May 25, 2011

**9:00am-4:30pm**

Sign-in starts at 8:30am

## Objectives:

As a result of this training, participants should be able to:

1. Describe the impact of the Lanterman-Petris-Short Act on the rights of the mentally ill
2. Articulate who has authority to initiate an involuntary detention form and understand the scope of that authority
3. Articulate the responsibility inherent in initiating involuntary detention and the ramifications of that responsibility
4. Describe the fundamental law and criteria involving involuntary detention
5. Identify the legal and ethical issues of initiating involuntary detention in the community
6. Operationalize and problem-solve some of the clinical and behavioral issues that may arise while conducting 5150 assessments

**Dr. Agi Schenley** of Pacific Grove, California is a Clinical/Forensic Psychologist and a Licensed Marriage and Family Therapist who has been specializing in Law Enforcement and Public Safety since 2003.

**Katherine Boyle Dunn, J.D.**, is a Staff Attorney in Patients' Rights Unit at MH Advocacy Project, where she assists clients in resolving their legal issues with the mental health system of care and provides personal representation for patients in the civil commitment system.

**James Raphael** works for MH Advocacy Project where he represents involuntary psychiatric patients at administrative hearings regarding detention and capacity to refuse medications; intake, investigation and resolution of complaints of alleged violations/denials of statutory patients' rights in acute, sub-acute, and residential facilities.

## Learning Partnership Training Center

1075 E Santa Clara St. 2nd Fl. San Jose, CA 95116

Phone: 408-792-3900

Web: <http://elearning.networkofcare.org/scpub>



\*\* This course meets the qualifications for 6 hours of continuing education for LCSW's and LMFT's as required by the CA Board of Behavioral Sciences.

Attachment A: Authorization to Initiate 5150 Holds – Application to Enroll in Training



**Authorization to Initiate 5150 Holds  
Application to Enroll in Training**

Mental Health Department  
Quality Improvement Prog  
Tel 408-793-5894  
FAX 408-288-6113

Copy of License **Must** accompany this application.

Completed Application should be faxed to QI Office at: 408.288.6113

Applicant: Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Phone No.: \_\_\_\_\_ Email Address: \_\_\_\_\_

Agency \_\_\_\_\_ *(Email Address is required for training date confirmation)*

Agency: \_\_\_\_\_ Mailing Address: \_\_\_\_\_

*(Used for mailing 5150 Authorization Card)*

Credentials/License Type: \_\_\_\_\_ License Number: \_\_\_\_\_

Please check one of following categories that applies to your status:

\_\_\_\_\_ Licensed physicians (limited to Psychiatrists and Emergency Department physicians, with certain exceptions)

\_\_\_\_\_ Licensed clinical psychologists

\_\_\_\_\_ Licensed clinical social workers

\_\_\_\_\_ Licensed marriage, family and child counselors

\_\_\_\_\_ Licensed Psychiatric Residents

\_\_\_\_\_ Licensed psychiatric RN's who have been licensed as a psychiatric nurse for at least three years and who have worked in an LPS designated hospital in a full time capacity for a minimum of one year

\_\_\_\_\_ Licensed psychiatric technicians, who have been licensed as a psychiatric technician for at least three years and who work at MHUC or in a setting where no other staff person has the authority to initiate 5150s

Preferred Training Date(s): \_\_\_\_\_

Supervisors Confirmation: Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date / Phone #: \_\_\_\_\_

Policy 412-416

# RECOVERY HAPPENS! AN INTRODUCTION TO RECOVERY-ORIENTED PRACTICE

## DESCRIPTION:

This series is an introduction to providing recovery-oriented services to consumers and families in the mental health system. The course will focus on core topics of interest to any staff person beginning to work in the field of community mental health. These include recovery values, culture and worldview, the role of peer and family partner staff, working from strengths, boundaries and ethics, basic documentation skills and more. Participants who complete all trainings will receive a certificate for 27 hours of course credit which may be used as part of the education requirement for the CPRP: Certified Psychosocial Rehabilitation Certificate, a national credential for people of all educational backgrounds who are dedicated to providing recovery-oriented services to people with psychiatric disabilities.

## OBJECTIVES:

- Articulate recovery values and how to use these values in practice.
- Demonstrate the ability to conduct a strengths assessment.
- Identify and be able to utilize at least three techniques that foster hope in consumers.
- Define the role that peer support plays in the recovery process.

\*\* Completing this course meets the qualifications for 27 hours of continuing education for LCSW's and LMFT's as required by the CA Board of Behavioral Sciences.

## TRAINING DATES:

Thursday, January 13, 2011 to

Thursday, March 10, 2011

1:30pm-4:30pm

Registration starts at 1:00pm

## Learning Partnership Training Ctr.

1075 E Santa Clara St. 2nd Fl.  
San Jose, CA 95116



**Inspired at Work** is a consultation and training firm with special expertise in assisting counties and agencies in developing recovery-oriented programs and services. Inspired at Work trainings are designed to be interactive, lively and informative. **Debra Brasher, Terri Byrne and Lucinda Dei Rossi** are Certified Psychiatric Rehabilitation Practitioners, and together bring many years of community mental health experience to the trainings that they offer. In addition, we have been hiring, training and working alongside consumers as providers for over 15 years. We strive to support systems and staff to create the opportunity and environment for hiring consumer providers.

Register on-line at <http://elearning.networkofcare.org/scpub>

# Cultural Competence - Core Foundation Training



Dr. Matthew R. Mock received his BA degree in psychology from Brown University and his Doctorate and Masters degrees in clinical

and consulting psychology from the California School of Professional Psychology (CSPP). In addition practicing privately in Berkeley as a psychotherapist and consultant, he was the Director of the Center for Multicultural Development with the California Institute for Mental Health in Sacramento. Just prior to this, he was Director of the Family, Youth, Children's and Multicultural Services for the City of Berkeley MH Division where he was practicing for over 20 years. He is also Director of the Cross Cultural Program, and Professor of Psychology with the Graduate School of Professional Psychology at John F. Kennedy University focusing on diverse children and families. As an Adjunct Faculty with the California School of Professional Psychology, Alameda, he focuses on the teaching of socio-cultural and psychotherapeutic considerations with Asian-Pacific Americans.

## DESCRIPTION:

Increased awareness of diversity has led to a need to effectively incorporate cultural competency into clinical and service practices. Cultural competence and responsiveness means not only understanding others, but also understanding ourselves and the communities around us. Cultural competence is essential for quality mental health services and is directly related to core concepts such as person centered care, family driven services, wellness, resilience, empowerment, and recovery. This workshop uses didactic, experiential, clinical discussions and videotape materials to dynamically address race, culture, class, gender, sexual orientation and other core aspects of multiculturalism in clinical and service practices. Issues of assessment and core engagement, and ongoing working relationship issues will be presented. Attendees will address challenges and opportunities presented.

## OBJECTIVES:

By the end of the workshop, participants will:

- Understand (and list at least 3) ways in which cultural competency is core to quality clinical practices;
- Identify (and list at least 3) aspects of their own diversity which may impact processes of engagement, assessment, and the healing relationship;
- Identify (and list at least 2) barriers to effective service delivery attributable to lack of appreciation of multicultural dynamics;
- Identify (by listing) applications of the Triple C-A-R-E Model (Mock, 2002) to culturally responsive clinical and service practices.

