

McHenry County Mental Health Network

2019 McHenry County Suicide Prevention & Mental Health Recovery Conference Agenda

Friday, September 13, 2019 | 9:00 am to 3:30 pm

- 8:15 - 9:00 Registration & Light Refreshments
- 9:00 - 9:15 Opening Remarks **(Luecht Auditorium B170)**
- Clint Gabbard, McHenry County College President
 - Scott Block, Mental Health Board Executive Director
 - Scott Campbell, Samaritan Counseling Center Clinical Director
- 9:15 - 10:30 Keynote Speaker: Dese'Rae L. Stage **(Luecht Auditorium B170)**
- Live Through This
- 10:30 - 10:45 Break with Exhibitors
- 10:45 - 11:45 Breakout Session I (4 Concurrent Breakouts)
- Effective Advocacy for Illinois Mental Health Panel **(B166/167)** - Ali Poole, BA, Tina Karaway, CRSS, FSA, & Hugh Brady, MA
 - "Little Things" A Nuño Twins Short **(C106)** - Andrew Nuño & Adrian Nuño
 - Vicarious Trauma: Understanding & Addressing the Effects of Working with People with Traumatic Backgrounds **(Luecht Auditorium B170)** – Shira Greenfield, LCPC
 - Working with Survivors of Suicide Loss **(Scot Room B178)** – Jennifer Balleto, MA & Rose Hamann
- 11:45 - 12:30 Complimentary Lunch
- 12:45 - 1:45 Breakout Session II (4 Concurrent Breakouts)
- Family Interventions **(Scot Room B178)** - Geri Condon, LCPC
 - It Takes a Village: Fostering Resilience in High School and College Students **(B166/167)** – Rachel Boldmen, MS, LCPC & Tami Broskow, LCSW
 - Peer Support Panel **(C106)** - Gina Lawrence, MA, LCPC, CRSS, Chris Reed, Michael Flanagan & Randy Patterson, CPS
 - Potential Impacts of Legalized Marijuana in McHenry County Panel **(Luecht Auditorium B170)** – Tom Faber, CWDP, Karen Wolownik Albert, LCSW, Patrick Kenneally, SA, Pam Althoff, MA, & Laura Crain
- 1:45 - 2:00 Break with Exhibitors
- 2:00 - 3:00 Breakout Session III (3 Concurrent Breakouts)
- Collaborative Assessment & Management of Suicidality (CAMS) **(Luecht Auditorium B170)** – John Tumino, MA, LPC
 - Harm Reduction Panel **(B166/167)** – Jessica Longhi, LCSW, Carlene Cardosi, LCSW, CADC & Alex Mathieson, PRSS
 - Sustainable Recovery **(Scot Room B178)** – Sara Lemke, LCPC, CADC & Larry Walsh Sr., PRSS
- 3:15 - 3:30 Adjourn (Please complete evaluations and collect Free CEUs!)

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Breakout Session I

10:45 – 11:45

- **Effective Advocacy for Illinois Mental Health Panel - Ali Poole, BA, Tina Karaway, CRSS, FSA, & Hugh Brady, MA**

This panel will educate the audience on how to successfully advocate for themselves and/or clients, give examples of advocacy provided, share lessons learned, and the Do's & Don't's. **Ali Poole** currently works in the Thresholds Quality and Workforce Development Departments as an Office Manager. She has presented on various topics, including her lived experience with Obsessive/Compulsive Disorder. She was also part of a panel of speakers at a legislative hearing advocating funding for mental health treatment. Areas of concentrated knowledge include Peer-Centered Services and Obsessive/Compulsive Disorders. **Tina Karaway** is a Family Support Advocate & Recovery Support Specialist for The National Alliance on Mental Illness of McHenry County. **Hugh Brady** is currently on the boards of NAMI Illinois and NAMI Barrington Area, serving as head of the legislative committee in each. Hugh is co-president of the North/Northwest Suburban Task Force on Supportive Housing for Individuals with Mental Illness and also serves on the boards of the Alliance to End Homelessness in Suburban Cook County and the Illinois Association of Problem Solving Courts where he's in political advocacy.

