



# MT CAHN Conference 2018

June 11 & 12  
Best Western Great Northern Hotel  
Helena, MT

Shining a  
Light on  
**B**ehavioral  
**H**ealth



# Education Sessions

## Monday, June 11

**10:00 a.m. - Welcome Message**



**10:15 a.m. - 12:00 p.m.**

### **Caring for Patients with Suicide Risk: Building a Foundation for Assessment, Screening, and Treatment**

Karl Rosston, Prevention Coordinator, MT DPHHS

This presentation focuses on suicide within our culture with specific attention towards the role of primary care in assessment and intervention with high-risk suicidal patients. The training is based on SAMHSA's Suicide Prevention Toolkit for Rural Primary Care Providers. The training covers national and Montana data, demographics of a suicidal person, warning signs, depression screening with the PHQ-9, risk assessment utilizing the Columbia Suicide Severity Rating Scale, safety planning, lethal means counseling, and caring contact. The training also focuses on evidenced-based practices, and resources available.

**12:00 - 1:00 p.m. - Lunch**



**1:00 - 2:00 p.m.**

### **Understanding Suicide Risk: An in Depth Review of Suicide Risk Assessment in Medical Settings**

Juliana Hallows, MT VA Suicide Prevention Coordinator

Every year in the United States, approximately 44,000 individuals die by suicide. It is the 10th leading cause of death and roughly 4 percent of adults ages 18 and older report having suicidal thoughts. In addition to the deeply personal and emotional loss related to suicide, death by suicide also contributes to medical and work loss costs of around 50 billion dollars per year. Individuals who die by suicide are also more likely to have had contact with their primary care providers in the month prior to their death. This session will help nursing and mental health professionals understand the purpose of assessing suicidal risk, practice with its implementation, and the mitigation of risk according to assessment outcomes.

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

### **Opioid Overdose and Naloxone Rescue**

Keaten LaBrel, MT VA Behavioral Health Pharmacist

In this session, we will take an in-depth look at the current opioid crisis. We'll focus on the pharmacology of opioids leading to addiction along with use of naloxone rescue for accidental overdose. We'll discuss epidemiology, pharmacology, pharmacokinetics/dynamics, and trends in opioid use and abuse. I will address current federal and state regulations surrounding opioids, along with current efforts for risk reduction and the future direction of opioid use.

**3:00 - 3:15 p.m. - Break**

Please Visit the Event Website at <http://bit.ly/2018CAHN>



# Education Sessions

## Monday, June 11

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**3:15 - 4:45 p.m.**

### **Suicide Loss Experience: How Survivors Can Help Improve Patient Care**

Dr. Nathan Munn, Anna Rolando, Tova Reddick , Bill & Lisa Wheeler

A panel of individuals with different personal experiences will share their knowledge about mental illness, challenges surrounding a suicide attempt, and understanding of suicide loss. The panel will reflect on the impacts of the health care they received, offer reflection, and assist the audience in learning how to evolve their health care practices to support patients and loved ones seeking care before, during, and after an attempt or death by suicide.



**4:45 - 5:45 p.m.**

### **AWARDS & RECEPTION**

Join us for this great event full of fun, fortune, drinks and appetizers

## Tuesday, June 12

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**8:30 - 10:30 a.m.**

### **Iskotew Kahmahch Opikik (Fire That is Beginning to Stand)**

Nia Allery, Ph.D., Allery Associates

This presentation addresses the theory of historical trauma with an overview of the curriculum developed by Stone Child College on the Rocky Boy Reservation. Beginning in 2014, Stone Child College engaged in a three-year process of designing and developing a comprehensive curriculum on Historical Trauma with the ultimate goal of individual and community healing. The title “iskotew kahmahch opikik” in Cree and “biskanewin ishkode” in Chippewa is a metaphor for Native Peoples to begin re-claiming themselves as a people. They have to fan the “fires” of rebirth, to begin standing as a people, as a community with a sense of knowing how to connect to the trauma of the past in order to heal. A focal point of the discussion will be the viability of using traditional and alternative healing methodologies.

**10:30 - 10:45 a.m. - Break**

**Register Online at <http://bit.ly/2018CAHN>**

**This year's event offers 11.25 contact hours for your MT Nursing License!**



# Education Sessions

Tuesday, June 12

**10:45 - 11:30 a.m.**

## **The Montana Professional Assistance Program: Past, Present and Future**

Michael Ramirez & Meghan McGualey

Michael and Meghan will provide the audience with an overview of the structure and function of the Montana Professional Assistance Program. In 2017, MPAP acquired the former Nurses Assistance Program and merged it with existing protocols. Attendees will become familiar with the process of referring a colleague with suspected impairment and with the rehabilitative process from identification to successful outcome. Stakeholder interests are assured through collaboration and effective communications.

**11:30 a.m. - 12:30 p.m.**

## **Addiction in the Healthcare Workplace**

Ace & Dianne, Recovery Speakers

These speakers will share their first-hand experiences with addiction and recovery in the workplace, providing insights for healthcare professionals.

**12:30 - 1:15 p.m. - Lunch**

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

## **Mindfulness as Self-Care**

Dr. Patrick Van Wyk, Clinical Psychologist, Helena Psychotherapy, PLLC

Our work and our workplaces are where we spend the majority of our waking hours. Work offers many a sense of purpose, accomplishment, and satisfaction—except when it doesn't. Work can also be a source of stress, dissatisfaction, and disillusionment. Over 30% of workers report high levels of stress and related disability that may manifest physically, mentally, and socially. Mindfulness is an approach that offers us a different way of interacting with and managing stressors. For stressors that cannot be changed or altered, mindfulness practice offers an alternate perspective and response to stressors that involves appreciation and compassion. Mindfulness is a skill that can be practiced and honed to help us reconnect with meaning and purpose in the face of difficult circumstances. In this session, you will learn what mindfulness is, how it can benefit you (and your patients!) physically, mentally, and socially and you will be offered an opportunity to practice several mindfulness exercises.

**2:15 - 3:05 p.m.**

## **Laughter Yoga: For the Health of It!**

Lori Mitchell, Pathways Treatment Center

In a mission to spread good health, happiness and joy, I will share my journey into the development of Laughter Yoga in an Inpatient Psychiatric hospital. I will discuss the measurements of patient response and experience of Laughter Yoga, as well as how science validates the health benefits of laughter and positive emotions. We will also experience a Laughter Yoga session, including a measurement of pre and post scores for the feeling of wellbeing.

Please Visit the Event Website for More Information at <http://bit.ly/2018CAHN>