*\*\* This course meets the qualifications for 6 hours of continuing education for LCSW's and LMFT's as required by the CA Board of Sciences.*

Register on-line at <http://elearning.networkofcare.org/scpub>

## Learning Partnership Training Center

1075 E Santa Clara St. 2nd Fl.  
San Jose, CA 95116

**Monday, March 7, 2011**

**9:00am—4:30pm**

**Registration starts at 8:30am**



# National Alliance on Mental Illness (NAMI) Provider Education Course

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## DESCRIPTION

This ten-week course was designed for line staff at public agencies working directly with individuals with severe and persistent brain disorders. It explores four major areas:

- Current research into the biological basis of major mental illnesses;
- Medication update, including stages of consumer adaptation to psychiatric medications;
- Inside the experience of mental illness - emotional adjustments and coping strategies;
- A bio-psychosocial model of collaborative treatment

This course will provide a clinical picture of collaborative secondary intervention strategies (pragmatic, concrete, practical steps) which staff can use in practice. The course introduces and discusses basic, current biomedical information, including: the major mental illnesses, types and subtypes of mood disorders, current research into the biological basis of mental illness and a medication review which includes basic psychopharmacology, medication side effects and issues of adherence to medication.

This workshop is held for ten (10) consecutive weeks, for 3 hours per session. The curriculum format is composed of short lectures, followed by discussion of the teaching points. Weekly class and homework handouts are compiled into a Course Notebook for future reference.

\*\* Completing this course meets the qualifications for 30 hours of continuing education for LCSW's and LMFT's as required by the CA Board of Behavioral Sciences.

## PRESENTERS:

**Lillian Marcus, Ph.D., MFT** works at Biofeedback Associates in Palo Alto, as a Biofeedback Therapist, and Psychotherapist. She received her doctorate degree in Clinical Psychology from Western Graduate School of Psychology, Palo Alto, CA. Dr. Marcus worked for Santa Clara County Mental Health and Santa Clara County Alcohol Services, as a Marriage, Family and Child Counselor, along with other positions in the community.

**Ann McDonald Rice, R.N., M.A.** is licensed marriage and family therapist with a private practice. She worked for Santa Clara University as a group therapist for graduate students in the counseling program. She received her Nursing degree from Mercy Hospital School of Nursing, B.S. in Behavioral Science from the College of Notre Dame, and a M.A. in Marriage, Family and Child Counseling.

**Amy Williams, LCSW** works at Hope Services, Counseling Center in San Jose, CA with adults and children with developmental disabilities. Prior to that, she worked for Community Solutions in Morgan Hill, CA with families, children, and adults as a therapist. She attended San Jose State University and received a BA in Behavioral Sciences with a double major in Psychology as well as a Master of Social Work degree. Amy has taught the NAMI provider course for over 2 years.

**John Scott Fisher** is a licensed Marriage & Family Therapist. He is currently in private practice in San Jose, CA. He specializes in PTSD, couples & individual therapy. He is certified as a team member in the NAMI Provider Training. At this time he also supervises interns who are working toward their CA State licensing exams. Over the last 10 years he has also worked in non-profit agencies as an addiction counselor, mental health counselor, and clinical supervisor.

*Register on-line at <http://elearning.networkofcare.org/scpub>*

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**Wednesday, January 26, 2011-March 30, 2011**  
**Tuesday, March 22, 2011-May 24, 2011**  
**Thursday, April 7, 2011-June 9, 2011**  
**9:00am-12:00pm**

**Learning Partnership Training Center**  
**1075 E Santa Clara St. 2nd Fl**  
**San Jose, CA 95116**

MHD Learning Partnership Presents:

# MENTAL HEALTH FIRST AID

## Course Description

The Mental Health First Aid program is an interactive session which runs 12 hours. It can be conducted as one two-day seminar, two one day events spaced over a short period of time or as four 3-hour sessions. Mental Health First Aid certification must be renewed every three years, and introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews common treatments.

## Objectives:

- The potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, eating disorders, substance use disorders, and self-injury
- An understanding of the prevalence of various mental health disorders in the U.S. and the need for reduced stigma in their communities
- A 5-step action plan encompassing the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care
- The appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem.

\*\* This course meets the qualifications for 12 hours of continuing education for LCSW's and LMFT's as required by the CA Board of Sciences.

## Training Dates:

Thursday, January 27, 2011 &  
Friday, January 28, 2011

Tuesday, February 15, 2011 &  
Tuesday, February 22, 2011

9:00am-4:30pm

Registration starts at 8:30am

## Learning Partnership Training Center

1075 E Santa Clara St. 2nd Fl.  
San Jose, CA 95116



**Melody Hames** is the Ethnic and Cultural Community Advisory Committee (ECCAC) Family Community Coordinator for the African Heritage Mental Health Outreach Coalition (AHMHOC). She has been working with the ECCAC since October of 2009. Her work consists of advocacy, outreach and education, creating and implementing prevention and early intervention strategies to reach the un-served and underserved African American population. As a Certified Mental Health First Aid (MHFA) Trainer, she works in collaboration with the other ECCAC communities and together they bring a unique perspective and voice to the Santa Clara County Mental Health System.



**Raymond T. Fiddler** of the Cheyenne River Sioux/ Standing Rock Tribe, is the Ethnic and Cultural Community Advisory Committee (ECCAC) Family Community Coordinator for Native Family Outreach and Engagement (NFOE), and has worked with his group since October 2007. He practices his Native Culture and traditions, which help keep balance. Raymond is a certified MHFA trainer and first-aider.

Register on-line at <http://elearning.networkofcare.org/scpub>

# Cultural Complexities in Assessment and Engagement

Successful mental health service outcomes are predicated on accurate clinical assessment, diagnosis, treatment planning and service delivery. Acknowledging culture and diversity in all of its ways has become a clinical mandate. The increased diversity of community seeking services challenges providers to address cultural complexities at the outset of clinical engagement. In this training, a cultural framework for all who seek mental health services will be presented. This framework for systematically addressing individual, family and community needs will lead to a formal process to provide assessment and arrive at diagnoses. The DSM-IV TR Cultural Formulation will be presented along with clinical vignettes that will enrich its use. In addition to practical information provided to attendees, there will be practical application exemplified through videotape materials, written clinical descriptions, potential role plays, etc. This workshop is also being held with an understanding of the importance of cultural competence, wellness, resilience, recovery, person-centered care and family-driven services, and other principles of the Mental Health Services Act.

By the end of the workshop, participants will:

- Identify clinical and ethical reasons (at least 3) for integrating cultural competence into assessment, diagnosis and treatment
- Describe a core systematic structure for acknowledging cultural diversity in all aspects of mental health care;
- List the five (5) core components of the DSM-IV TR Outline for Cultural Formulation;
- Demonstrate increased group competence through practical application of the Cultural Formulation through clinical vignettes.

*\*\* This course meets the qualifications for 6 hours of continuing education for LCSW's and LMFT's as required by the CA Board of Sciences.*



**Dr. Matthew R. Mock** received his BA degree in psychology from Brown University and his Doctorate and Masters degrees in clinical and consulting psychology from the California School of Professional Psychology (CSPP). In addition practicing privately in Berkeley as a psychotherapist and consultant, he was the Director of the Center for Multicultural Development with the California Institute for Mental Health in Sacramento. Just prior to this, he was Director of the Family, Youth, Children's and Multicultural Services for the City of Berkeley MH Division where he was practicing for over 20 years. He is also Director of the Cross Cultural Program, and Professor of Psychology with the Graduate School of Professional Psychology at John F. Kennedy University focusing on diverse children and families. As an Adjunct Faculty with the California School of Professional Psychology, Alameda, he focuses on the teaching of socio-cultural and psychotherapeutic considerations with Asian-Pacific Americans.

