

OMH HCBS Waiver & SPOA Annual Statewide Conference

"An Integrated Approach to Service planning and Delivery"



October 29-30, 2008

**Holiday Inn on Wolf Road
205 Wolf Road
Albany, NY 12205**

Sponsored by
The NYS Office of Mental Health
Division of Children and Family Services
44 Holland Avenue, 6th Floor, Albany, NY 12229

**October 29, 2008
HCBS Waiver Conference Agenda**

8:30 – 9:30

Registration/Breakfast

9:30 – 9:45

Welcoming Remarks - Gary Hook, M.S, Coordinator for the HCBS Waiver; Kristin Riley, RN, MPA, Deputy Director for the OMH Division of Children and Family Services

9:45 – 11:15

Workshops:

1 – *An overview of an Evidence Based Treatment Model for Depression and Trauma* - Sandra S. Pimentel, Ph.D., Associate Professor of Clinical Psychology (in Psychiatry), Columbia University; Janet Chassman, Director, OMH Evidence Based Treatment Dissemination Center

Upon completion, participants will be able to:

- describe the Cognitive-Behavioral Therapy (CBT) model for trauma and depressive disorders in youth,
- discuss key principles and specific applications of CBT for youth depression and trauma in the home and community, and
- strategize care coordination to maximize child and family outcomes.

2 – *CANS MH and Service Planning, Part I* - John Lyons, Ph.D.

Upon completion, participants will be able to:

- describe how CANS supports service planning and
- use the CANS instrument to select CANS ratings pertaining to specific assessment categories.

3 – *When Normal Childhood/Adolescent Development Hits a Bump in the Road **Part I**: Normal Stages of Development & Interfering Factors* - Kate Thomsen, MS, CAS

Upon completion, participants will be able to:

- describe normal stages of development for youth ages 5 to 18,
- identify factors that may impede development such as abuse, learning differences, ADHD, and various psychological and psychiatric disorders and
- discuss the impact of the above factors on normal development.

11:15 – 11:30

Break

11:30 – 1:00

Workshops:

1 – *An Overview of an Evidence Based Treatment Model for Disruptive Behaviors* – Sandra S. Pimentel, Ph.D., Associate Professor of Clinical Psychology (in Psychiatry), Columbia University; Janet Chassman, Director, OMH Evidence Based Treatment Dissemination Center

Upon completion, participants will be able to:

- describe the Cognitive Behavioral Therapy (CBT) model for disruptive behavior disorders in youth,
- discuss key principles and specific applications of CBT for disruptive behaviors in youth in home and community settings, and
- strategize care coordination to maximize child and family outcomes.

2 – *CANS MH and Service Planning, Part II* – John Lyons, Ph.D.

Upon completion, participants will be able to:

- integrate CANS ratings into the Service Plan narratives,
- develop measurable goals and objectives that address CANS ratings of 2 and 3 and
- revise goals and objectives based on CANS.

3 – *When Normal Childhood/Adolescent Development Hits a Bump in the Road, Part II: Strategies & Action Plans for Identifying & Building on Strengths* - Kate Thomsen, MS, CAS

Upon completion, participants will be able to:

- describe a resiliency based approach for working with children and their families,
- develop and implement strategies for identifying and building on children and families' strengths, and
- integrate skill building action plans that take into account the special needs of children with serious emotional disturbance.

1:00 - 2:00

Lunch

2:00 – 5:00

General Session:

Discussion: Serving Children through On-Going Collaboration and Integrated Planning

Panel:

Cattaraugus Rehabilitation Center, Inc: Katie Caruso, BA; Amy Lafler, MEd.; Tracey Spears, MEd,
Jewish Board of Family & Children Services: Kelly Collins, LCSW
Jewish Child Care Association: Richard Nelson, LMSW
Occupations, Inc: Diana Noger, CSW-R; Robyn Sellet, LCSW;
Peggy Tobin, BA

Moderator: Kristin Riley, RN, MPA, Deputy Director for the OMH Division of Children and Family Services

Upon completion, participants will be able to:

- describe benefits of collaboration leading to integration,
- discuss how effective integrated planning and practices may be achieved, and
- identify how to use Intensive In-Home to support clinical goals.

