

New Jersey Association of Mental Health and Addiction Agencies, Inc.

OCTOBER

23, 2018

**NJAMHAA
2018 FALL
BEHAVIORAL
HEALTHCARE
CONFERENCE**

with support from:



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REGISTRATION BROCHURE

CHAMPIONS *for Health Care*

The New Jersey Association of Mental Health and Addiction Agencies, Inc. (NJAMHAA) is a statewide trade association representing hospital-based and freestanding organizations that provide a broad range of treatment and support services to children and adults with mental health, behavioral, emotional and substance use disorders, developmental disabilities and/or co-occurring disorders.

NJAMHAA developed a dynamic and comprehensive program especially tailored to meet the needs of all within the mental health, substance use and developmental disabilities communities, such as:

- CEOs
- Peers and peer advocates
- Mental health counselors
- Drug/alcohol counselors
- Fiscal staff
- Health educators
- Management
- Mental health technicians
- Nurses
- Policymakers
- Psychiatrists
- Psychologists
- Social workers
- Supervisors
- Developmental disability specialists

The purpose of this conference is to support and enhance communication throughout the mental health, substance use and developmental disability provider community to promote the advancement of best practices and service delivery, and to foster a shared commitment to individuals with psychiatric, addiction and/or intellectual development issues.

Registration Fees:

DATES	MEMBER	NON-MEMBER	STUDENT MEMBER	STUDENT NON-MEMBER
NOW - AUG. 11	\$125	\$225		
AUG. 12 - SEPT. 15	\$175	\$275	\$125	\$150
SEPT. 16 - OCT. 23	\$250	\$375		

Register today at www.njamhaa.org/events

Is your organization a NJAMHAA Member?

Visit njamhaa.org to view our NJAMHAA Member Directory to see if your organization is a NJAMHAA member. All employees of NJAMHAA member organizations receive the member rate to NJAMHAA events.

Continuing Education Credits

NJ Social Workers: An application has been submitted for consideration of CE approval. In order to receive continuing education credits, attendees must sign in and out at the conference registration table. Attendees must also sign in and out of each session attended and submit his/her complete evaluation. Certificates will be mailed to attendees to the addresses provided in their registration within thirty days. For information about CE credits, please contact jmoy@njamhaa.org.

ADA Accommodations

Participants who require disability accommodations, please contact Julie Moy at 609.838.5488, ext. 218 or by e-mail at jmoy@njamhaa.org a minimum of fourteen (14) business days prior to the event.



Program Agenda

Registration/Breakfast/Vendor Browsing

8:00 a.m. - 9:00 a.m.

Welcome and Introductions

9:00 a.m. - 9:15 a.m.

Keynote Presentation

9:15 a.m. - 10:15 a.m.

Population Health - A Winning Strategy

David B. Nash, MD, MBA

Dean, Jefferson College of Population Health

Break/Vendor Browsing

10:15 a.m. - 10:45 a.m.

Morning Plenary

10:45 a.m. - 11:45 a.m.

Winning through Teamwork: Improving Outcomes with Comprehensive, Integrated Care and Data Analytics

Robert C. Garrett, FACHE

Co-CEO, Hackensack Meridian Health

Donald J. Parker, LCSW

CEO and President, Carrier Clinic

Lunch and Awards Ceremony

11:45 a.m. - 1:00 p.m.

Workshops A-D

1:15 p.m. - 2:30 p.m.

Break/Vendor Browsing

2:30 p.m. - 3:00 p.m.

Workshops E-G

3:00 p.m. - 4:15 p.m.

For more information on the presenters, please go to njamhaa.org/events, under Fall Behavioral, View Event Presenters.