**Friday, February 4, 2011**

**Tuesday, March 29, 2011**

**9:00am-4:30pm**

Registration starts at 8:30am

**Learning Partnership Training Center**

1075 E Santa Clara St. 2nd Fl.

San Jose, CA 95116

# *Wellness Recovery Action Plan (WRAP) 3-Day Overview for TAY*

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## **WRAP for 18-24 year olds**

I love my WRAP. Calling all 18-24 year olds. Are you looking for a tool that can help you organize the challenges that are presented to you every day? How about a plan that you write for yourself because you are the expert on yourself and your feelings? Come learn to be a powerful change agent to organize and deal with everyday challenges that life throws at you. WRAP is a plan you write yourself with simple straight forward techniques to take everyday experiences and keep them positive. Come experience WRAP.

## **WRAP for Young Adults**

Are you between the ages of 18 and 24 years old and want to learn life changing techniques to deal with life's challenges? Come to our WRAP class and learn about tools, action plans and solutions that organize challenges of daily living. You are the expert on yourself so let me show you how to write a WRAP plan. No gimmicks, easy simple plan that you write and develop in an easy quick format that works for you. Come find out what all the excitement is all about.

\*\* This course meets the qualifications for 18 hours of continuing education for LCSW's & LMFT's as required by the CA BBS.



**BJ North, CRE, ITE, MHRS**, works as a consultant to build bridges across uncommon grounds such as those from businesses to community, individuals to community resources, and agencies to consumers. She has been able to assist various community agencies to service better those they work with by helping people to hear and speak to one another in the spirit of mutual respect. She uses a common foundation for her approach in teaching this, the use of language from cultural perspectives and working with individuals' self-knowledge

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Friday, February 11, 2011  
Friday, February 18, 2011  
Friday, February 25, 2011  
9:00am-4:30pm

**Learning Partnership Training Center**

1075 E Santa Clara St. 2nd Fl.  
San Jose, CA 95116

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Register on-line at <http://elearning.networkofcare.org/scpub>

# Advancing Cultural Competence: Inclusion in the Context of MHSA\*

**\*Recommended Prerequisite: Cultural Competence Core Foundation Training**

## **COURSE DESCRIPTION:**

Cultural competence is not a simple end destination but an ongoing developmental process. Core components of cultural competence include having awareness, attitude, knowledge and skills that enables the service provider to work effectively in cross cultural situations. These foundational elements are central to beginning cultural competence development. Staff and practitioners must not only maintain a conscious awareness of cultural competence but also advance their level of sophistication and practical use. This course will deepen attendees' integration of cultural competence in their work in the context of Mental Health Services Act initiatives. There will be a presentation of different levels of complexities arising in culturally diverse situations accompanied by effective strategies to address them.

## **OBJECTIVES:**

Participants will:

- understand (and describe) cultural competence commitments in the context of MHSA initiatives;
- improve their skills in being able to address culturally challenging situations;
- understand characteristics of culturally competent leaders, supervisors, clinicians and administrators;
- list (at least 3) stances and/or behaviors of a cultural competent provider;
- describe (at least 3) current evidence and research findings indicating factors central for consideration in forming cross-cultural working relationships.

*\*\* This course meets the qualifications for 6 hours of continuing education for LCSW's and LMFT's as required by the CA Board of Sciences.*



**Dr. Matthew R. Mock** received his BA degree in psychology from Brown University and his Doctorate and Masters degrees in clinical and consulting psychology from the California School of Professional Psychology (CSPP). In addition practicing privately in Berkeley as a psychotherapist and consultant, he was the Director of the Center for Multicultural Development with the California Institute for Mental Health in Sacramento. Just prior to this, he was Director of the Family,

Youth, Children's and Multicultural Services for the City of Berkeley MH Division where he was practicing for over 20 years. He is also Director of the Cross Cultural Program, and Professor of Psychology with the Graduate School of Professional Psychology at John F. Kennedy University focusing on diverse children and families. As an Adjunct Faculty with the California School of Professional Psychology, Alameda, he focuses on the teaching of socio-cultural and psychotherapeutic considerations with Asian-Pacific Americans.

Learning Partnership Training Center

1075 E Santa Clara St. 2nd. Fl.  
San Jose, CA 95116

**Friday, February 11, 2011**

**Friday, June 10, 2011**

**9:00am-4:30pm**

**Registration starts at 8:30am**

Register on-line at <http://elearning.networkofcare.org/scpub>

# OUTSMARTING THE SHARK: MENTAL HEALTH DOCUMENTATION TRAINING

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## COURSE DESCRIPTION:

This is a basic course in Medi-Cal documentation. The content focuses on the California Department of Mental Health and Santa Clara County Mental Health Department's clinical record documentation standards for outpatient services. This training will focus on the way to write assessments, treatment plans and progress notes. Facilitators and participants will also re-visit specific mental health services, discuss what constitutes medical necessity, go over the definition of non-reimbursable services, and take another look at lockouts. Last but definitely not least, we will address compliance items through the eyes of a reviewer.

## LEARNING OBJECTIVES:

At the conclusion of this training, participants will:

- Understand the link between medical necessity, assessments/diagnoses, treatment plans and progress notes
- Identify the timelines for assessments, treatment plans and billings
- Be proficient in the key elements in a treatment plan, including important signatures
- Recognize the eight types of Billing and Service Activities
- Distinguish between the seven types and subtypes of Mental Health Services
- Become an expert in the three essential components of a progress note
- Learn what is needed in a group progress note and how to calculate the correct billing for each client in the group
- Be keenly aware of the difference between a billable and non-billable service
- Document to Medi-Cal standards to keep you out of shark-infested waters.

\*\* This course meets the qualifications for 3 hours of continuing education for LCSW's and LMFT's as required by the CA Board of Behavioral Sciences.

Register on-line at <http://elearning.networkofcare.org/scpub>

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**Tuesday, February 15, 2011**  
**Tuesday, April 19, 2011**  
**Tuesday, June 7, 2011**  
**Tuesday, August 9, 2011**  
9:00am-12:00pm

**Learning Partnership Training Center**  
1075 E Santa Clara St. 2nd Fl.  
San Jose, CA 95116

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# Milestone of Recovery Scale (MORS) Training

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## DESCRIPTION

This training course will introduce participants to the Milestones of Recovery Scale (MORS), a method of evaluating where consumers with severe and persistent mental illnesses are in the recovery process. The system is based on assessing the consumer's status on 3 distinct variables: level of risk, level of engagement with the mental health system, and level of skills and supports.

Based on where they fall on these three variables, consumers are assigned to a stage of recovery ranging from "extreme risk," in which it is unlikely that they can be served safely in the community, all the way up to "advanced recovery," in which they graduate from the community mental health system and are indistinguishable from their non-disabled neighbors.

## OBJECTIVES

As a result of attending this workshop, the participants will be able to:

1. Understand the difficulties in measuring recovery
2. Distinguish between subjective and objective measures of recovery
3. Understand how levels of risk, engagement, and skills and supports combine to form a client's rating on the Milestones of Recovery Scale
4. Reliably rate their clients on the Milestones of Recovery Scale.

\*\* This course meets the qualifications for 4 hours of continuing education for LCSW's and LMFT's as required by the California Board of Behavioral Sciences.

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**Picha Watkins, IMFT**, began her career at Momentum as a clinician for the Agency's adult and transitional aged youth (TAY) FSP programs, and was subsequently promoted to the position of FSP-Adult manager. In this capacity, she oversees the planning and coordination of care for 80 FSP partners. Aside from her managerial responsibilities, Picha also provides agency trainings and is a certified MORS trainer.

