



ENHANCING KNOWLEDGE AND SKILLS IN ADULT MENTAL HEALTH

April 18-19, 2024

**The Education Center at Eastern AHEC
2600 W. Arlington Blvd.
Greenville, NC**

Even with the increased awareness and interest in mental health, we still face challenges around stigma, early identification, and access to care. These challenges continue to overwhelm human service providers and the healthcare system. Medicaid expansion, building new inpatient hospitals across the state, realigning the managed care system in North Carolina, and increased funding for community based programs is promising and overdue. It is paramount that providers be equipped to respond and intervene effectively. Providing care for older adults, couples and families, agricultural workers and farmers, and veterans is critical with these groups having high rates of suicide and utilization of behavioral health services. Understanding new technology such as Artificial Intelligence and its role in behavioral health treatment is key. As always, provider wellness and self-care is essential.

This annual conference will open with a keynote presentation on setting boundaries in your personal and professional life. With so many demands on providers from clients and administrative expectations, plus the responsibilities of our personal lives, how do we balance it all?! Following this presentation, participants will choose concurrent sessions to attend including ethics, couples therapy, group work, using music in treatment, dementia, elder abuse, medication update, advanced suicide intervention, and much more!

Sessions specifically designed for psychiatric and advance practice nurses and nurse practitioners will be offered. Psychologists can get half of their yearly hours just by attending this conference.

Don't miss this opportunity to learn new techniques and interventions you can implement upon your return to practice. This in-person only conference will give you a chance to network and interact with colleagues from across the region. A one day rate is available for those that cannot attend both days.

Target Audience

- Mental health, substance use, and all human service providers working with adults and families
- Social Workers
- Licensed Clinical Mental Health Counselors
- Psychologists
- Marriage and Family therapists
- Addiction Professionals
- Therapists and Clinicians
- Psychiatric and advance practice nurses
- Nurse Practitioners
- Care Coordinators/Case Managers
- Counselors
- All interested mental health professionals

In partnership with Duke AHEC

DUKE AHEC
PART OF NC AHEC

EASTERN AHEC
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Conference Agenda

April 18, 2024

8:30 a.m.

9:15 a.m.

9:30 a.m.

11:30 a.m.

12:30 p.m.

2:30 p.m.

2:45 p.m.

4:45 p.m.

CHECK IN/Refreshments

Welcome and Opening Remarks

Karen Koch, MSW, LCSW

Director, Mental Health Education, Eastern AHEC

Keynote Presentation

LUNCH (provided)

Early Afternoon Concurrent Sessions

BREAK

Late Afternoon Concurrent Sessions

ADJOURNMENT

April 19, 2024

9:00 a.m.

9:30 a.m.

11:30 a.m.

12:30 p.m.

2:30 p.m.

2:45 p.m.

4:45 p.m.

CHECK IN/Refreshments

Morning Concurrent Sessions

LUNCH (provided)

Early Afternoon Concurrent Sessions

BREAK

Late Afternoon Concurrent Sessions

ADJOURNMENT

Planning Committee

Karen J. Koch, MSW, LCSW

Director

Mental Health Education

Eastern AHEC

Claire Mills, MPH, RN, FACHE

Director, Elizabeth City Office

Eastern AHEC

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ECU Health Medical Center

Jackie Beck, MS, LCMHCS, LCAS, NCC

Associate Vice President of Behavioral Health Care

Management

Trillium Health Resources

Pam Esposito, MSW, LCSW

Nicole Lewis, MSW, LCSW, LCAS, CCS

Owner/Therapist

Redefined Counseling Center, PLLC

Melissa Reese

Eastpoint MCO

Matthew Whited, PhD

Associate Professor

Department of Psychology

East Carolina University

9:15 a.m. - **Welcome and Opening Remarks**

9:30 a.m. - 11:30 a.m. - **KEYNOTE PRESENTATION**

JUMPING OFF THE BALANCE BEAM MIGHT JUST SAVE YOUR LIFE

NICOLE LEWIS, MSW, LCSW, LCAS, CCS

Redefined Counseling Center, PLLC

Stand around and listen to any conversation in a working environment and you will hear things like, “I wish I could make time for everything” or “I am just so tired and feel like I can never get it all done.” As working professionals, and even as therapists, we are pulled in too many directions, trying to balance our work life with the demands we carry at home and other areas of involvement and responsibility. The hats we wear are weighing so heavy on us these days. I invite you to set aside a little bit of time to join me as we discover how switching our mindset from balance to boundaries might just be the answer we’ve been searching for. And yes, the professionals need this too. We are all very proficient at teaching others how to manage their boundaries and care for themselves, but we are struggling to manage these same skills for ourselves. Let’s stop talking and do something about it!

