



Family Psychoeducation

FORTIFYING FAMILIES OF BIRTH AND CHOICE

The 5th Annual Best Practices Conference

Hawai'i Convention Center
April 23 – 25, 2008

PRESENTED BY THE STATE OF HAWAII ADULT MENTAL HEALTH DIVISION AND THE
HAWAII CONSORTIUM FOR CONTINUING MEDICAL EDUCATION

Aloha

You are cordially invited to attend the 2008 Annual Best Practices Conference *Family Psychoeducation: Fortifying Families of Birth and Choice*. This conference will be held at the Hawai'i Convention Center in Honolulu, Hawai'i from April 23-25, 2008. Attendees will include providers of mental health services, psychiatrists, psychologists, nurses, social workers, consumers of mental health services, and family members of consumers. The goal of this annual conference is to provide a forum for stakeholders from Hawai'i and the Pacific to exchange ideas and to learn from one another.

This conference is jointly sponsored by the State of Hawai'i Department of Health's Adult Mental Health Division (AMHD) and the Hawai'i Consortium for Continuing Medical Education and is presented in partnership with the Hawai'i Center for Evidence-Based Practice and affiliated University of Hawai'i programs in nursing, psychiatry, psychology, and social work. Other partners of the conference include the American Psychiatric Nurses Association — Hawai'i, the Hawai'i Psychiatric Medical Association, the Hawai'i Psychological Association, the Hawai'i Chapter of the National Association of Social Workers, United Self-Help, and HIPRA — the Hawai'i Chapter of the United States Psychiatric Rehabilitation Association.

I would like to acknowledge the Mental Health Services Research, Evaluation, and Training (MHSRET) Program of the College of Social Sciences at the University of Hawai'i. The MHSRET Program, AMHD Service Directors, and planning committee members are responsible for the details of conference planning and logistics. Through the efforts of numerous people working together, the annual Best Practices Conference is becoming increasingly recognized as one of the preeminent mental health gatherings in the Pacific.

Finally, I would like to thank you, our mental health stakeholders, for considering the 2008 Annual Best Practices Conference. The Adult Mental Health Division and our collaborating partners encourage you to join the discussion so that we may all learn and teach one another.



Mahalo nui loa,

A handwritten signature in dark ink, appearing to read "Thomas W. Hester". The signature is fluid and cursive.

THOMAS W. HESTER, MD

Chief, Adult Mental Health Division



Overview

Evidence-based practices (EBPs) are services which have demonstrated positive outcomes in multiple research studies for people with severe and persistent mental illness. The Adult Mental Health Division strives to integrate these EBPs and other best practices into its array of services. The annual Best Practices Conference highlights one or more EBPs each year to draw particular focus to these essential services and clinically proven approaches. This conference further allows the AMHD to incorporate leading clinical interventions and to promote individual recovery while remaining culturally informed, sensitive, and responsive.

The Native Hawaiian concept of `ohana is deeply embedded in our island culture; it shapes our personal relationships and presents important issues for professional consideration. `Ohana is frequently defined simply as “family,” however, in traditional Hawaiian culture `ohana encompasses far more than the Western concept of the nuclear family comprised of parents or even extended family including grandparents, uncles, and cousins. In fact, the Native Hawaiian definition of `ohana includes ke akua (gods), `aumakua (ancestors), kupuna (grandparents or grandparent generation), makua (parents or parent generation), `opio (youth), kamali`i (children), and na pua i ka wa hope (future descendents). Indeed, traditional Hawaiian culture embraces the individual’s entire physical and spiritual support network, which is not limited by blood ties. Perhaps a better definition of `ohana is offered by Mary Kawena Puku`i in *Nana i Ke Kumu*, “It is a sense of unity, shared involvement and shared responsibility. It is mutual inter-dependence and mutual help. It is emotional support, given and received. It is solidarity and cohesiveness.”

This year’s conference will focus on the evidence-based practice (or EBP) of Family Psychoeducation. Family Psychoeducation has been shown to reduce relapse rates and facilitate recovery of persons who have mental illness. These programs provide education, emotional support, and problem-solving skills for families to better equip them in their efforts to support their loved one with a mental illness. The invaluable role of family—however defined—in supporting individuals with mental illness and the importance of supporting families in this role will be emphasized in this conference. The AMHD recognizes the significance of the family in the recovery process and continues to encourage the nurturing and strengthening of this relationship throughout the system of care.