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Population Health - A Winning Strategy

David B. Nash, MD, MBA

Dean, Jefferson College of Population Health

Workshop Description:

Dr. David Nash, founding dean of the Jefferson University College of Population Health and an expert on integrated and population health, will outline his vision for the role that population health can play in improving the health of the population, with a special emphasis on changing behaviors. Dr. Nash advocates for addressing the social determinants of health, and believes doing so will help turn the tide of the opioid epidemic. He will highlight the need to “shut the faucet, rather than continuing to mop up the floor”!

Learning Objectives:

At the end of this session, attendees will be able to:

- List the key reasons why the current system is untenable.
- Outline new programs that drive health, rather than increase utilization.
- Describe how to make accurate predictions about a consumer’s engagement in their own health moving forward.

Target Audience: Social Workers, Counselors, Management

Audience Target Levels: Beginner, Intermediate, Advanced

CE & Type: General Social Work – 1

Break/Vendor Browsing

10:15 a.m. - 10:45 a.m.

Morning Plenary

10:45 a.m. - 11:45 a.m.

Winning through Teamwork: Improving Outcomes with Comprehensive, Integrated Care and Data Analytics

Robert C. Garrett, FACHE

Co-CEO, Hackensack Meridian Health

Donald J. Parker, LCSW

CEO and President, Carrier Clinic

Workshop Description:

Co-presenters Robert Garrett, co-CEO of Hackensack Meridian Health and Donald Parker, President and CEO of Carrier Clinic, will share their thoughts, knowledge and experience on successful partnerships and integrated care, with an emphasis on teamwork, and a look at the future of New Jersey’s healthcare landscape, particularly for individuals with a serious mental illness and/or substance use disorder. In March of 2018, Hackensack Meridian Health and Carrier Clinic began exploring opportunities to partner on offering a streamlined model of 24-hour access to a full continuum of mental health and substance use treatment services for adolescents and adults. Noting that half of the increase in New Jersey’s emergency room visits in 2016 were related to behavioral health issues, the collaborators envisioned a team approach to meeting each individual’s mental health, substance use and primary healthcare needs. Both entities seek to provide improved health outcomes and increased satisfaction at lower costs.

Learning Objectives:

At the end of this session, attendees will be able to:

- Identify key steps toward successful partnerships in providing integrated care.
- Describe one or more integrated care models.
- Describe the importance of data analytics to improving outcomes.

Target Audience: Social Workers, Counselors, Management

Audience Target Levels: Beginner, Intermediate, Advanced

CE & Type: General Social Work – 1

Lunch and Awards Ceremony

11:45 a.m. - 1:00 p.m.



Workshops A-D

1:15 p.m. - 2:30 p.m.

Workshop A

Trauma and Your Workforce Supporting Staff in Change Management

Karen McGrellis, LPC, CTTS, MPA, ACS

*Senior Training and Consultation Specialist
Rutgers University Behavioral Health and Training Institute*

Barbara F. Wilson, LCSW

*Senior Training and Consultation Specialist
Rutgers University Behavioral Health and Training Institute*

Workshop Description:

This workshop is intended to educate and bring awareness to the impact that the ACES (Adverse Childhood Exposure Study) and toxic stress have on workforce recruitment, retention and regulation needs of staff in a fee-for-service environment. How to assist staff in making the paradigm shift and culture change by recognizing the impact trauma has on the workforce will be part of this presentation. An overview will be provided of the ACE study and its findings, as well as a focus on resiliency factors that are critical for functionality. The presenters will discuss their experiences as coaches in the Promising Path to Success initiative, specifically in workforce development strategies that promote better recruitment and retention rates when adverse exposures are accounted for in the workplace. Clinical frameworks that support evidence-based best practices for behavioral health settings, with an emphasis on trauma-informed care, will be discussed and explained. Lastly, the need for staff regulation strategies as part of a workforce development plan will be outlined and discussed as ways to support staff retention.

Learning Objectives:

At the end of this session, attendees will be able to:

- Explain the factors that impact workplace performance issues using a trauma-informed lens.
- Describe the cost factors associated with early traumatic exposures and workplace trauma on medical costs of an adult workforce.
- Describe strategies to support staff with traumatic exposure histories and workplace traumatic exposure to maximize performance, attendance and retention.