**Amanda R. Vierra, MHRS, CADC-II**, is currently Assistant Manager of Alameda Programs at Momentum and leads various trainings specific to recovery-oriented documentation and Motivational Interviewing. She is one of two Santa Clara County certified MORS instructors, along with Picha Watkins. Amanda received her B.A. in Psychology specializing in Kinesiology from York University in Toronto, Ontario, Canada; Certification in Drug & Alcohol Studies from UC Berkeley; and is an Internationally Certified Alcohol & Drug Counselor.

### Learning Partnership Training Center

1075 E Santa Clara St. 2nd Fl.  
San Jose, CA 95116

Thursday, February 17, 2011  
8:30am-12:30pm

Thursday, May 12, 2011  
1:00pm-5:00pm

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Register on-line at <http://elearning.networkofcare.org/scpub>

# Advancing Cultural Complexities in Assessment, Engagement and Successful Working Relationships\*

**\*Recommended Prerequisite: Cultural Complexities in Assessment and Engagement**

## **COURSE DESCRIPTION:**

Service providers assume large responsibilities when engaging in helping relationships. The increasing diversity of consumers, family members and communities that we partner with furthers our mandate to be cultural competent throughout our work. While this is a fundamental responsibility, there are added complexities when cultural competence is actually put into clinical practice. Current contextual forces, such as areas of required reporting and documentation, and demand for services impact our work. The Cultural Formulation (along with Culturally Bound Syndromes) in the DSM-IV TR provides a framework or lens for clinicians to conduct their therapeutic work. This formulation is certainly valuable for all from the beginning of building a helping relationship, from initial greeting, evaluation and engagement. But its use must not stop there. Infusion, inclusion and integration of cultural conversations throughout the working relationship can lead to more successful outcomes and more satisfying healing relationships. In order to increase participants' expertise and evidence-based practices, there will be multi-model methods including didactic training, role plays, clinical vignettes, and videotape materials representing many of the clinical challenges but ultimately clinical opportunities. More advanced and complex situations will be covered along with potential strategies and solutions that contributed to successful mental health and relationship outcomes.

## **OBJECTIVES:**

Participants will:

- Further demonstrate increased competence in effectively utilizing the DSM-IV Cultural Formulation;
- List ways (at least 3) in which the DSM-IV TR Cultural Formulation can be used at different levels throughout the clinical relationship;
- Demonstrate improved skills in addressing complex working relationships through a variety of different diverse cultural situations including culture, ethnicity, race, social class, sexual orientation, age, spiritual beliefs, etc.;
- Apply skills for documenting aspects of the culturally responsive relationship in the clinical record.

\*\* This course meets the qualifications for 6 hours of CE for LCSW's and LMFT's as required by the CA Board of Sciences.



**Dr. Matthew R. Mock** received his BA degree in psychology from Brown University and his Doctorate and Masters degrees in clinical and consulting psychology from the California School of Professional Psychology (CSPP). In addition practicing privately in Berkeley as a psychotherapist and consultant, he was the Director of the Center for Multicultural Development with the California Institute for Mental Health in Sacramento. Just prior to this, he was Director of the Family, Youth, Children's and Multicultural Services for the City of Berkeley MH Division where he was practicing for over 20 years. He is also Director of the Cross Cultural Program, and Professor of Psychology with the Graduate School of Professional Psychology at John F. Kennedy University focusing on diverse children and families. As an Adjunct Faculty with the California School of Professional Psychology, Alameda, he focuses on the teaching of socio-cultural and psychotherapeutic considerations with Asian-Pacific Americans.

Register on-line at <http://elearning.networkofcare.org/scpub>

**Learning Partnership Training Center**

1075 E Santa Clara St. 2nd Fl.  
San Jose, CA 95116

**Friday, March 4, 2011**

**Friday, April 29, 2011**

9:00am-4:30pm  
Registration starts at 8:30am

MHD Learning Partnership presents:

## *Co-Occurring Disorders (Dual Diagnosis): Clinical Dilemmas in Assessment & Treatment*

### DESCRIPTION:

A large proportion of individuals suffering from alcoholism and drug dependence also suffer from psychiatric problems and vice versa. Because clinicians often lack training in both addiction and mental health treatment, clients with co-occurring mental and substance-related disorders frequently receive inadequate care, caught in the gap between the mental health and addiction treatment systems. Clinicians can feel ill equipped to face the increasing population of multi-problem and dual diagnosis patients.

The workshop will focus on diagnostic and treatment strategies to address these dilemmas. The issues of motivation, resistance and poor follow through with treatment will be addressed. Because many dual diagnosis patients are not ready to change their substance use and/or follow their mental health treatment, there will also be some focus on motivational interviewing and engaging people into participatory treatment.

### Course Objectives:

Participants will:

- Identify the attitude and value system changes required to work with dual diagnosis clients.
- Discuss assessment strategies, techniques and priorities to determine treatment options and interventions.
- Apply treatment and motivational strategies necessary to develop a treatment plan that meets the client's individual multidimensional needs and stage of change.
- Identify staff, program and systems issues in providing less fragmented services for those with co-occurring mental and substance-related disorders.



**Presenter: David Mee-Lee, M.D.** is a board-certified psychiatrist and is certified by the American Board of Addiction Medicine (ABAM). He is based in Davis, CA and is involved in full-time training and consulting both nationally and internationally. Dr. Mee-Lee is Chief Editor of the Revised Second Edition of the ASAM Criteria, ASAM PPC-2R, which includes criteria for co-occurring mental and substance-related disorders. He is a Senior Advisor to The Change Companies. Dr. Mee-Lee has over thirty years experience in treatment and program development for people with co-occurring mental and substance use disorders.

Register on-line at <http://elearning.networkofcare.org/scpub>

**Thursday, March 17, 2011  
9:00 am-4:30 pm**

Registration starts at 8:30 am

**Learning Partnership Training Center**

1075 E Santa Clara St. 2nd Fl.  
San Jose, CA 95116

# Recovery Happens! Advanced Skills in Recovery-Oriented Practice

\*\* Completing this course meets the qualifications for 30 hours of continuing education for LCSW's and LMFT's as required by the CA Board of Behavioral Sciences.

## Training Dates:

**March 17, 2011**

**March 24, 2011**

**April 7, 2011**

**April 14, 2011**

**April 21, 2011**

**April 28, 2011**

**May 5, 2011**

**May 12, 2011**

**May 19, 2011**

**May 26, 2011**

**1:30pm-4:30pm**

**Registration starts at 1:00pm**

## Learning Partnership Training Center

1075 E Santa Clara St. 2nd fl.  
San Jose, CA 95116

Phone: 408-792-3900

## Course Description:

*Inspired at Work* is offering this training series in advanced skills practice for consumer and family member staff. The first session is a comprehensive look at the history of the consumer and family movements that have played such an instrumental role in the transformation of the mental health system. In the next sections, participants will delve into wellness and recovery values, with an emphasis on practical application. In the Community Integration session, participants will be exposed to the concept of social capital, and how practitioners can help to reduce stigma and enhance the community participation of consumers. Group Facilitation Skills will focus on effectively using groups for engagement and furthering recovery goals for consumers. In addition, a special session on culture and mental health will explore different views on symptoms and the impact of cultural beliefs on mental health treatment. In the final session, participants will be able to identify the principles of psychosocial rehabilitation and begin to consciously utilize these principles in working with consumers and family members.