Objectives:

- Identify the importance of setting and respecting our own boundaries, as well as those around us in order to honor our core values and personal goals
- Identify three key components to create a healthy sense of identity and self awareness, improve healthy relationships, and ensure overall professional health and wellbeing
- Establish flexibility and well-being in areas such as emotional, physical, mental, time and energy to prevent personal and professional burnout
- Develop two strategies for learning to say “NO”.....even if that means saying no to YOUrself

Nicole “Nikki” Lewis is the owner of Redefined Counseling Center, PLLC in Kinston, NC. As a clinician and supervisor, Nikki has been in practice for 18 years. She received her bachelor’s and master’s degrees in social work from East Carolina University. She began her career working at Cherry Hospital as a clinician and later the social work supervisor of the admissions unit. After leaving Cherry Hospital, she served as a clinician and supervisor at various non-profit, community mental health and private practice offices doing what she loves the most; developing professional relationships with her clients and helping them discover their own path to meet their goals of life improvement and mental wellness. Prior to opening Redefined Counseling Center, PLLC, Nikki served at PORT Health for over 8 years as the Program Supervisor in the Kinston Office. She has extensive knowledge and experience working with clients with concerns related to grief, trauma, relationship loss, life transitions and stress, addiction, depression and anxiety. She utilizes various treatment modalities and provides a person centered, solution focused approach to aid in quick recovery and stabilization. Nikki also has a passion for serving first responders and has provided critical incident stress management services throughout Eastern NC since 2002. She has served on various committees and boards to help fight the opioid battle in Lenoir County and to provide a safe space for those seeking treatment, as they pursue mental wellness.

11:30 a.m. - 12:30 p.m. - **LUNCH (provided)**

April 18, 2024

Early Afternoon Concurrent Sessions

12:30 p.m. - 2:30 p.m.

(Choose one session to attend)

SESSION A - Couple Therapy: Introduction, Interventions, and Ethical Considerations

PATRICIA HUERTA, PHD, LMFT

Clinical Assistant Professor, Department of Family Medicine, Brody School of Medicine, East Carolina University

MOLLY CUMMINGS, BA

Marriage and Family Therapy Intern, East Carolina University

This session will provide an overview of couple therapy and highlight some topics that are particularly relevant when working with couples. Topics covered will include an introduction to couple therapy, an exploration of ethical contemplations for couple therapy, a brief overview of Emotionally Focused Therapy (EFT) and associated interventions, a survey of techniques to assess for and address sexual concerns within a couple context, a discussion about considerations when working with LGBTQ+ partners, and an opportunity for self-of-couple-therapist reflections.

Objectives:

- Identify ethical considerations and their potential impacts on treatment with couples
- Describe the difference between process and content within couple therapy
- Reflect on how couple therapists' own experiences may influence their clinical conceptualizations and decisions

SESSION B - Suicide Risk Awareness, Assessment, and Intervention

MARK BESEN, PHD

Psychological Services, PLLC

This session will present an overview of suicide prevention and intervention strategies including neurobiological underpinnings of suicide and non-suicidal self-injury, risk factors associated with suicide attempt, critical elements of a suicide risk assessment, a strategy for immediate intervention with individuals at risk of suicide, and an overview of evidence based approaches to suicide risk intervention.

Objectives:

- Examine why individuals become suicidal
- Identify risk factors associated with suicide attempt
- Identify critical elements of a suicide risk assessment
- Describe strategies for suicide intervention
- Discuss recent advances in field of suicide prevention and intervention
- Identify resources to obtain additional information and training about suicide prevention and intervention

SESSION C - Artificial Intelligence and its Role in Mental Health Counseling

RICHARD LAMB, PHD

Professor and Director of Neurocognition Science Laboratory

Department of Special Education Foundations and Research

East Carolina University

In this session, we will explore the current state of wearable sensors, artificial intelligence, and machine learning within the clinical mental health field. This will include a review of current conceptualization of wearable sensors, artificial intelligence, and machine learning as understood by practitioners in the field. We will discuss the nature of these powerful tools identifying potential pitfalls, ethical concerns, and practical concerns of implementing these tools in the clinical setting. Finally, the session will end with a brief examination of a case study which illustrates the implementation of these tools.