- **Little Things | A Nuño Twins Short – Adrian & Andrew Nuño**

This group will engage in a constructive discussion about suicide awareness following the screening of the short film "Little Things" as well as some of the film's themes and the inspiration for it and then conclude with a Q&A with the audience. **Adrian & Andrew Nuño** are identical twin brothers who are also the co-founders of their own production company, Diginamic Productions, which they started in 2012. Since then, they have gone on to produce over two hundred projects ranging from commercials to films that have been awarded on a national and international scale. Their most recent award was the Grand Jury Prize at the Southern City Film Festival in South Carolina back in February for Little Things.

- **Vicarious Trauma: Understanding and Addressing the Effect of Working with People with Traumatic Backgrounds – Shira Greenfield, LCPC**

This presenter will describe differences between burnout and vicarious trauma, discuss the personal and professional consequences of vicarious trauma, discuss how to recognize warning signs, and articulate ways to cope with stress of exposure to other people's traumatic events. **Shira Greenfield** has worked as a therapist, a crisis intervention worker, a group facilitator and an educator. She has held several leadership positions in behavioral health care. Most recently she was the Clinical Manager of Behavioral Health Services for Northwestern Medicine Woodstock Hospital. She recently has returned to her roots as a clinician and is providing group therapy at Northern Illinois Recovery Center and individual therapy at Pivotal Counseling Center in Lake in the Hills.

- **Working with Survivors of Suicide Loss – Jennifer Balleto, MA & Rose Hamann**

This presentation covers working with individuals and families following suicide loss. Identifying and understanding trauma reaction vs. grief reaction, grief vs. complicated grief and recommendations for family intervention. **Jennifer Balleto** currently holds the position of Behavioral Health Community Navigator at Northwestern Medicine-Northwest Region where she works in collaboration with various McHenry County community partners to ensure linkage to outpatient services for clients in need of ongoing mental health and substance abuse treatment. Jenn has provided behavioral health support through Crisis Work, Critical Incident Stress Debriefing, Grief/Trauma Support, and Behavioral Health Consultation in the medical setting. In addition to her current role, Jenn also chairs the McHenry County Suicide Prevention Task Force and facilitates the Survivors of Suicide Loss Support Group. **Rose Hamann** is a presenter for 'In Our Own Voice', a NAMI Connections facilitator, and a Peer to Peer instructor for NAMI McHenry County. Rose also is a Group Leader for the Recovery International program in McHenry County.

Breakout Session II

12:45 – 1:45

- **Family Interventions – Geri Condon, LCPC**

When one member of a family is struggling with suicide, addiction or any mental health diagnosis, the whole family is in crisis. When does the family intervene? How do they support their struggling family member? How do they take care of themselves? Often the family is confronted with denial and resistance. They become frustrated and helpless. This presentation will offer direction and support services. Safety planning for both the member in crisis as well as the family will be provided. **Geri Condon** has been a fully licensed Counselor for over 25 years, working with families, couples and individuals. She is an expert on helping people resolve marital and family issues, dealing with grief, depression and anxiety. Geri's life experience has also given her a unique focus on suicidal issues. Capture Your Path Counseling, Geri's private practice opened in 2012. In addition to her practice, she has published a book on suicide and speaks about various mental health topics.

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Breakout Session II (cont'd)

- **It Takes a Village: Fostering Resilience in High School and College Students – Rachel Boldmen, MS, LCPC & Tami Broskow, LCSW**

Mental Health diagnoses are on the rise for high school and college students. Counselors, Social Workers and other professionals working in high schools and in college counseling centers are finding it difficult to keep up with the increased demand for their services. In this presentation, we will explore some of the community-oriented strategies professionals in high schools and colleges are using to prevent mental health crises and intervene when they happen. **Rachel Boldmen** is the Director of Crisis Intervention and Prevention Services at McHenry County College. In addition to working with students experiencing mental health crises, she serves as co-chair of the College's Behavioral Intervention Team, is the Deputy Title IX Coordinator for Students, coordinates the Student Success Fund, and oversees the Student Veteran Resource Center. **Tami Broskow** has been a school social worker for the past 14 years in Huntley School District 158. She also has been teaching part-time for Aurora University's School of Social Work since 2011. In her early years as a social worker Tami had experience working in residential settings with adolescents as well as in outpatient substance abuse treatment and home-based counseling with adolescents and their families.