## Learning Objectives

1. Participants will be able to articulate the impact of the consumer/family movements on the transformation of the mental health system.
2. Participants will be able to demonstrate strategies for enhancing hope in consumers and family members.
3. Participants will be able to demonstrate the ability to do a strengths assessment.
4. Participants will be able to articulate the steps involved in assisting a client or family member with community integration.
5. Participants will be able to identify appropriate levels of disclosure in the workplace.
6. Participants will be able to demonstrate the ability to explore cultural beliefs with consumers and family members.
7. Participants will be able to identify psychosocial rehabilitation principles in practice.



**Inspired at Work** is a consultation and training firm with special expertise in assisting counties and agencies in developing recovery-oriented programs and services. Inspired at Work trainings are designed to be interactive, lively and informative. **Debra Brasher, Terri Byrne and Lucinda Dei Rossi** are Certified Psychiatric Rehabilitation Practitioners, and together bring many years of community mental health experience to the trainings that they offer. In addition, we have been hiring, training and working alongside consumers as providers for over 15 years. We strive to support systems and staff to create the opportunity and environment for hiring consumer providers.



# Asian Americans: Culturally Responsive Services for Our Diverse and Complex Community

## DESCRIPTION:

In this survey course, attendees will learn briefly about some of the history, cultural influences, diversity and experiences of Asian Americans. Using this as core, foundational reference attendees will review the multiple issues and concepts related to the psychology of Asian individuals, families and communities. Cultural competence and responsiveness in working with Asian Americans means not only understanding others, but also understanding ourselves and the communities around us. Cultural competency, cultural responsiveness and cultural humility have become imperatives in clinical and service practices in working with Asian American individuals, families and groups. Core issues such as intra-Asian diversity, the role of family, immigrant versus refugee status, acculturation, culture shock, generational influences, the "model minority" myth, racism and discrimination as they impact Asian identity will be discussed. Recommendations from nationally recognized mental health experts as well as evidence-based practices, practice based evidence and effective practices will be discussed.

### Special Note:

*This course is being held in special recognition of Asian American Heritage Month acknowledged every March of every year. As such, this will be a dynamic, engaging and inspiring day of learning for all!*

## OBJECTIVES:

By the end of the workshop, attendees will be able to:

1. describe core reasons (at least three) for understanding diversity and complexity among Asian American communities;
2. identify reasons (at least 3) why Asian Americans underutilize certain services (such as mental health) or are underserved in certain treatment services;
3. list several service recommendations (at least 4) that are culturally responsive and moving towards "culturally competent" for certain Asian American clients, families and their communities including recommended practices;
4. articulate (and list at least 3) aspects of their own diversity which may impact processes working effectively with Asian Americans.

*\*\* This course meets the qualifications for 6 hours of continuing education for LCSW's and LMFT's as required by the CA Board of Sciences.*



**Dr. Matthew R. Mock** received his BA degree in psychology from Brown University and his Doctorate and Masters degrees in clinical and consulting psychology from the California School of Professional Psychology (CSPP). In addition practicing privately in Berkeley as a psychotherapist and consultant, he was the Director of the Center for Multicultural Development with the California Institute for Mental Health in Sacramento. Just prior to this, he was Director of the Family, Youth, Children's and Multicultural Services for the City of Berkeley

MH Division where he was practicing for over 20 years. He is also Director of the Cross Cultural Program, and Professor of Psychology with the Graduate School of Professional Psychology at John F. Kennedy University focusing on diverse children and families. As an Adjunct Faculty with the California School of Professional Psychology, Alameda, he focuses on the teaching of socio-cultural and psychotherapeutic considerations with Asian-Pacific Americans.

**Friday, March 18, 2011**

**9:00am-4:30pm**

Registration starts at 8:30am

**Learning Partnership  
Training Center**

1075 E Santa Clara St. 2nd Fl.  
San Jose, CA 95116

Register on-line at <http://elearning.networkofcare.org/scpub>

# Cultural Competence for Bilingual Staff and Interpreters

## DESCRIPTION:

Bilingual staff, interpreters and translators are essential in providing culturally competent mental health services. In order to remain effective, providers of such services should receive ongoing training and consultation. This workshop provides an update of current issues in public mental health and ways bilingual staff, interpreters and translators will remain vital in work with others in the service system. Ways of assessing effective interpreter services will be reviewed and discussed. In these facilitated meetings with bilingual providers, the focus will include current MHSA transformation principles of cultural competence, recovery-oriented, client-centered, consumer and family driven, etc. There will be opportunities for skill review as well as enhancement. There will be specific topics covered including non-verbal communication, intra-ethnic differences in cultures, current or emerging mental health concepts, multi-ethnic client culture

## OBJECTIVES:

By the end of the workshop, participants will:

1. Understand MHSA principles related to their work;
2. Ways of assessing effective interpreter and translation services;
3. Increase their knowledge of mental illness (and sources of wellness) in different cultures;
4. Improve their use of the CLAS Standards in providing interpretation and translation services.

*\*\* This course meets the qualifications for 6 hours of continuing education for LCSW's and LMFT's as required by the CA Board of Sciences.*



**Dr. Matthew R. Mock** received his BA degree in psychology from Brown University and his Doctorate and Masters degrees in clinical and consulting psychology from the California School of Professional Psychology (CSPP). In addition practicing privately in Berkeley as a psychotherapist and consultant, he was the Director of the Center for Multicultural Development with the California Institute for Mental Health in Sacramento. Just prior to this, he was Director of the Family, Youth, Children's and Multicultural Services for the City of Berkeley MH Division where he was practicing for over 20 years. He is also Director of the Cross Cultural Program, and Professor of Psychology with the Graduate School of Professional Psychology at John F. Kennedy University focusing on diverse children and families. As an Adjunct Faculty with the California School of Professional Psychology, Alameda, he focuses on the teaching of socio-cultural and psychotherapeutic considerations with Asian-Pacific Americans.

Register on-line at <http://elearning.networkofcare.org/scub>

**Learning Partnership Training Center**

1075 E Santa Clara St. 2nd Fl.  
San Jose, CA 95116

**Friday, March 25, 2011**

**9:00am-4:30pm**

Registration starts at 8:30am

# The Imperatives of Effective Partnerships with Cultural and Ethnic Communities

Register on-line at <http://elearning.networkofcare.org/scpub>

## DESCRIPTION:

In order to provide cultural competent services to diverse communities there must be concerted efforts at outreach and engagement. Given the imperatives of the work, activities and work must be mutually engaging, respectful, bidirectional and ongoing. The MHSA further underscores best practices where cultural communities not only speak for themselves but are always “at the table” when services are being decided and provided. Researchers and policymakers have found that most effective and culturally competent practices are best received and most effective when communities being served are themselves actively engaged. Rather than a passive process, this is a highly active one. This dynamic and engaging workshop will address some of the challenges, opportunities and specific lessons learned as cultural “best practices” in forming community partnerships. There will examples given of program processes, CBO, client- community involvement and resources for future use in planning and partnership success.

## OBJECTIVES:

By the end of the workshop, attendees will be able to:

1. understand and list (at least 3) imperatives in forming effective partnerships with cultural, ethnic, racial and linguistic communities;
2. describe and list (at least 3) potential barriers to entering into and maintaining relationships with cultural, ethnic, racial and linguistic communities;
3. articulate some core findings through research conducted on building effective community partnerships;
4. describe and list (at least 3) characteristics of individual intervention strategies central to forming core partnerships with cultural, ethnic, racial and linguistic communities with commitments to cultural competence.