Objectives:

- Describe the current state of artificial intelligence and machine learning related to mental health counseling
- Describe various uses of artificial intelligence and machine learning within the mental health counseling field
- Identify the potential uses of sensors, artificial intelligence, and machine learning within the field of mental health counseling

April 18, 2024

Late Afternoon Concurrent Sessions

2:45 p.m. - 4:45 p.m.

(Choose one session to attend)

SESSION A - Elder Abuse, Neglect, and Exploitation

SARAH HOLLAND, BSW

Adult Protective Services, Social Worker III
Wayne County Department Of Social Services

This session will discuss abuse, neglect, and exploitation of vulnerable, elderly, and disabled adults. The speaker will define the signs and symptoms of abuse, neglect, and exploitation. You will learn how to identify abuse, neglect, and exploitation and describe the steps you should take if abuse, neglect, or exploitation is suspected. The speaker will provide information on Adult Protective Services (APS) including the purpose, role, what APS is/does, general statutes, and abilities/limitations of APS. We will review when Law Enforcement should be contacted in regard to abuse, neglect, or exploitation and provide examples of financial exploitation scams that are commonly seen by APS and law enforcement.

Objectives:

- Define abuse, neglect, and exploitation of vulnerable, elderly, and disabled adults
- Identify abuse, neglect, and exploitation of vulnerable, elderly, and disabled adults
- Describe the steps you should take if you suspect abuse, neglect, or exploitation of a vulnerable, elderly, or disabled adult

SESSION B - Ethics: Professionally & Personally

SEAN PUMPHREY, MSW, LCSW

Psychotherapist, Department of Family Medicine, ECU Health

In recent times, we have seen issues with professional ethics such as mental health “puppy mills” and how some successful programs decompensate into unethical business practices. The demands for the workers to fudge coding or overbill or even sell client identifying information such as social security numbers to commit fraud is troubling. Due to the increased demand and need for mental health services, are we at risk, even with noble intentions? The mission for this session on ethics is to apply prevention and intervention strategies with a social and behavioral ethics lens.

Objectives:

- Discuss ethical issues and dilemmas professionally and personally
- Utilize case studies to evaluate recommendations and next steps
- Review the recent research on variables for ethical missteps and violations
- Incorporate new additions in professional ethics and what is expected
- Apply case studies for personal and professional growth

SESSION C - Working with Military Service Members and Veteran Populations

JOSEPH FORD, LCSW-C, BCD, FNAP

Deputy Director
Directorate of Mental Health
Naval Medical Center
Camp Lejeune

This session will enhance behavioral health providers’ scope of knowledge and skills for treating military service members, veterans, and their families with reintegration and deployment related concerns.

Objectives:

- Identify bias factors which may impact the therapeutic alliance
- Appraise elements of the military experience and lifestyle that are integral to military culture
- Describe the critical elements of transition from active duty to civilian life

4:45 P.M. - ADJOURN

April 19, 2024

Morning Concurrent Sessions

9:30 a.m. - 11:30 a.m.

(Choose one session to attend)

SESSION A - Music Therapy & Music-Based Applications for Adult Mental Health and Trauma

ADRIENNE C. **STEINER-BRETT, PHD, MT-BC**

Assistant Professor, Music Therapy

Department of Music Education and Music Therapy, East Carolina University

This session will focus on introducing the evidenced-based use of music therapy in adult mental health treatment and with those who have experienced trauma. The session will also include considerations for music use and music-induced harm specific to those who have experienced trauma. Adaptations of music-based strategies for mental health professionals to use within treatment will be demonstrated. The session will include an overview of music therapy, explanation of the music therapy research for adult mental health, basics of trauma-informed music therapy, rationale for music use including an introduction to the neurological processing of music stimuli, and specific interventions/strategies professionals can use in treatment. Participants will be part of a music therapy demonstration.

Objectives:

- Discuss research on the use of music therapy for adult mental health needs and trauma
- Describe the neurologic processing of music stimuli and the connection to adult mental health and trauma
- Identify adaptations and incorporate music-based strategies into the treatment planning process

SESSION B - Harm Reduction in North Carolina

CHARLTON **ROBERSON, BA, QMHP, CADC, ICADC**

Eastern Regional Coordinator, North Carolina Harm Reduction Coalition

This session will discuss harm reduction efforts in North Carolina. You will learn the definition of harm reduction, strategies of harm reduction, review statistics and prevalence of drug use, examine the use of Medication Assisted Treatment and its impact on reducing substance misuse, review syringe exchange strategies and data, and discuss xylazine and efforts to combat its use through harm reduction strategies.