Program Chair: Thomas W. Hester, MD

Physician Chair: William P. Sheehan, MD

EXECUTIVE ADVISORY COMMITTEE

Conference Coordinator: A. Michael Wylie, PhD, CPRP

Conference Managers: Jennifer H. Miyasaki, MBA and Chad Sakagawa

Planning Committee Chair: Robbyn Takeuchi, MSW

Featured Speakers



Molly Finnerty

Molly Finnerty, MD, is the Director of the Bureau of Adult Services Research in the New York State Office of Mental Health. Over the past 10 years, her research has focused on the implementation of evidence-based

practices including prescribing practices, Assertive Community Treatment, Wellness (Illness Management and Recovery), Family Psychoeducation, and the adaptation of evidence-based practices for culturally diverse communities. Dr. Finnerty is interested in the use of Health Information Technology to support the implementation of evidence-based practices, and has led the development of web-based software program the Psychiatric Services and Clinical Knowledge Enhancement System, which has won state and national awards for innovation. She is a practicing board certified psychiatrist, who also teaches mental health advocacy to public psychiatry fellows at Columbia University/New York State Psychiatric Institute.



C. Kimo Alameda

Kimo Alameda, PhD, is the Director for the Office of Multicultural Services in the State of Hawai'i Department of Health's Adult Mental Health Division (AMHD). In this capacity, he is responsible for developing a statewide

multicultural strategic plan as well as providing statewide cultural competency technical assistance, policy development, and training to AMHD-funded service providers. Dr. Alameda also serves as a statewide Cultural Specialist and Trainer for the Department of Health's Office of Health Equity where he is responsible for providing technical assistance, policy development, training, and consultation to the Department of Health as a whole. Dr. Alameda also teaches ethics, child and adolescent development, and multicultural counseling classes at Argosy University and is a guest lecturer at Hawai'i Community College in Hilo, Hawai'i.



Shirley M. Glynn

Shirley M. Glynn, PhD, is a Clinical Research Psychologist at the VA Greater Los Angeles Healthcare System at West Los Angeles and an Associate Research Psychologist at the University of California, Los Angeles. A licensed

psychologist in California, Dr. Glynn is committed to helping consumers with their recoveries from serious psychiatric illness. She oversees the national initiative on Behavioral Family Therapy Training, Supervision, and Consultation for the VA Office of Mental Health Services. She has been conducting clinical work and research on psychosocial interventions for serious and persistent psychiatric illnesses, including family interventions, for over twenty years and co-authored the book *Behavioral Family Therapy for Psychiatric Disorders*. She has worked to implement family interventions in a variety of settings including state hospitals, community clinics, academic settings, private practices, and the VA. She has written over 80 papers and chapters and has conducted trainings both nationally and internationally.



Tazuko Shibusawa

Tazuko Shibusawa, PhD, LCSW, is on the faculty at the New York University School of Social Work. Her current research focuses on the experience of aging among people with co-occurring disorders, and Asian immigrants. Her

research has been funded by the National Institute of Drug Abuse and the John A. Hartford Foundation Geriatric Social Work Faculty Scholars Program. Dr. Shibusawa's clinical experiences include Director of Social Services for Keiro Nursing Home in Los Angeles; psychiatric social worker for the Los Angeles County Department of Mental Health; and co-director of Counseling International in Tokyo, Japan. She also serves as an associate faculty member at the Multicultural Family Institute in New Jersey.

Part of the morning's
catch of AKULE at Haena

Plenary Sessions

Theater 310

Wednesday, April 23, 2008

1:45 pm-3:15 pm

Developing Effective Collaborations with Families of Adolescent and Adult Persons with Serious Psychiatric Illnesses

Shirley M. Glynn, PhD

An overarching model of the interplay of family and consumer strengths and deficits will serve as a platform for a presentation on effective interventions to promote recovery in serious psychiatric illness. The data supporting family involvement in care will be presented, followed by a heuristic guide to the tailoring of interventions to specific needs. Finally, common clinical obstacles in working with families will be discussed.

Objectives:

- Provide the rationale for family interventions for persons with serious psychiatric illnesses
- Describe the four levels of effective family interventions
- Outline the shared features of intensive family psychoeducational programs
- Summarize the benefits in reductions in relapse for participants in intensive family psychoeducation programs for persons with schizophrenia

Thursday, April 24, 2008

9:00 am-10:30 am

Cultural Adaptation of Family Psychoeducation in Three Communities: Chinese, African-American, and Latino

Molly Finnerty, MD

Speaker will review the process and outcomes related to the adaptation and implementation of Family Psychoeducation in three diverse ethnic communities. She will present a framework for cultural adaptation of EBPs and the lessons learned in implementing Family Psychoeducation.

Thursday, April 24, 2008

2:00 pm-3:30 pm

Family Psychoeducation in Japanese and Asian American Cultural Contexts

Tazuko Shibusawa, PhD, LCSW

The family psychoeducation model has been adopted to support wellness in Japan and by Asian American communities in the United States. Lessons learned by Japanese and Asian-American practitioners and research on implementing the family psychoeducation model in both Japan and the U.S. Asian American communities will be presented.