*\*\* This course meets the qualifications for 6 hours of continuing education for LCSW's and LMFT's as required by the CA Board of Sciences.*



**Dr. Matthew R. Mock** received his BA degree in psychology from Brown University and his Doctorate and Masters degrees in clinical and consulting psychology from the California School of Professional Psychology (CSPP). In addition practicing privately in Berkeley as a psychotherapist and consultant, he was the Director of the Center for Multicultural Development with the California Institute for Mental Health in Sacramento. Just prior to this, he was Director of the Family, Youth, Children's and Multicultural Services for the City of Berkeley MH Division where he was practicing for over 20 years. He is also Director of the Cross Cultural Program, and Professor of Psychology with the Graduate School of Professional Psychology at John F. Kennedy University focusing on diverse children and families. As an Adjunct Faculty with the California School of Professional Psychology, Alameda, he focuses on the teaching of socio-cultural and psychotherapeutic considerations with Asian-Pacific Americans.

**Learning Partnership Training Center**

**1075 E Santa Clara St. 2nd Fl.**

**San Jose, CA 95116**

**Wednesday, March 30, 2011**

**9:00am-4:30pm**

Registration starts at 8:30am

# Law and Ethics Update

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## DESCRIPTION

This is an intermediate/advanced course in Laws/Ethics designed to fulfill the requirements of mental health professional licensing boards in California. The course covers changes in professional society ethics codes, applicability of ethics codes under state law, record-keeping, note taking, HIPAA compliance issues, liability issues with suicidal patients, recent developments in "Tarasoff" law, malpractice and licensing board actions and liability issues for professionals who provide supervision/consultation.

## OBJECTIVES

- Improve your clinical, ethical and legal decision-making process.
- Understand developments for mandated reporters.
- Understand and manage the unique risks for agency-based mental-health professionals.

## AGENDA

- Laws & Ethics Update: Changes in laws
- Professional Records: Content, HIPAA, Retention
- Access/Release, Summary, Computerized Records, Subpoenas
- Suicide Risk Management
- Managing High Conflict Divorce/Custody Cases
- Licensing Board Actions
- Professional Liability Insurance
- Supervision/Consultation
- Update on Confidentiality
- Q & A

*\*\* This course meets the qualifications for 6 hours of continuing education for LCSW's and LMFT's as required by the CA Board of Behavioral Sciences.*



**PRESENTER:** Steven Frankel, Ph.D., JD, ABPP is an attorney at law and a clinical psychologist. With a Ph.D. from Indiana University, he joined the full time faculty of the University of Southern California after his internship at the Psychiatric Institute of Columbia University. He served for 11 years that included five years as the Chair of Clinical Psychology (Director of Clinical Training). He remains a Clinical Professor of Psychology at USC. Dr. Frankel entered Loyola Law School of Los Angeles in 1993 and began the practice of law upon completion of his legal training. His legal practice is in Health and Administrative Law, such that he represents health care professionals in their dealings with agencies like licensing boards and Medicare, as well as with their miscellaneous worries. Steve has always been committed to teaching and has many prestigious awards for excellence in teaching.

**Register on-line at <http://elearning.networkofcare.org/scpub>**

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**Masonic Center**

**2500 Masonic Dr.  
San Jose, CA 95125**

**Monday, April 11, 2011**

**9:00 am-4:30pm**

Registration starts at 8:30am

MHD Learning Partnership Presents:

## *RELATIONSHIPS MATTER: A RELATIONSHIP-BASED APPROACH TO ASSESSMENT AND INTERVENTION WITH CHILDREN AGES 0-5*

### **Description:**

Research provides converging evidence for the importance of early relationships on child outcomes for optimal brain, body, and socio-emotional development. An infant's health and development are directly influenced by the quality of care and experiences a child has with his caregivers and other adults. When relationships are strong, positive and nurturing, children grow up physically and psychologically healthy and ready to learn.

This training will offer a relationship-based approach to assessment and intervention with children ages 0-5. Participants will learn about the significance of screening tools, the elements of assessment, and the principles of careful observation. Integral to the training will be UNDERSTANDING THE PRINCIPLES OF skills oriented, developmental oriented, and awareness oriented interventions. Discussion will include strategic interventions such as Parent Child Interaction Therapy (PCIT), DIR/Floortime, and Dyadic Therapy (i.e., Watch, Wait, and Wonder, Child-Parent Psychotherapy). Supporting the child's primary relationships is the keystone in infant and early childhood mental health practice. The participants will develop the understanding that relationships matter and that assessments and treatment must be provided within the context of the relationship between the infant/toddler and their primary caregiver.

### **Objectives:**

1. Understand the significance of screening tools and determining the need for further evaluation.
2. Recognize the elements of assessment for shared understanding and intervention.
3. Understand the principles of careful observation and the different patterns of parent-infant interaction and impact on child outcomes.
4. Be introduced to relationship-based modalities for intervention.
5. Be able to support the "falling in love" process between the caregiver-infant which promotes family well-being and optimal child development.

*\*\* This course meets the qualifications for 6 hours of continuing education for LCSW's and LMFT's as required by the CA Board of Sciences.*



**Maretta Juarez, LCSW**, Student Intern Program and Career Pathways Program Coordinator; Maretta has been a licensed clinician since 1988 and has been providing services to diverse populations and cultural groups. She began her career working with young children traumatized by abuse, neglect and abandonment. The last seven years her passion has been her work in the infant and early childhood mental health field.



**Zelia Faria-Costa, LMFT**, is a Reflective Practice Facilitator for Infant and Parent Early Childhood MH Program of Santa Clara County. She specializes in working with 0-5 age group, is experienced in Reflective Supervision, systems assessment, and uses eclectic treatment modalities and provides consultations on cross-systems and multidisciplinary teams.



**Sharla Kibel, LMFT**, is a lead clinician/supervisor at KidScope. She offers consultation, assessment and treatment for families with young children as part of FIRST 5 System of Care. She participated in the 0-5 strategy team for MHSA in SCC and represented the MHD on the Inclusion Collaborative team that designed the KidsConnections service model.

**Learning Partnership Training Center**  
1075 E Santa Clara St. 2nd Fl.  
San Jose, CA 95116

**Wednesday, May 18, 2011**  
**9:00am-4:30pm**  
Registration starts at 8:30am

# Culturally Competent Systems of Care as Best Practices

## DESCRIPTION:

The availability and provision of systems of care in working with children, adults and older adults is essential to county services. Systems of care are shown to be effective in many ways including an array of comprehensive services to address complex needs, provision of services in a coordinated and efficient manner, voice and choice and ongoing services to individuals in their communities, and core principles of wellness, recovery and social inclusion. An inherent value underlying all is that systems of care infuse, integrate and embed culture and cultural competence throughout services delivery. While this may seem obvious, there are sometimes potential barriers and challenges which will be addressed. The various values of the different systems of care for different age groups will be covered along with core examples of effective and best practices. Examples will be given of less than optimal situations, some constructed by attendees, followed by consultation and discussion leading to understanding of optimizing an effective system of care with a culturally competent lens.

## OBJECTIVES:

By the end of the workshop, attendees will be able to:

1. Describe and list (at least 4) core values guiding a children's system of care;
2. Identify and list (at least 4) core principles guiding adult's and older adult's systems of care;
3. Articulate how culturally competence and responsiveness is core to all systems of care and services among providers;
4. Evaluate specific situations (1 or more) to provide effective recommendations for improving a system of care with an acknowledgement of culture as a core value.