Target Audience: Social Workers, Counselors, and Psychologists, Supervisors, Managers, and Executive Leadership.

Audience Target Levels: Intermediate

CE & Type: General Social Work – 1.25

Workshop B

The Impact of Integrating a Mindfulness Based Program in Schools

Sonia Rodrigues-Martó, MA, LPC, NCC, ACS

Program Director, Rutgers Health - University Behavioral Health Care School & Community-Based Programs

Suzi Millar, PsyD

Program Manager, Rutgers Health - University Behavioral Health Care, Child & Adolescent Services - School Based Programs

Workshop Description:

The workshop will focus on how to integrate mindfulness-based activities with clients and staff in an effort to reduce anxiety and teach them how to regulate emotions. Participants will also learn how to implement a mindfulness-based program in schools and clinical settings. These topics include mindful breathing, mindful emotions, mindful senses, mindful listening, mindful compassion, mindful awareness, and mindful talking.

Learning Objectives:

At the end of this session, attendees will be able to:

- Explain three reasons why mindfulness-based strategies can be helpful in school and/or clinical settings.
- Describe at least three mindfulness strategies children can be taught to help them reduce their anxiety and self-regulate and identify five- to 10-minute strategies that clinicians or educational staff can utilize in their work settings.
- Describe at least three standardized measures that can be used to assess the impact of utilizing mindfulness-based strategies.

Target Audience: Social Workers, Counselors, School Staff, CMO Workers

Audience Target Levels: Beginner, Intermediate

CE & Type: Clinical – 1.25

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Workshop C

Suicide Prevention with Children and Adolescents

Gerd Naydock, PsyD, LCSW

New Jersey Chapter, American Academy of Pediatrics

Course Description

Today, suicide is the second leading cause of death in the United States among people ages 15 to 24 years. Among New Jersey teens, suicide is the third leading cause of death, and no community in our state is immune to the risk of youth suicide. This session will focus on suicide prevention for children and adolescents and will highlight what clinicians can do to recognize and care for suicidal youth. This workshop will specifically address identification of youth at risk for suicide, assessment of severity and immediacy of risk, and evaluation of appropriate levels of support. Interventions for children and adolescents deemed at risk for suicide will be discussed, and participants will be introduced to community-based organizations that work to prevent suicide. Participants will also learn how New Jersey's Pediatric Psychiatry Collaborative Program can provide support for children with behavioral and emotional health issues.

Learning Objectives:

At the end of this session, attendees will be able to:

- Explain the medical and psychiatric needs of suicidal children and adolescents and identify risk and protective factors associated with suicide and suicide prevention.
- Describe an implementation plan for mental/behavioral health screening tools that identify patients at risk for suicide.
- Identify steps to integrate effective strategies for addressing depression in pediatric primary care for children, adolescents and their families.
- List appropriate resources for referring patients who have positive screens for mental and behavioral health disorders, specifically related to the risk of suicide, for additional services that will further address the issues.
- Describe effective strategies to work closely with families and other healthcare professionals in the management and follow-up of those patients who are at risk for or have attempted suicide.

Target Audience: Social Workers, Counselors, Psychologists, Psychiatrists, Pediatricians, Family Care Physicians, General Practitioners, Nurses, Mental Health Providers, other Healthcare Professionals.

Audience Target Levels: Beginner, Intermediate, Advanced

CE & Type: Clinical – 1.25

Workshop D

FFS Year 1- Reflections and Insights for Successful Service Delivery in a Value Based System and MCO Payment Environment

Donald Holford, MS

Chief Financial Officer

Preferred Behavioral Health Group

Leisha Thompson, LPC, LCADC, ACS

Vice President, Adult Mental Health Services

Preferred Behavioral Health Group

Workshop Description:

With Year 1 of fee-for-service (FFS) now behind us, this workshop will focus on a discussion of what has been learned regarding effective service delivery and business management strategies that contributed to success and their implications for preparing for and succeeding in the future in a value based/managed care payment environment.