Friday, April 25, 2008

10:20 am-11:50 am

Families in Discussion: The Challenges – The Hope

C. Kimo Alameda, PhD and Panel: Dr. Lesley Slavin, Dr. Paula Morelli, Palama Lee, and Dr. Tazuko Shibusawa

This plenary will close the conference by highlighting the challenges, successes, and hopes of family involvement and Family Psychoeducation within Hawai'i's multicultural environment.

Lunch Presentation

Room 313 A/B/C

Kokua I Na Kupuna (Help for the Elderly)

John A.H. Tomoso, MSW, ACSW, LSW and Tom Vendetti, PhD

Presentation and discussion of a video production that allowed cultural competencies to be integrated in a geriatric mental health protocol and process on Maui that is still under developmental implementation.

Objectives:

- Understand cultural barriers to service
- Understand how capacity to care can be built through culturally competent practice
- Understand how a mental health system is being integrated with an aging network of services



Educational Objectives

embedded in our island culture; it shapes our personal relationships and presents important issues for professional consideration. Ohana is frequently defined simply as family.

1. Attendees will be able to (a) describe principles of Family Psychoeducation; (b) describe successful implementation strategies including practical approaches to engaging consumers and family members in Family Psychoeducation programs; and (c) identify successful cultural adaptations of this program to meet the needs of families and communities.
2. Attendees will be able to describe and apply principles of one or more of the following areas to their clinical practice: (a) the importance of a definition of family unique to each individual; (b) strategies to encourage participation of families in the individual's recovery; (c) the role of culture and ethnicity as it relates to Family Psychoeducation; (d) the impact of "burdenhood" on services and relationships; and (e) the impact of mental illness and mental health services on families.
3. Attendees will be able to apply concepts of cultural competency and cultural sensitivity to clinical practice by (a) recognizing cultural beliefs and values about help-seeking, mental health, and employment; and (b) by incorporating demographic factors into vocational assessment, planning, and rehabilitation services.
4. Attendees will be able to (a) demonstrate awareness and knowledge of the recovery philosophy; (b) articulate the implications of this philosophy for reshaping patient care; and (c) apply this philosophy in individualized person-centered treatment planning.

Agenda

APRIL 23	11:00 AM – 1:00 PM	Registration
	1:00 PM – 1:40 PM	Welcome, Thomas W. Hester, MD
	1:45 PM – 3:15 PM	Developing Effective Collaborations with Families of Adolescent and Adult Persons with Serious Psychiatric Illnesses – <i>Shirley M. Glynn, PhD</i>
	3:20 PM – 3:30 PM	Break
	3:35 PM – 5:05 PM	Workshop #1 (Five Concurrent Sessions)
	Theater 310	A. Challenges and Advantages for Physicians in Working with Families: Resistance, Choice, HIPAA, and Outcomes – <i>Molly Finnerty, MD</i>
	Room 304 A/B	B. NAMI Hawai'i and Family Education – <i>Marion Poirier, MA, RN; and Charlotte Boyd</i>
Room 305 A/B	C. Au No Keia: Supporting Hawai'i's Mahu, Mahuwahine, and Their Families – <i>Palama Lee, MSW, QCSW</i>	
Room 309	D. ACT Review: Building on our Past, Success with Treatments that Work – <i>Rodney Powell, MSW; and Pam Haina, MS, APRN, BC</i>	
Room 308 A/B	E. Ho'oponopono – <i>C. Kimo Alameda, PhD</i>	
5:10 PM – 5:15 PM	Adjournment	

CONTINUED ON NEXT PAGE...