*\*\* This course meets the qualifications for 6 hours of continuing education for LCSW's and LMFT's as required by the CA Board of Sciences.*



**Dr. Matthew R. Muck** received his BA degree in psychology from Brown University and his Doctorate and Masters degrees in clinical and consulting psychology from the California School of Professional Psychology (CSPP). In addition practicing privately in Berkeley as a psychotherapist and consultant, he was the Director of the Center for Multicultural Development with the California Institute for Mental Health in Sacramento. Just prior to this, he was Director of the Family, Youth, Children's and Multicultural Services for the City of Berkeley MH Division where he was practicing for over 20 years. He is also Director of the Cross Cultural Program, and Professor of Psychology with the Graduate School of Professional Psychology at John F. Kennedy University focusing on diverse children and families. As an Adjunct Faculty with the California School of Professional Psychology, Alameda, he focuses on the teaching of socio-cultural and psychotherapeutic considerations with Asian-Pacific Americans.

**Friday, April 15, 2011**

**9:00am-4:30pm**

Registration starts at 8:30am

**Learning Partnership  
Training Center**

1075 E Santa Clara St. 2nd Fl.  
San Jose, CA 95116

Register on-line at <http://elearning.networkofcare.org/scpub>

# Effective Practitioner Utilization of Bilingual Staff & Interpreters\*

**\*Specific Target Group: Service providers working with interpreters**

## **COURSE DESCRIPTION:**

The linguistic and communication needs of those who seek services are among our service mandates. Research and description of clinical practices has emphasized how linguistic competence can make large or even subtle differences in effective mental health and health care practices. Beyond the spoken word, there are denotations and connotations and specific colloquial terms and phrases that can complicate understanding in critical relationship building and eventual clinical outcomes.

Interpreters are central to a clinical team at a time when language diversity is increasing and becoming more complex. In order to form effective working relationships among teams there are important facets of working with interpreters that can increase overall clinical provider competence. Consumers and family members may have increased competence and opportunities towards reaching wellness and recovery in having confidence that their service providers are clearly communicating, attending to their own processes and always returning to what is optimal for their well being.

## **OBJECTIVES:**

Participants will:

- Review models and processes for effective utilization of interpreters;
- Discuss contextual challenges in use of interpreters in clinical situations along with potential strategies to address them;
- List some (at least 2) state-of-the-art research findings on use of interpreters in helping relationships;
- Apply skills increasing their awareness, knowledge and relational use of interpreters in clinical situations;
- Learn ways to improve use of interpreters and ways interpreters will work effectively with service providers and as part of the treatment team.

\*\* This course meets the qualifications for 6 hours of CE for LCSWs and LMFT's as required by the CA Board of Sciences.



**Dr. Matthew R. Mock** received his BA degree in psychology from Brown University and his Doctorate and Masters degrees in clinical and consulting psychology from the California School of Professional Psychology (CSPP). In addition practicing privately in Berkeley as a psychotherapist and consultant, he was the Director of the Center for Multicultural Development with the California Institute for Mental Health in Sacramento. Just prior to this, he was Director of the Family, Youth, Children's and Multicultural Services for the City of Berkeley MH Division where he was practicing for over 20 years. He is also Director of the Cross Cultural Program, and Professor of Psychology with the Graduate School of Professional Psychology at John F. Kennedy University focusing on diverse children and families. As an Adjunct Faculty with the California School of Professional Psychology, Alameda, he focuses on the teaching of socio-cultural and psychotherapeutic considerations with Asian-Pacific Americans.

Register on-line at <http://elearning.networkofcare.org/scpub>

**Learning Partnership Training Center**

1075 E Santa Clara St, 2nd Fl.  
San Jose, CA 95116

**Monday, May 2, 2011**

9:00am-4:30pm

Registration starts at 8:30am

MHD Learning Partnership presents:

## SKILL BUILDING IN HELPING PEOPLE CHANGE: ADVANCED LEVEL MOTIVATIONAL INTERVIEWING

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### Workshop Description

For clinicians familiar with Motivational Interviewing (MI) and other person-centered and empowerment models it is still difficult to fully practice these skills and provide such services. Many clinicians knowledgeable about MI do not use it appropriately, effectively and consistently.

This workshop will provide the opportunity to practice skills to implement Motivational Interviewing principles. It is designed to increase clinicians' skills in engaging clients into treatment through small and large group exercises and role play. The workshop will also encourage discussion and consultation concerning difficult dilemmas and case presentations.

### Educational Objectives:

In this workshop, participants will:

1. Identify knowledge gaps in key concepts about Motivational Interviewing and models of stages of change.
2. Review clinical practice and difficulties in implementing Motivational Interviewing.
3. Apply skills for enhancing motivation for and commitment to change.

\*\* This course meets the qualifications for 6 hours of continuing education for LCSW's and LMFT's as required by the CA Board of Behavioral Sciences.

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**David Mee-Lee, M.D.**, is a board-certified psychiatrist and is certified by the American Board of Addiction Medicine (ABAM). He is based in Davis, CA and is involved in full-time training and consulting both nationally and internationally. Dr. Mee-Lee is Chief Editor of the Revised Second Edition of the ASAM Criteria, ASAM PPC-2R, which includes criteria for co-occurring mental and substance-related disorders. He is a Senior

Advisor to The Change Companies. Dr. Mee-Lee has over thirty years experience in treatment and program development for people with co-occurring mental and substance use disorders.

*Register on-line at: <http://elearning.networkofcare.org/scpub>*

### Learning Partnership Training Center

1075 E Santa Clara St. 2nd Fl.  
San Jose, CA 95116

**Thursday, May 5, 2011**

9:00am-4:30pm

Registration starts at 8:00am

# *Wellness Recovery Action Plan 3-Day Overview*

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## **COURSE DESCRIPTION**

This three (3) day course is open to anyone who wants to increase their understanding of WRAP and mental health recovery concepts and skills.

After this course you will have a personal understanding of how WRAP works. You will also see the benefits of having this as a tool for those who receive services, supporters, providers, family members and the community at large. This powerful wellness tool helps those who use it focus on wellness and wholeness instead of illness and sickness.

## **OBJECTIVES**

This course is designed to help participants learn:

- mental health recovery concepts and skills
- how to develop a Wellness Recovery Action Plan (WRAP)

\*\* This course meets the qualifications for 18 hours of continuing education for LCSW's & LMFT's as required by the CA BBS.

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### **BJ North, CRE, ITE, MHRS**

BJ North works as a consultant to build bridges across uncommon grounds such as those from businesses to community, individuals to community resources, and agencies to consumers. She has been able to assist various community agencies to service better those they work with by helping people to hear and speak to one another in the spirit of mutual respect. She uses a common foundation for her approach in teaching this, the use of language from cultural perspectives and working with individuals' self-knowledge

**Register Online at:** <http://elearning.networkofcare.org/scpub/>

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#### **Training Dates:**

Friday, May 13, 2011

Friday, May 20, 2011

Friday, May 27, 2011

**9:00am-4:30pm**

Registration starts at 8:30am

#### **Learning Partnership Training Center**

1075 E Santa Clara St. 2nd Fl

San Jose, CA 95116



## Culturally Competent Practices: Working Effectively with Immigrants & Refugees

### DESCRIPTION:

Immigrant, refugee and other migrant communities are significant contributors to society. Their individual and family histories and stories of arrival to the U.S. impact their mental health and adjustment to their new home. In order to provide cultural competent services to these diverse communities, there must be special considerations given to an array of issues. Immigrant and refugee communities are diverse and complex in so many ways including specific cultural norms and values, degree of experienced trauma and stress, different contexts in which they decide to move, degrees of acceptance and fitting in into their new community. Clinical experience acknowledges significant differences among immigrants versus refugees.