Learning Objectives:

At the end of this session, attendees will be able to:

- 1) Describe the impact of FFS on nonprofit program services during Year 1 of implementation.
- 2) Implement the restructure of service delivery and related business operations in order to succeed.
- 3) Demonstrate successful services in a future value outcomes and managed care payment environment.

Target Audience:

Social Workers, Counselors, Management, Fiscal Staff

Audience Target Levels:

Beginner, Intermediate, Advanced

CE & Type: General Social Work – 1.25

Break/Vendor Browsing

2:30 p.m. – 3:00 p.m.

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Workshops E-G
3:00 p.m. – 4:15 p.m.

Workshop E

State Leadership Panel: The Future of Behavioral/Integrated Healthcare in New Jersey

Shereef Elnahal, MD, MBA

Commissioner

New Jersey Department of Health

Carole Johnson

Commissioner

New Jersey Department of Human Services

Marcela Ospina Maziarz, MPA

Deputy Commissioner for Health Systems

New Jersey Department of Health

Valerie Mielke, MSW

Assistant Commissioner

Division of Mental Health and Addiction Services

New Jersey Department of Health

Lilo Stainton, MS

Reporter, NJ Spotlight

Workshop Description:

There have been significant changes to New Jersey's behavioral health system in the past year; others are currently underway; and still others are on the horizon. Members of this panel are directly responsible for overseeing those changes – monitoring, amending and newly implementing the many pieces of the whole – within the framework of moving toward integrated care, managed care and value based care. Panelists will share their insights on challenges and opportunities facing their respective Divisions and Departments, as well as the system as a whole. They will also provide updates on initiatives such as Single Licensure for providing mental health, substance use and primary care, new substance use disorder initiatives, and the carve-in of acute care and substance use services. We also expect that each will share a glimpse of their vision for the future.

Learning Objectives:

At the end of this session, attendees will be able to:

- Identify steps being taken to integrate primary care services with behavioral health care.
- Identify some of the new mental health and substance use treatment initiatives at the Department of Human Services and Department of Health.
- Describe the impact of changes to programs and process on providers and consumers.

Target Audience: Social Workers, Counselors, Management

Audience Target Levels: Beginner, Intermediate, Advanced

CE & Type: CE NOT AVAILABLE

Workshop F

Substance Use: Current Trends, Engagement Techniques and the Benefits of Wraparound Supports

Crystal Wytenus, MA, LPC, LCADC, NCC, ACS

Director of Care Management

Bergen's Promise

Workshop Description:

This workshop encourages increased awareness of the current substance use trends among youth in the country, as well as specifically in the State of New Jersey. It will place emphasis on the importance of early detection of risk and proactive actions to reduce substance use in this population. The workshop highlights the benefits of appropriate utilization of engagement techniques and the benefits of wraparound supports, including both natural and community supports, to successfully treat individuals with substance use issues and promote sustained recovery.

Learning Objectives:

At the end of this session, attendees will be able to:

- Describe the current drug trends and risks associated with substance use among youth and young adults.
- Describe appropriate interventions according to readiness to change.
- Explain the benefits of a holistic approach and the provision of wraparound services.

Target Audience: Social Workers, Counselors

Audience Target Levels: Beginner, Intermediate

CE & Type: General Social Work – 1.25



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Workshop G

De-escalating Anger and Aggression in Aging Adults: Strategies to Make It Work!

Mobin Chadha, MSW, LCSW

Program Director

Trinitas Regional Medical Center

Statewide Clinical Outreach Program for the Elderly (S-COPE)

Workshop Description:

Anger is a psychobiological emotional state varying in intensity from irritation to rage. People often freeze, flee or fight when managing their anger. This workshop will equip participants with an overview of the knowledge and skills needed to understand and address individuals who exhibit anger, agitation and aggression, with the predominant focus on strategies. A model such as Extension for Community Healthcare Outcomes (ECHO), which shares best practices in behavioral health care using technology, will be discussed.

