

VISN 5 Mental Illness Research, Education, and Clinical Center (MIRECC)

Clinical/Educational Seminars

Looking for educational content to enrich the staff at your clinical program?

Have you identified an unmet clinical need that you and your colleagues could use some training on?

Investigators at the VISN 5 MIRECC are here to help! We have expertise in a range of topics related to *mental health recovery*.

Clinical/Educational Seminar Topic Areas

- ❖ Ending Mental Health Stigma
- ❖ Promoting Community Integration
- ❖ Family and Mental Health Treatment
- ❖ Person-Centered and Culturally Competent Care
- ❖ Motivational Enhancement
- ❖ Treatment of Substance Use
- ❖ Treatment of Early Psychosis
- ❖ Health and Wellness
- ❖ The Role of VA Peer Specialists and Peer-Delivered Interventions

*Seminar length is typically **one hour**, but can be modified to fit your clinic needs and schedule*

*Not in VISN 5? No problem – our investigators can make presentations remotely to VA clinics and programs **anywhere in the country!***

Schedule your seminar now!

*Contact: Anjana Muralidharan
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The following pages contain the growing list of our seminar offerings.

*****These offerings will be continually updated over the coming weeks and months!*****

Check back for updates at:

http://www.mirecc.va.gov/visn5/clinical_and_operational_consultation.asp

❖ **Ending Mental Health Stigma**

Ending Self-Stigma

Amy Drapalski and Alicia Lucksted

Overview of the Ending Self-Stigma intervention, a group-based intervention for adults with mental illness aimed at internalized stigma reduction.

EASE-ing Self-Stigma

Amy Drapalski and Alicia Lucksted

Workshop to help providers learn self-stigma reduction tools that can be used in practice.

Virtual Voices

Cynthia Clark

The goal of the Virtual Voices Workshop is to increase understanding of mental illness and to decrease stigma. During this experiential workshop, participants wear earbuds and listen to “voices” that are very similar to the auditory hallucinations that individuals with serious mental illnesses hear. Participants are asked to do various activities that involve cognition in order to increase their understanding of the day-to-day lives of people with mental illness.

❖ **Promoting Community Integration**

An Overview of Critical Time Intervention

Richard Goldberg

An overview of Critical Time Intervention, a time-limited, evidence-based practice to facilitate continuity of care and community integration during periods of care transition (e.g., after discharge from an inpatient psychiatric hospitalization).

Mental Health Self-Help Resources in the Community

Alicia Lucksted

Presentation of the rationale, evidence, and formats of mental health self-help resources in the community to support clients' recovery, including support groups, skill building seminars, peer-run centers, self-directed and online resources. Contact information for resources included.

❖ **Family and Mental Health Treatment**

Involving the Family in the Treatment of Serious Mental Illness

Amy Drapalski and Anjana Muralidharan

Overview of the evidence base for family-based interventions for SMI, followed by discussion of how to increase family involvement in mental health treatment in a VA context

The Shared-Decision Making for Family Involvement in Treatment (SDM-FIT) Protocol *Anjana Muralidharan*

Training on an efficient, user-friendly tool to use a shared decision-making framework to discuss family involvement in treatment with Veterans with mental illness.

Working with Families of Persons with Mental Illness

Alicia Lucksted

This workshop will help participants optimize ways that they currently engage family members of their mental health clients and to consider additional ways of doing so, towards optimizing relationships and positive effects. It will include specific resources and strategies, and discussion and tips on navigating the challenges of doing so and underlining the benefits. It will not focus on family therapy.

❖ **Person-Centered and Culturally Competent Care**

An Introduction to the Cultural Formulation Interview

Anjana Muralidharan and Samantha Hack

An overview of the Cultural Formulation Interview, published in the DSM-5, which provides prompts to assess sociocultural context as it relates to mental health and treatment. **Person-**

Centered Care Tools for Clinical Practice

Samantha Hack

A discussion of the relationship and differences between person-centered care, recovery-oriented care, and shared decision making as well as an introduction to person-centered tools like the Personal Health Inventory, Circles of Support, and Psychiatric Advance Directive. **Tips**

and Tools for Providing Culturally Informed Mental Health Care

Samantha Hack

A discussion of the applied concepts of cultural competence and cultural humility as well as opportunities for participants to conduct self-evaluations and an introduction to cultural competence tools for use in mental health care.

Understanding Veterans' Experiences through Photovoice

Amanda Peeples

Photovoice is a community-based participatory research method that is used to empower stakeholders. This seminar considers the potential for Photovoice methods to be used in a clinical setting to foster engagement and understanding among diverse groups of people. **An**

Overview of Service Animals and the VHA 2015 Directive

Natalie Kiddie

An overview of the 2015 VHA Directive regarding service animals as compared to ADA Service Dog regulations.