This course will cover many additional topic areas including assessing trauma and stress, reactions and responses of providers, special behavioral, emotional and mental health concerns, sources of cultural strength and resilience, multigenerational culture conflicts, and effective service strategies and stances. The course will utilize videotape material, clinical work conducted by cultural family experts and personal narratives of attendees. Some of the findings of effective practices including research by the presenter will be shared. Special considerations will be gathered among attendees serving these groups.

### OBJECTIVES:

By the end of the workshop, attendees will be able to:

1. understand and list (at least 3) imperatives in understanding the backgrounds of immigrants and refugees that can be sources of mental health stress;
2. understand and list (at least 3) imperatives in working with immigrants and refugees with a focus on sources of strength and resilience that can contribute to mental health and wellness;
3. apply a specific process for the effective evaluation of immigrants and refugees;
4. list principles (at least 4) of forming effective working relationships and partnerships with immigrant, refugee and other migrant communities..

*\*\* This course meets the qualifications for 6 hours of continuing education for LCSW's and LMFT's as required by the CA Board of Sciences.*



**Dr. Matthew R. Mock** received his BA degree in psychology from Brown University and his Doctorate and Masters degrees in clinical and consulting psychology from the California School of Professional Psychology (CSPP). In addition practicing privately in Berkeley as a psychotherapist and consultant, he was the Director of the Center for Multicultural Development with the California Institute for Mental Health in Sacramento. Just prior to this, he was Director of the Family, Youth, Children's and Multicultural Services for the City of Berkeley MH Division where he was practicing for over 20 years. He is also Director of the Cross Cultural Program, and Professor of Psychology with the Graduate School of Professional Psychology at John F. Kennedy University focusing on diverse children and families. As an Adjunct faculty with the California School of Professional Psychology, Alameda, he focuses on the teaching of socio-cultural and psychotherapeutic considerations with Asian-Pacific Americans.

**Friday, May 20, 2011**

**9:00am-4:30pm**

Registration starts at 8:30am

**Learning Partnership Training Center**

**1075 E Santa Clara St. 2nd Fl.**

**San Jose, CA 95116**

Register on-line at <http://elearning.networkofcare.org/scpub>

MHD Learning Partnership presents:

# Wellness Recovery Action Plan (WRAP) 5 day overview

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## COURSE DESCRIPTION

This is a 5-day training that starts on Monday, June 13, 2011 and ends Friday, June 17, 2011. To attend the 5-day training there is the prerequisite that you attend the 3-day WRAP training. This intensive five-day training is designed to help you become a powerful change agent/recovery educator as a WRAP Facilitator. Each participant will give an introduction and presentation on a Recovery topic; have an experience of what it is like to facilitate a group, field questions and answers from participants, hands on understanding of what others hold for them as a facilitator and in depth understanding of the issues others face on a daily basis.

## OBJECTIVES

This course is designed to help participants learn:

- Mental health recovery concepts and skills
- How to develop a Wellness Recovery Action Plan (WRAP)

\*\* This course meets the qualifications for 30 hours of continuing education for LCSW's and LMFT's as required by the CA Board of Behavioral Sciences.



**BJ North, CRE, ITE, MHRS**, works as a consultant to build bridges across uncommon grounds such as those from businesses to community, individuals to community resources, and agencies to consumers. She has been able to assist various community agencies to service better those they work with by helping people to hear and speak to one another in the spirit of mutual respect. She uses a common foundation for her approach in teaching this, the use of language from cultural perspectives and working with individuals' self-knowledge

*Register on-line at: <http://elearning.networkofcare.org/scpub>*

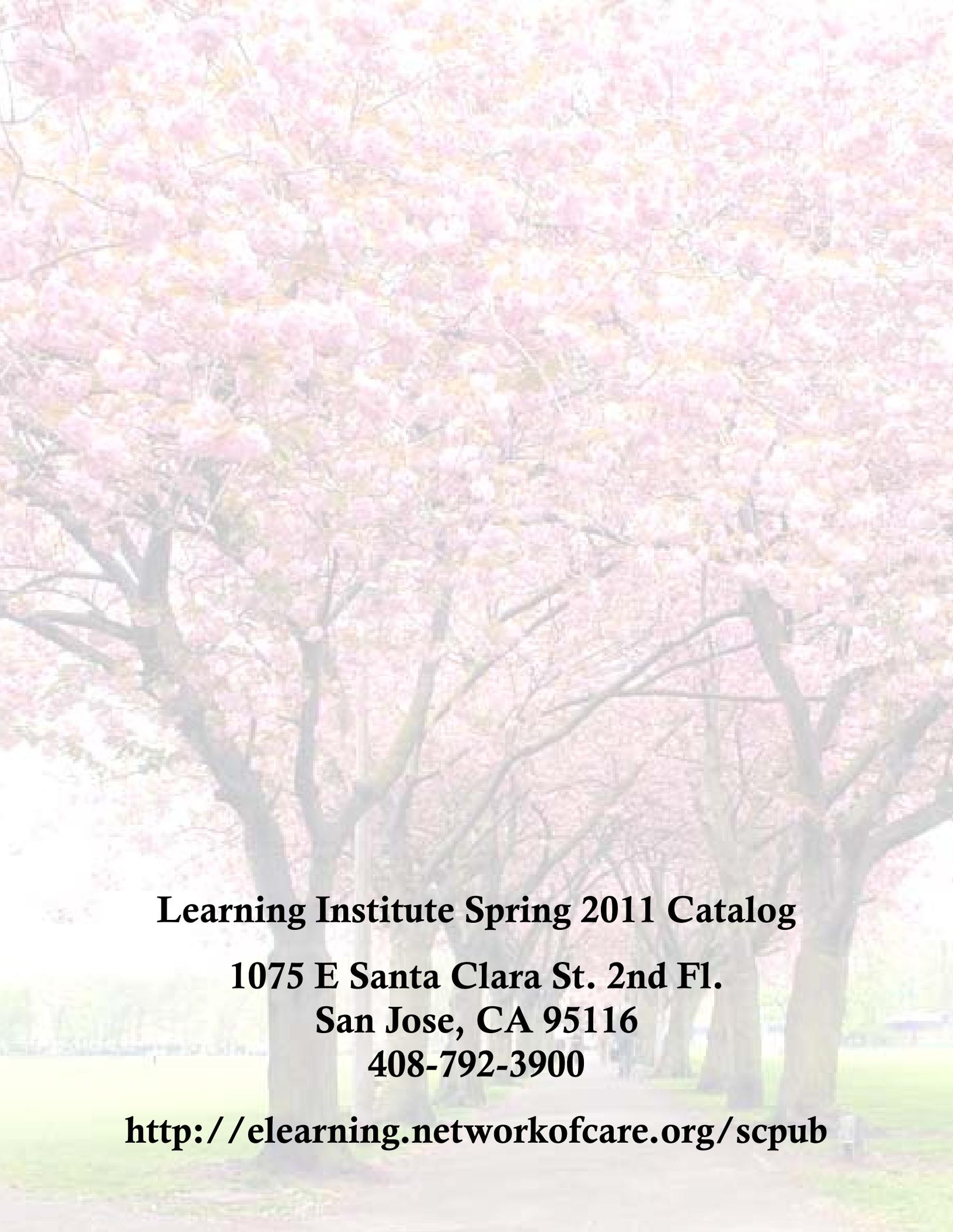
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**Learning Partnership Training Center**

1075 E Santa Clara St. 2nd Fl.  
San Jose, CA 95116

**Monday, June 13, 2011 to  
Friday, June 17, 2011**

9:00am-4:30pm  
Registration starts at 8:30am



**Learning Institute Spring 2011 Catalog**

**1075 E Santa Clara St. 2nd Fl.**

**San Jose, CA 95116**

**408-792-3900**

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