Break

The Waiver Service Plan: Pulling it All Together – John Lyons, Ph.D.

Upon completion, participants will be able to describe how to develop an HCBS Waiver Individualized Service Plan that demonstrates:

- collaboration between the ICC and the treatment provider,
- integration of the CANS,
- measurable goals and objectives,
- goals, objectives and methods, such as IIH, that show integration of evidenced based treatment strategies in the home environment for trauma and depression and for disruptive behaviors and
- goals, objectives and methods that address skill building associated with age appropriate developmental tasks.

October 30, 2008
HCBS Waiver and SPOA Conference Agenda

8:30 – 9:30 **Registration and Breakfast**

9:30 – 10:30 **Keynote:** *Overview of the Children's Mental Health Plan* - Kristin Riley, RN, MPA, Deputy Director of OMH Division of Children and Family Services

10:30 – 12:00 **Workshops:**

1 - *MH Systems Integration* - John VanDenBerg, Ph.D.

Upon completion of this workshop, participants will be able to:

- differentiate between collaborative and integrative practices and the differential effects each has on outcomes for families,
- state recent empirical evidence which supports integrative practice, and
- discuss the currently used processes to support integration at the family level.

2 - *CANS and Multiple Child Serving Systems* - John Lyons, Ph.D.

Upon completion, participants will be able to identify how the application of the multi-systems CANS will:

- improve outcomes for children and families,
- provide a quality improvement/assurance tool for the provider community, and
- provide a planning vehicle for future systems' planning that is oriented to the needs of our consumers.

3 - *Healthy Development from the Inside Out and Outside In: How to Help Young People Thrive* - Janis L. Whitlock, Ph.D., MPH, Research Scientist in the Family Life Development Center and Lecturer in the Department of Human Development at Cornell University

Upon completion, participants will be able to:

- identify the stages of child and adolescent development,
- understand the relationship between development and environmental features that support and inhibit healthy development and
- use the above knowledge to generate ideas for enhancing resilience and positive development in the populations and systems with whom they work.

4 – *OMH Division of Children & Family Services Overview of Program Initiatives* – Mary McHugh, LCSW-R; Bureau Director, Strategic Direction and Training; Gabrielle Ares, Director of Treatment Services; Gary Hook, MS, HCBS Waiver Coordinator; Donna Bradbury, MA, Child and Family Clinic-Plus Coordinator

Upon completion, participants will be able to discuss a variety of program initiatives and strategies that further the implementation of the Children’s Mental Health Plan.

12:00 – 1:00

Using Outcome Measures: The Relevance of CANS to Child and Family Services – Marleen Radigan, DrPH, Associate Director of Youth Services Evaluation Research, NYS Office of Mental Health

Upon completion, participants will be able to:

- Utilize CANS to help answer questions such as:
Does this program work?
How do I know that this program is the best use of community resources?
How do we make this program better?

1 – 2:00

Lunch

Waiver Conference ends at 2:00; SPOA conference continues.

2:00 – 4:00

Interactive General Session for SPOA:

Implementing a Multi-Systems Child Serving Approach: Strengths, Challenges and Possibilities –Kristin Riley, RN, MPA, Deputy Director NYS Office of Mental Health, Division of Children and Family Services; John VanDenBerg, Ph.D; John Lyons, Ph.D.

Faculty

Gabrielle Ares, joined OMH's Division of Children and Family Services in March 2008 as the Director of the Treatment Services Bureau providing administrative oversight and operational management for all state operated inpatient and residential programs and child centered community services projects. Prior to coming to OMH, since 1998, Gabrielle managed Federal Relations for the NYS Division of the Budget working with state and federal agencies, interest groups, Congress and the White House on Medicaid and health care issues.