Learning Objectives:

At the end of this session, attendees will be able to:

- Explain three conditions that increase agitation
- Demonstrate three responses to help reduce aggression
- Explain two benefits of using the ECHO platform to move knowledge instead of referring agitated individuals to specialists.

Target Audience: Social Workers, Counselors, Other Healthcare Professionals

Audience Target Levels: Beginner, Intermediate

CE & Type: General Social Work – 1.25



Are You a NJAMHAA Member?

If Not, Join Today!

See details on membership benefits on the next page.



Join NJAMHAA

#impactandinfluence

Elsa Candelario, MSW, LCSW
Executive Director
Hispanic Family Center of Southern NJ, Inc.



What Makes NJAMHAA Membership So Effective?

NJAMHAA provides important resources for enhancing organizational capacity and development of staff through informative and professional training opportunities. The dollars spent on membership offer an excellent return on investment!



Join NJAMHAA

NJAMHAA Membership is Influential

NJAMHAA has been the go-to organization for advocacy, information, strategic direction, training and IT support for decades.

Jim McCreath, PhD, LCSW
Vice President
Behavioral Health/Psychiatry
Trinitas Regional Medical Center



Benefits of NJAMHAA Membership

- Up-to-the-minute information via e-mail, alerts and meetings about changes in state and federal legislation and regulations that impact the substance abuse, mental health and intellectual/developmental disabilities communities
- "Ahead-of-the-curve" information updates on requests for proposals, grants, funding and business development opportunities
- Timely news on clinical studies, new best practices and more

Build Awareness of your Programs and their Value

- Opportunities to feature your organizations' programs and specific achievements in *NJAMHAA News*, which is sent not only to members, but also to state legislators and policymakers, and our Congressional delegates – These are critical opportunities to educate decision makers about the impact of your programs, and therefore, garner their support to ensure sufficient funding and practical regulations and legislation.
- Opportunities to be featured in *NJAMHAA Newswire*, our electronic newsletter for members that is published three days a week– As with *NJAMHAA News*, this information sharing could lead to valuable partnerships.
- Opportunities to exhibit and advertise at our many educational events throughout the year at reduced rates

Enhance your Ability to Serve Consumers and their Families

- Training opportunities throughout the year, ranging from workshops on timely issues, such as healthcare reform, Medicaid changes and fraud prevention, to our premiere Annual and Fall Conferences
- Access to e-learning opportunities at great rates, offered by NJAMHAA's business partners
- Subscription to *Bits & Bytes*, which provides valuable tips to keep your computer systems working safely and efficiently, as well as important news related to IT and the behavioral healthcare field, such as HIPAA security and electronic records
- Access to the NJAMHAA IT Project and its wide range of technological services, including electronic health record collaborations, training classes and expertise

Take a look at what our members have to say about the IT Project

"We have benefited greatly from the information technology contract services provided by NJAMHAA to our organization. These services are accessible, responsive and timely. Most importantly, they are done properly and our IT operations would be in chaos without NJAMHAA's expertise and outstanding services." – Rich McDonnell, LCSW, Executive Director, Family Guidance Center of Warren County

Feedback provided on IT Project Annual Conference evaluations:

"Great combination of healthcare and IT information."

"Another great choice in speakers. Humorous, interesting and informative."

For more information about membership and getting involved, and to be featured in *NJAMHAA News*, contact Shauna Moses, Vice President, Public Affairs and Member Services, at 609-838-5488, ext. 204, or smoses@njamhaa.org.

TERMS AND CONDITIONS

Please follow the guidelines listed below to ensure that your registration is promptly and accurately processed.