APRIL 24	7:00 AM – 8:55 AM	Registration/Continental Breakfast
	9:00 AM – 10:30 AM	Cultural Adaptation of Family Psychoeducation in Three Communities: Chinese, African-American, and Latino – <i>Molly Finnerty, MD</i>
	10:35 AM – 10:45 AM	Break
	10:50 AM – 12:20 PM	Workshop #2 (Five Concurrent Sessions)
	Theater 310	A. The Nuts and Bolts of Behavioral Family Therapy (BFT) for Psychiatric Disorders – <i>Shirley M. Glynn, PhD</i>
	Room 304 A/B	B. Increasing Family Involvement in Supported Employment – <i>Edward Suarez, PhD and Panel</i>
	Room 305 A/B	C. Consumer Panel: Building Our Own Families' Supports and Spirituality – <i>LeeAnn Kobayashi and Panel</i>
	Room 309	D. Mental Health Transformation: Collaborations from Prevention to Recovery – <i>Rupert Goetz, MD and Sharlene Chun-Lum</i>
	Room 308	E. Mental Health in the Pacific Basin: What Works in Guam – <i>Andrea Leitheizer, PhD; and Reina Sanchez</i>
	12:30 PM – 1:20 PM	Lunch
	1:20 PM – 1:50 PM	Lunch Presentation: Kuku I Na Kupuna (Help for the Elderly)
2:00 PM – 3:30 PM	Family Psychoeducation in Japanese and Asian-American Cultural Contexts – <i>Tazuko Shibusawa, PhD, LSW</i>	
3:35 PM – 3:45 PM	Break	
3:50 PM – 5:15 PM	Workshop #3 (Five Concurrent Sessions)	
Theater 310	A. Meeting Families Where They Are: Strategies for Engagement – <i>Shirley M. Glynn, PhD</i>	
Room 304 A/B	B. Family Perspectives on Recovery: Voices of Experience – <i>Paula Morelli, PhD</i>	
Room 305 A/B	C. Strengthening Natural Networks: Clubhouse and Peer Support Strategies – <i>Steven Onken, MSSW, PhD; Kathleen Rhoads Merriam; and Panel</i>	
Room 308	D. Adapting Family Psychoeducation for the Elderly in a Culturally Diverse Community: Potluck, Talk Story, and Honoring our Elders – <i>Deborah Arendale, MC, LMHC, CSAC; John A.H. Tomoso, MSW, ACSW; and Pat Uchigakiuchi, PhD</i>	
Room 309	E. Psychological Wellbeing of Asian-Americans – <i>Tazuko Shibusawa, PhD, LCSW</i>	
5:15 PM – 5:20 PM	Adjournment	
APRIL 25	7:00 AM – 8:25 AM	Registration/Continental Breakfast
	8:30 AM – 10:00 AM	Workshop #4 (Five Concurrent Sessions)
	Theater 310	A. Challenging Burdenhood – <i>Steven Onken, MSSW, PhD; Patrick Uchigakiuchi, PhD; Eva Kishimoto, MSW; C. Kimo Alameda, PhD</i>
	Room 304 A/B	B. Strategies and Legal Issues for Family Members: "Are There Any?" – <i>Anson Rego, JD</i>
	Room 305 A/B	C. Youth to Adult Transition: Opportunities and Challenges – <i>Lesley A. Slavin, PhD</i>
	Room 309	D. Family Matters in Integrated Dual Disorders Treatment: Implementation Implications – <i>Becky Beardsley, PhD; Heather Jablonski, LCSW, CSAC</i>
Room 308	E. Mental Health in the Pacific Basin: What Works in Palau – <i>Chesnee Jonathan, RN; and Sherilyn Madrisau, MS</i>	
10:05 AM – 10:15 AM	Break	
10:20 AM – 11:50 AM	Families in Discussion: The Challenges – The Hope – <i>C. Kimo Alameda, PhD and Panel</i>	
11:55 AM – 12:10 PM	Evaluation and Adjournment	

Workshop 1

Wednesday, April 23, 2008

3:35 pm-5:05 pm

A. Challenges and Advantages for Physicians in Working with Families: Resistance, Choice, HIPAA, and Outcomes

*Molly Finnerty, MD
Theater 310*

This session will focus on the benefits and challenges that physicians working with people with SPMI face in engaging families in treatment. Dr. Finnerty will review issues and strategies to address resistance issues, consumer choice, HIPAA, and other confidentiality concerns. In addition, Dr. Finnerty will address consumer outcomes in the context of family involvement in treatment.

B. NAMI Hawai'i and Family Education

*Marion Poirier, MA, RN; and
Charlotte Boyd
Room 304 A/B*

Presentations will discuss NAMI Hawai'i's Family 2 Family Education Program; current information about major mental illnesses; anxiety disorders and co-occurring disorders; and information

on medication and side effects. The moderator will cover NAMI Hawai'i, NAMI on Campus, and Sibling Support.

Objective:

- Describe the Family Program of NAMI Hawaii

C. Au No Keia: Supporting Hawai'i's Mahu, Mahuwahine, and Their Families.

*Palama Lee, MSW, QCSW
Room 305 A/B*

Presenters will describe their `ohana and the ways these are similar and different for gay, lesbian (mahu), and transgender people. They will share strategies for advancing the nurturing factors of their `ohana and to address the hindering forces that impact the mental health well-being of mahu, mahuwahine, and their `ohana.

D. ACT Review: Building on our Past, Success with Treatments that Work

*Rodney Powell, MSW; and
Pam Haina, MS, APRN, BC
Room 309*

This workshop will review and emphasize the critical elements of ACT and continue discussions on engaging difficult consumers. It will also focus on how to help bring their families into the treatment process and ways in which family psychoeducation can be used to complement Assertive Community Treatment.