❖ **Motivational Enhancement**

Motivational Interviewing Basics

Melanie Bennett and Letitia Travaglini

An overview of basic motivational interviewing skills to enhance clients' interest in and motivation to change health behaviors.

Motivational Interviewing in Group Settings:

Letitia Travaglini

Focuses on how to use basic motivational interviewing skills in a group formats where individuals may be at varying stages of change. Ideal for people/clinics who already have been trained in and/or use motivational interviewing with individuals.

Ready, Set, Grow: A New Motivational Group for People Living with SMI

Elizabeth Klingaman

Overview of protocol for Ready, Set, Grow, a group-based motivational enhancement intervention for adults with SMI. The group focuses on engaging consumers in the process of growth and recovery and evoking their own motivation to change.

❖ **Treatment of Substance Use**

Screening, Brief Intervention, & Referral to Treatment (SBIRT) for Unhealthy Alcohol and Drug Use

Letitia Travaglini

An overview of the SBIRT model, including specific brief intervention techniques and how to begin considering ways to incorporate SBIRT into your specific program/clinic

Treating Substance Use Disorders in Adults with Serious Mental Illness

Melanie Bennett

An overview of the evidence base for the treatment of substance use disorders in adults with serious mental illness, along with practical, hands-on tools and techniques to use.

❖ **Treatment of Early Psychosis**

Implementation of First Episode Psychosis Services in Maryland

Melanie Bennett

An overview of efforts to implement team-based care for early psychosis, as well as a discussion of resources for young adults with psychosis, in the state of Maryland.

Assessment and Treatment of Young Adults Experiencing Early Psychosis

Melanie Bennett

A review of the evidence base, as well as practical clinical tips and tools, for the assessment and treatment of young adults with early psychosis.

❖ **Health and Wellness**

Smoking Cessation for Adults with Mental Illness

Melanie Bennett

An overview of the evidence base for smoking cessation in adults with mental illness, along with practical hands-on tools and techniques to implement in clinical practice.

An Introduction to Living Well

Richard Goldberg

An overview of the Living Well intervention, a group-based intervention co-delivered by a peer and non-peer interventionist, with the goal of improving illness self-management in adults with serious mental illness and comorbid chronic medical conditions.

Sleep Disorders and Mental Health Interventions for Veterans with SMI

Elizabeth Klingaman

This seminar provides empirically-informed guidance for clinicians on appropriate assessment, treatment, and referral decisions relevant to sleep disorders among Veterans with SMI.

Bright Light Exposure and Avoidance for Winter Depression, Circadian Rhythm Disorder, and Better Sleep

Teodor Postolache

A review of the research on the use of bright light therapies for a range of conditions.

Pain in Individuals with Complex Mental Health Conditions

Letitia Travaglini

Provides an overview of prevalence rates of pain among individuals with psychiatric illness and issues with treatment of pain among individuals with complex comorbid presentations.

❖ **The Role of VA Peer Specialists and Peer-Delivered Interventions**

Blurred Lines: How Does Peer Support Differ from Traditional Care?

Valerie Price

An overview of the role of peer support in mental health recovery and the unique skills and strategies VA Peer Support Specialists can bring to the table.

Peer Support in Primary Care

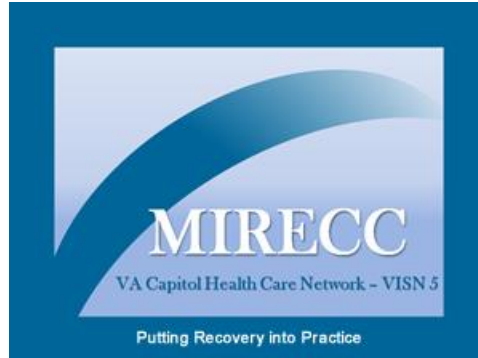
Valerie Price

An introduction to the growing role of peers in promoting Veteran health and wellness in primary care settings.

Expanding WRAP's Reach Among Veterans

Ralf Schneider

This presentation describes the benefits of Wellness Recovery Action Planning (WRAP) as provided by Peers and other recovery-oriented providers in the VA. It will also present strategies to enhance the availability of WRAP groups, through a commitment to evidence-based WRAP Facilitator training for Peer Specialists.



VA Capitol Health Care Network (VISN 5)

Mental Illness Research, Education, and Clinical Center (MIRECC)

www.mirecc.va.gov/visn5

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