Donna Bradbury, MA, serves as a program specialist in the Division of Children and Family Services at the NYS Office of Mental Health. She oversees and coordinates the statewide implementation of Child and Family Clinic-Plus, an innovative program that improves the emotional well-being of children, which is funded by the Office of Mental Health and operated at the local level by Clinic Treatment Providers. Prior to state service, Ms. Bradbury worked for 12 years with a county operated mental health program. She delivered clinical services to children and their families, performed mental health evaluations for Family Court, served as a consultant to other county operated human service departments and schools, and assisted in the creation and operation of several interagency initiatives that resulted in easier access to better quality services for children and their families.

Katie Caruso, is currently an ICC for the The Rehabilitation Center MHCC waiver program in Olean, NY. She graduated in 1998 from the University of Pittsburgh in Bradford with a BA in Human Relations and a minor in psychology. In the past, she was employed by Beacon Light Behavioral Health Systems as a residential counselor, Intensive Treatment Program Counselor and as therapeutic staff support. Before becoming an ICC, she was a Medicaid Service Coordinator and worked as the case coordinator for the Community Residence offered through The Rehabilitation Center.

Kelly Collins, MA, LCSW, began her social work career in child welfare working with both the local DSS and private foster care agencies. In 1999, she was in the forefront of the community based foster care initiative, developing and running a foster care program in the Bronx. In 2002, Ms. Collins began working for the Jewish Board of Family and Children's Services on Staten Island as the administrative supervisor of the Blended Case Management Program and later that year assumed the same role with HCBS Waiver. She has been the Program Director for the HCBS Waiver Program at the Jewish Board of Family and Children's Services since 2005. Her goal has been to provide family centered services that empower children and families. Ms. Collins has a Master's degree in Clinical Psychology from Long Island University, and a Master's Degree in Social Work from Hunter College. She completed a two year training program through JBFCS in Family Therapy culminating in the presentation of a paper on "Supervision in a Home-Based Therapeutic Model".

Gary Hook, MS, coordinates the NYS Office of Mental Health Home and Community Based Services Waiver for seriously emotionally disturbed children. Part time he co-facilitates sex offender treatment groups at Forensic Mental Health Associates. Prior to working for OMH, Mr. Hook coordinated treatment services for juvenile sexual abusers for the NYS Division for Youth and for the NYS Office of Children and Family Services. His previous work experience included community organizing on the Blackfeet Indian Reservation, working with street gangs in Baltimore City, working as a Parole and Probation Agent, a Juvenile Services Counselor and a Child and Family Counselor.

Amy Lafler, MEd, is the current Children's Program Director at Cattaraugus County Department of Community Services. In this capacity, she is the clinical supervisor of the children's clinicians at three clinic sites and two school satellite sites; she is also the case management supervisor and the SPOA coordinator. Ms. Lafler graduated from St. Bonaventure University in 2004 with her Masters Degree in Education, Agency Counseling and also earned her Advanced Certificate of Specialization in Community Counseling- Agency, in 2007. She worked for Catholic Charities as a Multi-systemic Therapist and then as a Children's Mental Health Therapist for Cattaraugus County prior to her current position.

John S. Lyons, Ph.D., became the first Endowed Chair of Child and Youth Mental Health on the Faculty of Psychology at the University of Ottawa and the Children's Hospital of Eastern Ontario in 2008. Prior to that, he was a Professor of Psychiatry & Medicine at Northwestern University's Feinberg School of Medicine and the founding Director of the Mental Health Services and Policy Program. He has published nearly 200 peer reviewed articles and five books, including *Redressing the Emperor: Improving our children's public mental health service system*. He has developed and implemented outcomes management tools, such as the Child and Adolescent Needs and Strengths (CANS) in the United States, Canada, Europe, and Asia. Dr. Lyons actively works at the interface between behavioral healthcare, child welfare, juvenile justice, and education. He received his doctorate in Clinical Psychology and Methods & Measurement from the University of Illinois at Chicago and then completed a two year postdoctoral fellowship with Donald Fiske, Ph.D. at the University of Chicago.