Objectives:

- Understand basic ACT principles
- Understand the relationship between the ACT model and Family Psychoeducation
- Understand ACT fidelity views and assesses teams working with formal and informal supports

E. Ho'oponopono

*C. Kimo Alameda, PhD;
Kamana'opono Crabbe, PhD; and
Panel of Distinguished Practitioners
Room 308 A/B*

Participants will learn about the Native Hawaiian traditional concept of health and wellness through the art of Ho'oponopono. The use of this technique in the area of mental health will be discussed and compared and contrasted to Family Psychoeducation. Examples of this general approach to wider ranging community issues will also be presented within the social context of interpersonal problem solving.

Workshop 2

Thursday, April 24, 2008

10:50 am -12:20 pm

A. The Nuts and Bolts of Behavioral Family Therapy (BFT) for Psychiatric Disorders

*Shirley M. Glynn, PhD
Theater 310*

BFT is an intensive individual family psychoeducational intervention program, which has been found to reduce relapse rates in schizophrenia and bipolar illness by almost 50%. In this presentation, the rationale and components of BFT—engagement, assessment, illness education, communication skills training, and problem-solving instruction—will be presented. The use of out-of-session assignments to bolster skill generalization will also be discussed.

Objectives:

- Articulate the five components of BFT
- Discuss different strategies for engaging families for BFT
- Tailor BFT to the specific needs of families



Great Grandpa

B. Increasing Family Involvement in Supported Employment

*Edward Suarez, PhD and Panel:
Kim Golis, Ryan Momohara,
Joan Momohara, and
Kathleen Rhoads Merriam
Room 304 A/B*

Family members can play an important role in the successful supported employment of persons with severe and persistent mental illness (SPMI). In panel presentations, supported employment staff, consumers/members, and family members will describe their experiences and offer suggestions for maximizing family involvement for successful supported employment of persons with SPMI.

Objectives:

- Understand and describe the issues, including benefits and barriers, related to family involvement in the successful supported employment of persons with SPMI

C. Consumer Panel: Building Our Own Families' Supports and Spirituality

*LeeAnn Kobayashi and Panel
Room 305 A/B*

This is an open forum with personal stories of recovery and of building our own families' supports and spirituality.

Objectives:

- Gain an understanding of what works and what doesn't
- Identify available resources

D. Mental Health Transformation: Collaborations from Prevention to Recovery

*Rupert Goetz, MD and
Sharlene Chun-Lum
Room 309*

This session provides an overview of the Mental Health Transformation State

Incentive Grant (MHT-SIG) and the current status of the its implementation. Following several consent decrees, the State of Hawai'i now has this "chance of a generation" to transform its Mental Health service system to one that spans from prevention through effective treatment to recovery. A Needs Assessment and Resource Inventory lays the foundation for a comprehensive Mental Health Plan developed by the Transformation Working Group and its subgroups.

Objectives:

- Gain an understanding of the MHT-SIG as the "opportunity of a generation" to transform Hawai'i's mental health system, spawning from prevention through effective treatment to recovery
- Identify at least two different ways to participate in the process

E. Mental Health in the Pacific Basin: What Works in Guam

*Andrea Leitheizer, PhD; and
Reina Sanchez
Room 308*

Participants will learn how practitioners in Guam work with family strengths to improve recovery for people with mental illness. Engagement strategies which address common barriers to family involvement will be presented.

Objective:

- Participants will learn about the unique cultural and systemic issues that both support and challenge families and consumers in Guam

Workshop 3
Thursday, April 24, 2008
3:50 pm-5:15 pm

A. Meeting Families Where They Are: Strategies for Engagement

*Shirley M. Glynn, PhD
Theater 310*

To date, successfully engaging consumers and relatives in treatment has been an unattended aspect of implementing family interventions. Provider, relative, and consumer obstacles to engagement will be outlined, as well as strategies for addressing these common problems. Special attention will be paid to empowering consumers to make an informed decision about involving their relatives in their mental health care.

Objectives:

- Articulate common consumer barriers to participation in family psychoeducation
- Articulate common relative barriers to participation in family psychoeducation



*Ohana is deeply embedded in our island culture,
personal relationships and family are important issues for
our people. Ohana is how we are defined simply as a
family.*

- Articulate common clinician barriers to participation in family psychoeducation
- Outline motivational strategies to overcome participant obstacles

B. Family Perspectives on Recovery:

Voices of Experience

*Paula Morelli, PhD; Kerry Causey; Michelle Scofield, MSW; G.M. Durant; Chong Rak Suh; and Im Davenport
Room 304*

We will learn from a panel of family members about ways to collaborate with them in the recovery process.

C. Strengthening Natural Networks: Clubhouse and Peer Support Strategies

*Steven Onken, MSSW, PhD, Kathleen Rhoads Merriam, and Panel: Michelle Ribillia, Terri Ribillia, and Sanya Fujiwara
Room 305*

Social support acts as a buffer to life stresses. Natural networks—'ohana, peers, friends—provide a rich resource of such buffers. This workshop explores natural networks and how clubhouse and peer support strategies can, as one consumer said, “pull in community, family, faith, work—be holistic in recovery.”