Objectives:

- Review the prevalence data and statistics around opioid and other drugs of abuse
- Discuss harm reduction strategies used in the east and state of North Carolina
- Describe the impact of xylazine in North Carolina

SESSION C - Medication Adherence and Mental Health

***2.0 hours nursing pharmacotherapeutic content**

JASON **SWARTZ, RPH, MBA**

Director of Pharmacy

Trillium Health Resources

Medication Adherence is a tough subject for any patient but is especially difficult with our mental health patients. They have all of the problems of any patient such as high cholesterol and blood pressure but have medications they need to take to keep them mentally stable, so they are in a frame of mind to know they need to take their other medications. In this session, we will discuss ways to help patients in remembering to take their medications and tools available for patients and care givers that can help with medication adherence.

Objectives:

- Describe the cost of non-adherence in the mental health population
- Identify causes of non-adherence
- Examine tools that can help improve adherence

11:30 a.m. - 12:30 p.m. - **LUNCH (provided)**

April 19, 2024

Early Afternoon Concurrent Sessions

12:30 p.m. - 2:30 p.m.

(Choose one session to attend)

SESSION A - **Staying Safe: Skills for Human Services Professionals**

MATTHEW SULLIVAN, MSW, JD

Adjunct Professor

University of North Carolina at Chapel Hill School of Social Work

Participants in this session will be provided with information related to maintaining personal safety in multiple dimensions of practice. Particular attention will be placed upon assessment skills and techniques that may be used when interacting with clients. Participants will also be provided with strategies to identify and mitigate the impacts of vicarious trauma and compassion fatigue.

Objectives:

- Explain multiple safety strategies that may be utilized when practicing within the various dimensions of human service practice
- Describe the pattern of escalation that is associated with violent behavior and key de-escalation techniques
- Identify strategies to mitigate the impacts of vicarious trauma and compassion fatigue upon the human service professional

This presenter is being supported through a partnership between the UNC-Chapel Hill School of Social Work and the NC AHEC Program.

SESSION B - **Enhancing Mental Health Care Using Groups**

LORETTA BARTZ, OTR/L

OT Supervisor, Cherry Hospital

JENNIFER CARRAWAY, COTA/L

OT Assistant, Cherry Hospital

Occupational therapy (OT) practitioners use a wide variety of group interventions to address clients' needs, skill deficits, and interpersonal challenges in a comprehensive and holistic manner. This session will share OT's role in mental health care and how use of meaningful occupations can assist patients to achieve their goals. The presenters will share strategies and group interventions along with having participants practice some of these strategies. Discussion will also address how the use of occupational based strategies can be incorporated into both individual and group work as provided by other disciplines.

Objectives:

- Define the role of occupational therapy practitioners in mental health groups and describe the importance of holistic, function-based groups
- Identify and explain the key benefits of using group therapy to promote interpersonal relationship development and increased self-efficacy
- Integrate knowledge through experiential learning by applying some of the highlighted strategies discussed

TERESA POLIZZI, MOT, OTR/L

OT, Cherry Hospital

RACHEL MURPHREY, COTA/L

OT Assistant, Cherry Hospital

SESSION C - **Medication Interactions: OTC and Mental Health Medications**

***2.0 hours nursing pharmacotherapeutic content**

JASON SWARTZ, RPH, MBA

Director of Pharmacy, Trillium Health Resources

Medication interactions occur and can lead to discouraging results such as unexpected doctor visits and even hospitalizations. A misconception among patients and caregivers is that over the counter (OTC) medications are safe because they are readily available and sold without a prescription. The problem is that many OTC medications can interact with prescription medications. This session will discuss those interactions with mental health medications in particular and the costs associated with drug interactions.

Objectives:

- Discuss potential drug interactions and associated costs
- Describe OTC interactions
- Examine tools to find and decipher interactions

April 19, 2024

Late Afternoon Concurrent Sessions

2:45 p.m. - 4:45 p.m.