Mary McHugh, MA, LCSW-R, is the Director of the Bureau of Strategic Initiatives in the Children and Family Services Division at OMH. She has over 20 years of experience in the profession of social work as a clinical social worker, supervisor, program director, educational consultant and trainer. Ms. McHugh was also an adjunct professor for many years in the graduate school of social work at Syracuse University. Prior to joining the Division, Mary was Director of the Day Treatment Program at Parsons Child and Family Center. She recently participated in the National Child Traumatic Stress Network Eastern Learning Collaborative in Trauma-Focused Cognitive Behavioral Therapy as the lead person for the Parson's team. She continually seeks to improve practice, both on the provider level as well as within organizations. She is committed to bringing evidenced based practices to the field and values collaboration as fundamental in working with children and families.

Richard J. Nelson, LMSW, is the Program Director for the Jewish Child Care Association's (JCCA) Waiver Program, Kings County, where he began seven and a half years ago. Prior to his work for JCCA, he was part of the original State Waiver initiative with St. Dominic's Home in both Bronx and Rockland Counties. He has been a social worker for over twenty-five years; prior to this, he was a Special Education Teacher in the New York City Public School System. Mr. Nelson is a licensed Social Worker (LMSW) and licensed New York City Teacher. He has earned a Masters Degree in Social Work and one in Theology. He also has undergraduate degrees in Special Education and in Social Studies. He is one of the last of the original HCBS Waiver program directors.

Diana Noger, LCSW-R, has been employed by Occupations Inc., a large human services agency in Orange County NY, for the past 25 years. She has provided services to adults, children and families as a clinician in day treatment, on the Mobile Mental Health Team, and in outpatient mental health clinics during her career there. Since 1999, she has been the Program Director for the HCBS Waiver and the Clinic Director for Community Counseling at Goshen and at Scotchtown. Ms. Noger received her Masters in Social Work from Hunter College School of Social Work in January 1991. She has a commitment to improving services for all individuals served in the community mental health system. She has participated in trainings with staff from the Ackerman Institute for the Family during the past two years through Orange County Department of Mental Health and has most recently completed a course in family therapy at the Institute in New York City.

Sandra Pimentel, Ph.D., is an Assistant Professor of Clinical Psychology (in Psychiatry) at Columbia University-New York State Psychiatric Institute and a Clinician at the Columbia University Clinic for Anxiety and Related Disorders. She received her Ph.D. in Clinical Psychology from Temple University in Philadelphia, Pennsylvania, where she was awarded a Faculty Commendation for Excellence in 2000. Following her pre-doctoral internship at Bellevue Hospital Center/ New York University Child Study Center, Dr. Pimentel completed a NIMH-sponsored Postdoctoral Research Fellowship in the Division of Child and Adolescent Psychiatry at Columbia University. Dr. Pimentel's research interests broadly include the assessment and treatment of childhood anxiety disorders. More specifically, she has focused on the dissemination of evidenced-based interventions for child and adolescent disorders and the evaluation of the most effective strategies for training and transporting treatments to school and community settings. She has conducted multiple trainings on the cognitive-behavioral treatment (CBT) of anxiety and depression in youth for various projects and has served as a CBT consultant for school-based clinicians throughout New York State. Dr. Pimentel is currently a consultant with the New York State Office of Mental Health's statewide clinician training initiative and was named a 2007-2008 New York State Office of Mental Health Policy Scholar. She is actively involved in several professional organizations, including the Association for Behavioral and Cognitive Therapies and the Anxiety Disorders Association of America.

Kristin Riley, RN, MPA, is the Deputy Director for the NYS OMH Division of Children and Family Services. Ms. Riley has 20 years of experience in Mental Health Administration at both the State and County level. She has served in a range of community settings including advisory roles with the United Way and as a school board member.

Robyn Sellet, LCSW, received her undergraduate and graduate degree in social work from Florida State University, Tallahassee Florida. Ms. Sellet began her career at Occupations, Inc. in 1986 as a Clinic Therapist in their New Windsor location. She was promoted in 1988 to Case Management Director in order to implement one of the first intensive case management programs in New York State. After being promoted to Assistant Director of Clinical Services, she and her team implemented the HCBS Waiver program for children in the 1990's. Soon thereafter, she was promoted to Director of Clinical Services and recently, to Director of Clinical and Child Welfare Services, a position which provides oversight for five outpatient article 31 clinics (including school satellite programs), continuing day treatment, partial hospitalization and the second PROS program to be implemented in New York State.