- **Peer Support Panel – Gina Lawrence, MA, LCPC, CRSS, Chris Reed, Michael Flanagan, & Randy Patterson, CPS**

Peer support specialists are individuals who have achieved significant recovery in their journey and through their recovery they are able to develop authentic peer-to-peer relationships by modeling recovery and providing hope to those who may be struggling. This panel discussion will share insight and education from Peer Support Specialists, from a first responder perspective, a veteran perspective, and the perspective of others who also struggle with mental illness and/or chemical dependency. **Gina Lawrence** is a team leader for a Community Support Team at Thresholds. She has worked for Thresholds McHenry County since 2014 and obtained her CRSS certification in 2015. **Chris Reed** is one of the founding members of New Directions Addiction Recovery Services and continues to serve on NDARS' Board of Directors. NDARS manages a sober bar, The Other Side, and multiple sober living group homes in McHenry County with plans to open a sober living retreat later this year. He is also the CEO of Northern Illinois Recovery Center which offers accessible and affordable treatment programs. **Michael Flanagan** has served in the Fire and Emergency Medical Service for over 25 years. During that time, he has had the opportunity to work within various aspects of the mental, emotional and behavioral health fields, including Juvenile Firesetter Intervention, Critical Incident Stress Management, and most recently Peer Support. **Randy Patterson**, Army Combat Photographer, Vietnam 1969. Randy is a certified peer support specialist at TLS Veterans. His mission: instilling hope one veteran at a time.

- **Potential Impacts of Legalized Marijuana in McHenry County Panel – Tom Faber, CWDP, Karen Wolownic Albert, LCSW, Patrick Kenneally, SA, Laura Crain, & Pam Althoff, MA**

This panel will provide information about the impact recreational cannabis will make in employment, hospital, treatment and school settings in Illinois. There will be an open dialogue of the new law and what we know, don't know and can predict from other states. Resources will be provided to agencies. **Tom Faber** currently is the Business Service Representative for McHenry County at the Workforce Network (MCWN) department. Tom has a Degree in Education and a career in teaching. Prior to coming to MCWN, he received training in Substance Abuse Counseling and then became a Certified Workforce Development Professional. Tom currently specializes in working with the reentry population having a felony background barrier in finding a good career and employment fit. Tom currently serves as co-president of the Board of Directors for the National Alliance on Mental Illness – McHenry County. **Karen Wolownic Albert** is the Executive Director of Gateway Foundation's Lake County Treatment Services including a residential program in Lake Villa, and an outpatient program in Gurnee, Illinois. Ms. Wolownic Albert is an experienced trainer locally, and also presented at national conferences on a wide array of topics. She is on the Board of Directors of the Lake County Opioid Initiative, as well as a co-chair of the Treatment, Recovery and Harm Reduction Committee, and a core team member in the development of the A Way Out Program, a law assisted deflection program in Lake County. **Patrick Kenneally** was elected McHenry County State's Attorney in 2016. He joined the McHenry County State's Attorney's Office in 2007 as an Assistant State's Attorney. Patrick has been awarded the Turning Point Peace and Justice Award for his work on behalf of victims of domestic battery and currently serves on the Executive Board of the McHenry County Substance Abuse Coalition. **Laura Crain** has worked in the prevention field since 2002. Currently, she is the Drug Free Community Grant Coordinator for the McHenry County Substance Abuse Coalition. At the state and federal level Laurie serves as a peer-reviewer for grant funding and is also part of the Illinois Opioid Advisory Education workgroup. Locally, she is involved in the Family Violence Coordinating Council, Suicide Prevention Task Force, QPR (suicide awareness trainer), Leadership Greater McHenry County, McHenry County Healthy Communities Survey Development Team, Community Connection for Youth, and served on the Woodstock Cultural Diversity and Social Awareness Commission. **Pam Althoff** is a former Republican member of the Illinois State Senate, representing District 32. She was first elected to the chamber in 2002. Pam resigned in 2018. She is currently seated on the McHenry County Board.