(Choose one session to attend)

SESSION A - The Intersection of Farm & Family: An Overview of Agricultural Behavioral Health

ROBERTA BELLAMY, PHD, LMFT

Owner and President, Medical Family Therapy and Consulting, PLLC

In this session, we will talk about the farming culture of North Carolina and describe characteristics that are unique to the culture. The presenter will provide examples of how stress often presents within and between family members and use actual stories from her many years working with farm families to demonstrate the material. Information will be presented on using Bowen's Family Systems theoretical approach and offer evidence-based interventions for stress reduction and management.

Objectives:

- Describe the farming culture, and be able to recognize elements of the farming culture that have implications for behavioral healthcare
- Identify where stress is likely to show up in farming families
- Apply culturally appropriate, evidence-based interventions for stress management

SESSION B - An Overview of Current Psychiatric Pharmacology

***2.0 hours nursing pharmacotherapeutic content**

MICHAEL LANG, MD, FACP, DFAPA

Professor of Medicine and Psychiatry and Chair, Department of Psychiatry and Behavioral Medicine, Brody School of Medicine, East Carolina University

This session will give an update and overview of the major psychopharmacology classes including antidepressants, mood stabilizers, antipsychotics, and anticholinergics. The presenter will discuss what the medications do, how they are managed, and what side effects can occur.

Objectives:

- Describe the neurobiological basis for neurotransmitter release
- Review the mechanism of action, indications, toxicities for major psychopharmacology classes
- Describe common movement disorders and an approach to treatment

SESSION C - Dementia Update

MELANIE BUNN, MS, RN

Bunn Consulting and Duke University School of Nursing

This interactive session offers opportunity to increase skills in engaging with people living with dementia and supporting their care partners throughout the progression of brain change. Participants will use the 6 p's to identify individualized approaches to common issues.

Objectives:

- Identify common challenges associated with dementia
- Describe use of a systematic approach to assessment, planning and developing strategies to address complicated situations

4:45 p.m. - **ADJOURN**



This project is supported by funds from the Bureau of Health Professions (BHPr), Health Resources and Services Administration (HRSA), Department of Health and Human Services (DHHS) under grant number # 2U1QHP28734 Carolina Geriatric Workforce Enhancement Program. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by the BHPr, HRSA, DHHS or the U.S. Government.

The UNC Center for Aging and Health, Carolina Geriatric Education Center also provided support for this activity.

Credit

Category A-NC Psychology Credit

This program will provide 12 contact hours of (Category A) continuing education for North Carolina Psychologists
No partial session credit will be given.

Contact Hours

Certificates reflecting 12 contact hours of education will be awarded at the completion of the program.

National Board for Certified Counselors Credit (NBCC)



Eastern AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5645. Programs that do not qualify for NBCC credit are clearly identified. Eastern AHEC is solely responsible for all aspects of the programs.

Nurses: 12 Nursing Contact Hours of which up to 6 hours are Pharmacotherapeutic content

Eastern AHEC Department of Nursing and Allied Health Education is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Participants must attend at least 90% of the program in order to earn contact hour credit. Verification of participation will be noted by check-in at the start of the program and initial-out at the conclusion of the program.

Substance Abuse Counselor Credit (SAC)

Application has been made to The North Carolina Substance Addictions Specialist Professional Practice Board for 12 hours of Substance Abuse General Skill Building.

Registration Information

Seating is limited. Please register early to ensure a space! Registration is available online only at www.easternahec.net and requires a current MyAHEC account.

Registration Fee: Both Days: \$190
One Day: \$100

Group rates are available for those working in the same agency and who send five or more employees, email truesdellk22@ecu.edu for details.

The registration fee includes program materials, refreshments, lunch, and credit.

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Eastern AHEC Cancellation Policy

- Cancellations must be in writing (easternahec@ecu.edu).
- Registrants canceling between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee.
- No refunds or credits will be given for cancellations received less than two full business days prior to the event.
- Cancellations greater than two weeks prior to the event will receive 100% refund.
- No vouchers will be issued in lieu of a refund.
- Transfers/substitute(s) welcome (notify in advance of the program).

Handouts & Evaluations

Handouts will be available online only. One week prior to the program, registrants will receive a confirmation email with instructions to access handouts along with other program information. Evaluations will be emailed after the program. Once the evaluation has been completed, your certificate will be available.

Americans with Disabilities Act



Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the ADA coordinator at least five days prior to the event at 252-737-1018 / ada-coordinator@ecu.edu.

If you would like more information on the program, please contact Mental Health Education at (252) 744-5215 or truesdellk22@ecu.edu.