Registration Rates

We are pleased to offer discounted rates for our members. We request that you confirm your organization's membership status to ensure that you benefit from the discount if you are a member. Please visit www.njamhhaa.org and click on the NJAMHAA Members button on the left column to view our membership list to see if your organization is included. If the discounted rate is paid by a nonmember, the nonmember will be invoiced for the difference. We would be happy to discuss membership with you if you are interested.

Online Registration

To ensure efficiency and accuracy, we need to process all registrations online. E-mails and faxes do not constitute registrations. After completing your online registration, if you are paying by check, please print the confirmation and send a copy of it along with your payment, made payable to NJAMHAA and mail to Accounts Payable, at NJAMHAA (see address below). If you have any difficulties with online registration, please contact Julie Moy at 609-838-5488, ext. 218.

Pursuant to the American with Disabilities Act, please indicate if you require specific aids or services when you register online. For questions about accessibility, please contact Julie Moy at 609-838-5488, ext. 218. Two weeks' advance notice will allow us to provide seamless access.

Media Release

By completing the online registration, you acknowledge that photos and videos may be taken throughout each training/conference and may be used in any and all NJAMHAA online and paper publications, website and media and NJAMHAA will be held harmless regarding their use. This pertains to individuals who register themselves, as well as individuals who are registered by others.

Cancellation, Substitution and Refund Policy

Attendee registrants (not sponsors or exhibitors), must cancel registrations IN WRITING ONLY to Julie Moy via fax at 609-838-5489 or e-mail at jmoy@njamhhaa.org, by 4:00 p.m., seven calendar days prior to the conference start date in order to receive a 100 percent refund. Substitute registrations can be made after that date. No-show registrants will still be responsible for payment of their registration fees IN FULL and will be invoiced accordingly. Phone calls and voicemails will not be accepted as a means of cancellation.

Sponsors and exhibitor registrants must cancel registrations IN WRITING ONLY by 4:00 p.m., 30 calendar days prior to the conference in order to receive a 100 percent refund of the registration fee. If you cancel your registration between 15 and 29 days prior to the conference start date, you will receive only a 50 percent refund of the registration fee. No refunds will be made within 15 or fewer days of the start date. Phone calls and voicemails will not be accepted as a means of cancellation.

Grievance Policy

Should any registrant be dissatisfied with the quality of their continuing education program or exhibiting experience during this event, a request in writing, explaining why you were dissatisfied, must be submitted to NJAMHAA within five business days of the conclusion of the conference/training in order to receive a full refund of registration fees. The claim must be a valid claim and supported by specific documentation. *Your request can be sent to Julie Moy via e-mail at jmoy@njamhhaa.org or fax to 609-838-5489.

Payment Information and Insufficient Funds

Online payments may be made in the form of a Visa or MasterCard. Checks are also accepted, made payable to "Accounts Payable" and mailed to NJAMHAA, 3635 Quakerbridge Road, Suite 35, Mercerville, NJ 08619. If a credit card is declined for any reason, a \$15 fee will be applied to your invoice and be required as payment. If a check is returned by the bank due to insufficient funds, a \$35 fee will be applied to your invoice and required as payment. Individuals holding outstanding balances will be ineligible to attend future NJAMHAA conferences or trainings until the outstanding balances are paid in full. Each individual with an outstanding balance that has been carried for more than 30 days will incur a \$25 late fee, which will be applied to the invoice and required as payment.

New Jersey Association of Mental Health and Addiction Agencies, Inc.

3635 Quakerbridge Road, Suite 35, Mercerville, NJ 08619
Phone: 609.838.5488
Fax: 609.838.5489
www.njamhhaa.org

*You can also download a full copy of our grievance policy by scrolling down to the bottom of the events page on our website.

FOLLOW NJAMHAA ON SOCIAL MEDIA!

**We keep you informed of current affairs in
mental health care and addiction treatment.**

**We provide updates on trainings, events
and resources available.**



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