Objectives:

- Describe social support and the major characteristics of natural networks
- Describe strategies developed and used in clubhouses for strengthening a person's natural network
- Describe peer support strategies for strengthening a person's natural network

D. Adapting Family Psychoeducation for the Elderly in a Culturally Diverse Community: Potluck, Talk Story, and Honoring Our Elders

*Deborah Arendale, MC, LMHC, CSAC; John A.H. Tomoso, MSW, ACSW; and Pat Uchigakiuchi, PhD
Room 308*

This workshop will describe a community-based project to provide services for elderly persons with major depression and their families. The project involves interventions at the family level utilizing the Family Psychoeducation EBP, community level coordination of information and resources, and systems level development of a coordinated network of services and resources.

Objectives:

- Attendees will be able to describe a community-based participatory research approach in developing a coordinated system of care for elderly persons experiencing major depressive disorder and for families providing support and care for the elderly. Attendees will also be able to describe a model for adapting and implementing an evidence-based practice in a culturally diverse community. This methodology involves the “selective and directed” adaptation strategy based on a model proposed by Anna Lau (2006) in which important cultural adaptations are integrated into an EBP while maintaining the integrity of the intervention.

E. Psychological Wellbeing of Asian Americans

*Tazuko Shibusawa, PhD, LCSW
Room 309*

This session will engage workshop participants in an exploration of enhancing protective factors and inhibiting destructive factors within Asian American individuals, families, and communities.

Objectives:

- Explore the ways in which traditional cultural values and expectations influence individuals and families
- Explore the differences between Western and Asian notions of well-being
- Explore cultural conflicts from a strengths perspective

Workshop 4

**Friday, April 25, 2008
8:30am-10:00am**

A. Challenging Burdenhood

*Steven Onken, MSSW, PhD; Patrick Uchigakiuchi, PhD; Eva Kishimoto, MSW; C. Kimo Alameda, PhD
Theater 310*

Viewing one's self as a burden and assimilating such shame and guilt can lead to disconnecting from one's 'ohana. Practitioners, citing consumer self-determination, sidestep this burdenhood and indirectly reinforce such disconnect with family. This workshop will deconstruct burdenhood and explore psychoeducation and culturally responsive strategies to reconstruct personhood and 'ohana connections.

Objectives:

- Describe burdenhood and contrast it to personhood
- Identify the ways burdenhood separates 'ohana members

Our big day at last

- Identify how such disconnect can be reinforced by current mental health practices
- Describe strategies for regaining personhood and reconnections to 'ohana

B. Strategies and Legal Issues for Family Members: "Are There Any?"

Anson Rego, JD
Room 304

This workshop will address some of the most commonly raised concerns of family members regarding loved ones with a mental illness. These concerns range from issues such as, "Who will take care of my family member once I've passed on? How can I find out more information about whether my family member is in treatment? How can I be of help? How can I get help for a family member who refuses treatment?" Use of an advance mental health care directive will be reviewed as one tool for families and consumers to find common ground.

C. Youth to Adult Transition: Opportunities and Challenges

Lesley A. Slavin, PhD
Room 305

This panel presentation will feature transition-aged youth mental health consumers, parents who have experienced the transition process, and staff of the Ho'omohala Project, a CAMHD initiative focused on transition-aged youth. They will present information on challenges and useful supports and describe an evidence-informed approach: the Transition to Independence Process (TIP) Model.

Objectives:

- Increase understanding of the challenges framing transition-age youth and their families
- Increase ability to support transition-age youth mental health consumers

- Increase ability to support parents of young adults transitioning into the adult mental health system

D. Family Matters in Integrated Dual Disorders Treatment: Implementation Implications

Becky Beardsley, PhD and Heather Jablonski, LCSW, CSAC
Room 309

This workshop will discuss the importance of family and significant others in the treatment of people with co-occurring mental illness and substance use disorders. It will bridge implementation science and cultural competency principles to provide strategies for programs to enhance family and significant others' involvement in IDDT.

Objectives:

- Supporting family and significant others' involvement in providing treatment for people with co-occurring mental illness and substance use disorders
- Identify lessons learned in implementing the EBP IDDT
- Recognize the importance of understanding cultural meaning and place of family for implementation of IDDT
- Identify implementation strategies to enhance family and significant others involvement in IDDT

E. Mental Health in the Pacific Basin: What Works in Palau

Chesnee Jonathan, RN; and Sherilyn Madrisau, MS
Room 308

Participants will learn how practitioners in Palau engage families of people with mental illness in supporting recovery and participating in treatment. Successful strategies are grounded in the unique cultural and geographic context of Palau. The framework for adapting engagement strategies based on the cultural needs of the population is relevant and applicable outside of Palau.