Tracey Spears, MSED, has been the Director of the Home and Community Based Waiver program through The Rehabilitation Center since 2000. In this capacity, she supervises all waiver services providers, including Individualized Care Coordinators, Intensive In Home Providers, Skill builders, and Respite Providers. Ms. Spears graduated from St. Bonaventure University in 1999 with a Masters in Science in Education, majoring in Community Mental Health Counseling. She is currently pursuing her NYS certification in Mental Health Counseling. Prior to being the director of the HCBS Waiver, she was a mobile therapist in Pennsylvania, and was also a Medicaid Service Coordinator with OMRDD through the Rehabilitation Center.

Kate Thomsen, MS, CAS, is a nationally known author, speaker and facilitator with a talent for the practical application of theory. Retired as Supervisor of Special Programs with Onondaga-Cortland -Madison BOCES, Kate is currently writing and consulting. She has taught graduate level courses at Syracuse University, presents at local and national conferences, and provides training and facilitation for schools, colleges, parent groups, and community agencies. Publications include:

- "Popping the Clutch," published in Exceptional Parent Magazine, November, 2001.
- "Positive Youth Development: If Schools Were Like Baseball Teams," Reclaiming Children and Youth, Summer, 2004
- "Building Resilient Students: Integrating Resiliency Into Everything You Already Know and Do" (2002, Corwin Press)
- "Service-Learning in Grades K-8: Experiential Learning That Builds Character and Motivation" (2006, Corwin Press).
- "Parenting Preteens with a Purpose," (2008, Search Institute Press).

Peggy Tobin, BA, has been an employee at Occupations, Inc. for the past 14 years where she worked as an Individualized Care Coordinator in the Waiver program from 2000 to 2006. For the past two years, she has served as the HCBS Waiver program coordinator. Peggy earned her Bachelor of Arts degree in Psychology from LaRoche College in Pittsburgh, PA. She first discovered her passion for working with at-risk and special needs children during her internship at an alternative high school for at-risk youth. Peggy has extensive experience with special needs children and families. Her work experience includes special education teacher for children with neurological and perceptual impairments, teacher of English as a Second Language for immigrant and migrant youth and young adults, and College Skills Instructor at Rockland Community College for young adults with learning disabilities. She has received training in family therapy interventions from the Ackerman Institute for Family Therapy and from the Menuchen Institute. As the parent of two children with mental health diagnoses, she brings a special level of knowledge and compassion to her work with Waiver families.

John VanDenBerg, Ph.D., is one of the world's leading innovators working to improve the lives of persons with mental illness, emotional problems, and human services needs. He is a partner with Dr. James Rast in Vroon VanDenBerg, LLP, an international company which develops innovative training materials and trains and coaches on novel service techniques nationally as well as internationally. Dr. VanDenBerg has been a major innovator and pioneer in the development and improvement of the wraparound process, which now reaches over a half million families worldwide, and managed the first demonstration of a cross-agency state wide wraparound process, the Alaska Youth Initiative. He has delivered over 3000 on-site training and consultation days in communities across North America and in other countries. He has been honored with many national and international awards and recognitions for his ground-breaking work to improve the field of human services.

Janis Whitlock, Ph.D, MPH, is a Research Scientist in the Family Life Development Center and a Lecturer in the Department of Human Development at Cornell University. Dr. Whitlock received her doctorate from the Department of Human Development at Cornell University (2003), a masters in public health from UNC Chapel Hill (1994), and her BA from UC Berkeley (1988). She is the founder and director of the Cornell Research Program on Self-Injurious Behavior in Adolescence and Young Adults which examines the epidemiological, social and emotional antecedents and consequences of self-injurious behavior. Dr. Whitlock's research is dedicated to the identification of developmental and contextual contributors to adolescent and young adult mental health and wellbeing with a particular focus on conditions which foster school and community connectedness and on self-injurious behaviors, including the development of effective interventions. Her doctoral thesis was awarded the Hershl D. Thornburg award for outstanding dissertation from the Society for Research in Adolescence. She is nationally known for her work in self-injury and school connectedness.