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Breakout Session III

2:00 – 3:00

- **Collaborative Assessment and Management of Suicidality (CAMS) – John Tumino, MA, CADC**

This presenter will discuss the CAMS model and evidence supporting CAMS, break down of the therapeutic sessions within the CAMS model, share a case example of CAMS in use, and discuss the implementation for introduction of CAMS in the McHenry County community. **John Tumino** is a devoted mental health and addictions counselor at Rosecrance with over two years of experience in a substance abuse and mental health residential treatment program. He believes in a strength based and client centered approach to aid in client's progress from mental health illness and severe substance abuse to emotional well-being. John is a highly motivated and enthusiastic therapist who uses humor, positive interviewing skills and CBT interventions to foster change for clients struggling with distressing behaviors.

- **Harm Reduction Panel – Jessica Longhi, LCSW, Carlene Cardosi, LCSW, CADC, & Alex Mathieson, PRSS**

This panel will introduce the topic and concept of harm reduction. Attendees will acquire an understanding of the harm reduction model, the similarities and differences between the abstinence and harm reduction models, the difference between harm reduction and endorsement of behaviors, and understand how harm reduction places responsibility on those persons in treatment.

Jessica Longhi has been working at Thresholds, a community mental health agency, for seven years. She is currently the Assistant Program Director at their McHenry County program. **Carlene Cardosi** has been with Rosecrance since 2008. In 2015 she was promoted to Assistant Administrator at the Harrison Campus, where she took on a leadership role mentoring coordinators and other staff. Carlene earned the position of Clinical Director and was in integral part of opening the residential units at Rosecrance Griffin Williamson Campus's mental health units. In September of 2018, Carlene was promoted to Regional Administrator of Rosecrance.

Alex Mathieson is the McHenry County Opioid Overdose Prevention Program Outreach Coordinator. He was a volunteer at Live4Lali before being appointed to provide free overdose prevention training and naloxone, resources, and treatment access for opioid users and their families. Alex's experiences from the disease of addiction help give personal insight on the best ways to assist those with a substance use disorder or experiencing active use, their loved ones, and the community at large.

- **Sustainable Recovery – Sara Lemke, LCPC, CADC, & Larry Walsh Sr., PRSS**

Drug and alcohol addiction are progressive, fatal illnesses that are classified as "diseases" by the medical and the therapeutic communities. However, the disease of addiction can be treated and ultimately people do recover. The investment in recovery is considered key to a sustainable recovery and recovery is a life-long journey requiring constant and consistent work. In order to do so, there are several things that someone that suffers from a substance use disorder can do to support themselves in their recovery and set themselves up for the best possible outcome. Therefore, we will discuss ten key things one can do for themselves or that anyone overcoming addiction can use in order to create sustainable recovery from drugs and alcohol. Developing a sustainable plan is instrumental to a recovery journey to avoid reemergence of problems. **Sara Lemke** is Symetria Health's Regional Executive Director.

She manages the day-to-day operations with a focus on maintaining the program's clinical excellence and improving the patient experience in Illinois. Prior to her employment at Symetria, Sara worked as the Clinical Liaison for AMITA Health for their adult mental health and chemical dependency service lines for their behavioral health hospital in Hoffman Estates. She also has held positions as the Admissions Manager for the Gateway Foundation in Lake Villa, a Behavioral Health Consultant, Detox Manager and an Adjunct Professor for several universities both in Illinois and Colorado. Finally, Sara sits on the McHenry County Substance Abuse Coalition as their Vice Chair and has been instrumental in their revenue producing endeavors, as well as, community events.

Larry Walsh Sr. has been involved with 12th step recovery in McHenry County since November 1986 attending meetings weekly for 32 plus years. He volunteers and chairs meetings in recovery institutions in Elgin and Rockford. After retiring from 40 plus years in the IT corporate world he looked for a part-time opportunity to help people in early recovery. In January 2019 he completed the Recovery Coach training and can be found at Rosecrance in Crystal Lake.