Administrative Policies

Cancellations

Cancellation and full refund requests must be submitted in writing. Cancellation requests received on or before April 7, 2008 will be issued a refund; however, a \$15 administrative fee will be retained. Cancellations made after April 7, 2008 and/or "no shows" will not be refunded. Substitutions will be accepted for individuals within the same organization.

Photo Release Statement

The Mental Health Services Research, Evaluation, and Training (MHSRET) Program and the State of Hawai'i Department of Health (DOH) uses photos and videos taken at the 5th Annual Best Practices Conference for promotional and educational purposes.

By registering for this conference, you grant the MHSRET Program and the DOH the right to use your likeness for such purposes. You may revoke this right in writing to the MHSRET Program before the conference registration deadline: April 7, 2008.

Scholarships

A limited number of scholarships are available for students, consumers of mental health services, and family members of consumers. Please see our conference website for more information (www.amhd.org/best) or call (808) 735-3435.

Continuing Medical Education

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the Hawai'i Consortium for Continuing Medical Education (HCCME) and the State of Hawai'i Adult Mental Health Division. The HCCME is accredited by the ACCME to provide continuing medical education for physicians.

The Hawai'i Consortium for Continuing Medical Education designates this educational activity for a maximum of 12.0 *AMA PRA Category 1 Credits*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Day Maximum Hours for CEUs, CEs, and CMEs

Continuing Education Type	Wednesday, 4/23/08	Thursday, 4/24/08	Friday, 4/25/08
CPRP	3.0 hours	6.0 hours	3.0 hours
CSAC	3.0 hours	6.0 hours	3.0 hours
HCPS	3.0 hours	6.0 hours	3.0 hours
Nurses	3.0 hours	6.0 hours	3.0 hours
Physicians	3.0 hours	6.0 hours	3.0 hours
Psychologists	3.0 hours	6.0 hours	3.0 hours
Social Workers	3.0 hours	6.0 hours	3.0 hours

2008 Annual Meeting Continuing Education Types

Continuing Education Type	
CPRP	This activity counts for up to 12 hours of continuing education credit for the United States Psychiatric Rehabilitation Association.
CSAC	The Alcohol and Drug Abuse Division approves this activity for 12 credit hours.
HCPS	The Mental Health Services Research, Evaluation, and Training Program will maintain documentation for Hawai'i Certified Peer Specialists for up to 12 hours of education credit.
Nurses	The Hawai'i Consortium for Continuing Medical Education agrees to keep up to 12 activity hours for this event on file for nurses.
Physicians	Physicians (MDs and DOs) — Certified for 12.0 <i>AMA PRA Category 1 Credits</i> [™] .
Psychologists	The Mental Health Services Research, Evaluation, and Training Program (MHSRET) of the University of Hawai'i is approved by the American Psychological Association to sponsor Continuing Education for Psychologists. The MHSRET Program maintains responsibility for this program and its content. The MSHRET Program approves this activity for 12 credits.
Social Workers	National Association of Social Workers, Hawai'i Chapter.

big day at last

The 5th Annual Best Practices Conference

April 23 - 25, 2008

Registration Deadline: Monday, April 7, 2008*

* No registration forms will be accepted after April 7, 2008. Participants will need to register onsite.

First Name _____ Last Name _____ Degree _____

Name on Badge _____ Job Title _____

Organization _____ Address _____

City _____ State _____ Zipcode _____

Daytime Phone _____ Fax _____ Email _____

Please include me on the Best Practices Conference email list

How did you find out about the conference? I am a DOH/AMHD employee Through professional organization
 Membership email list University/college student Word of mouth Colleague Provider of services
 Clubhouse Website

ADA — Do you have *any* special needs? Dietary and other? NO YES (please specify) _____

EARLY REGISTRATION (Payment received on or before March 10, 2008)		
	Rate	CME/CEU/CE (opt.)
Full 3-day conference	<input type="checkbox"/> \$220	<input type="checkbox"/> \$45
Wednesday only	<input type="checkbox"/> \$60	<input type="checkbox"/> \$15
Thursday only	<input type="checkbox"/> \$120	<input type="checkbox"/> \$30
Friday only	<input type="checkbox"/> \$60	<input type="checkbox"/> \$15

LATE REGISTRATION (Payment received after March 10, 2008)		
	Rate	CME/CEU/CE (opt.)
Full 3-day conference	<input type="checkbox"/> \$300	<input type="checkbox"/> \$45
Wednesday only	<input type="checkbox"/> \$80	<input type="checkbox"/> \$15
Thursday only	<input type="checkbox"/> \$160	<input type="checkbox"/> \$30
Friday only	<input type="checkbox"/> \$80	<input type="checkbox"/> \$15

CME/CEU/CE Fee and Application

Last 5 Digits of SSN (for CME/CEU/CE records) _____ TYPE OF CME/CEU REQUESTED: _____
Physician/Psychology/Nursing/Social Work/CSAC/CPRP/HCPs

PAYMENT

This form MUST be accompanied by the appropriate conference registration fee paid by check, purchase order, or credit card. Please use one registration form per participant. Make checks payable to: **The Research Corporation of the University of Hawai'i**. The Research Corporation of the University of Hawai'i's FEID number is 99-0115254. The security of your personal information is extremely important to us. We will never sell or rent your personal information to any third parties under any circumstances.

Purchase Order - PO # _____ Agency _____

Check Enclosed (in U.S. \$) Check # _____ Amount _____

Mastercard VISA (credit card charges will appear on your statement as "Psychosocial Rehab Ctr.")

_____ - _____ - _____ - _____ Exp. ____ / ____ 3 digit # _____ (back of card)
 _____ \$ _____
 Exact name as it appears on credit card Telephone Number Amount to be charged

CONTINUED ON BACK...

WORKSHOP PREFERENCES

Please RANK (①②③④⑤) workshops by order of preference. Seating may be limited.

WORKSHOP 1: Wednesday, April 23, 2008, 3:35 PM – 5:05 PM	
①②③④⑤	A. Challenges and Advantages for Physicians in Working with Families: Resistance, Choice, HIPAA, and Outcomes
①②③④⑤	B. NAMI Hawai'i and Family Education
①②③④⑤	C. Au No Keia: Supporting Hawai'i's Mahu, Mahuwahine, and Their Families
①②③④⑤	D. ACT Review: Building on our Past, Success with Treatments that Work
①②③④⑤	E. Ho'oponopono

WORKSHOP 2: Thursday, April 24, 2008, 10:50 AM – 12:20 PM	
①②③④⑤	A. The Nuts and Bolts of Behavioral Family Therapy (BFT) for Psychiatric Disorders
①②③④⑤	B. Increasing Family Involvement in Supported Employment
①②③④⑤	C. Consumer Panel: Building Our Own Families' Supports and Spirituality
①②③④⑤	D. Mental Health Transformation: Collaborations from Prevention to Recovery
①②③④⑤	E. Mental Health in the Pacific Basin: What Works in Guam

WORKSHOP 3: Thursday, April 24, 2008, 3:50 PM – 5:15 PM	
①②③④⑤	A. Meeting Families Where They Are: Strategies for Engagement
①②③④⑤	B. Family Perspectives on Recovery: Voices of Experience
①②③④⑤	C. Strengthening Natural Networks: Clubhouse and Peer Support Strategies
①②③④⑤	D. Adapting Family Psychoeducation for the Elderly in a Culturally Diverse Community: Potluck, Talk Story, and Honoring our Elders
①②③④⑤	E. Psychological Wellbeing of Asian Americans

WORKSHOP 4: Friday, April 25, 2008, 8:30 AM – 10:00 AM	
①②③④⑤	A. Challenging Burdenhood
①②③④⑤	B. Strategies and Legal Issues for Family Members: "Are There Any?"
①②③④⑤	C. Youth to Adult Transition: Opportunities and Challenges
①②③④⑤	D. Family Matters in Integrated Dual Disorders Treatment: Implementation Implications
①②③④⑤	E. Mental Health in the Pacific Basin: What Works in Palau

MAIL FORM AND PAYMENT TO:

5th Annual Best Practices Conference

3465 Waiālae Avenue, #200

Honolulu, Hawai'i 96816

FAX (if paying by credit card) form to: (808) 735-3436

Location

The conference will be held at the Hawai'i Convention Center located at 1801 Kalakaua Avenue. To find out more about the Hawai'i Convention Center, please visit: www.hawaii-convention.com. The room may be cold so consider bringing a sweater or jacket to wear. No food or beverages of any kind are allowed in the auditorium.



Hawai'i Convention Center

Level 3 Meeting Rooms



Parking

The Center has 700 parking stalls on the second level of the building (subject to availability) with entry via a ramp on Kalakaua Avenue. Garage height is 9'11". Overnight parking is not allowed in the Center. Event parking is \$5 per exit.

ADA

The Americans with Disability Act of 1990 requires that all individuals, regardless of their disabilities, have equal access. The Department of Health and the University of Hawai'i are Equal Opportunity/Affirmative Action Institutions. Please forward accommodation requests in writing by March 31, 2008 to:

5th Annual Best Practices Conference

Attn: Chad Sakagawa
3465 Wai'aleae Avenue,
Suite 200

Honolulu, Hawai'i 96816

Phone: (808) 735-3435

Fax: (808) 735-3436

E-mail: best@amhd.org

This conference is supported in part, by a grant from the Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services.

Register online at www.amhd.org/best.