



**Pacific Southwest Mental Health Technology Transfer Center (MHTTC) No-Cost Training Opportunity**

**Adaptive Leadership for the People:  
Championing Optimized Mental Health Service Systems**  
*Funded by the Substance Abuse and Mental Health Services Administration (SAMHSA)*

**When:** Thursday, August 1 – Friday, August 2, 2019

**Time:** Day 1: 9:00 AM – 4:00 PM / Day 2: 9:00 AM - Noon

**Where:** Renaissance Phoenix Downtown Hotel  
100 N 1st Street, Phoenix, AZ 85004

**No-Cost  
1 ½ Day Training Tracks!**

Each of these **1.5-day training tracks** is hosted by skilled facilitators who will guide participants in identifying, building, and applying their leadership skills.

There is **NO COST** to register. Participants are responsible for their expenses and travel accommodations. Lodging is available at the federal government rate at the Renaissance Hotel. Subject to availability; must register for hotel room by **July 15**.

**TRACK 1: Optimizing Leadership and Management of Our Mental Health Workforce Through Adaptive Leadership ~ Facilitated by Change Matrix**

Are you optimizing the diversity within your mental health workforce? Is a shifting team or organizational make up posing new leadership challenges? Almost all mental health service organizations within the U.S are addressing workforce diversity to ensure that their services are relevant and appropriate for the populations they serve. As the mental health workforce diversifies, the culture of organizations is infused with new values, behaviors, attitudes, and practices. Leaders and managers have opportunities to incorporate diverse cultural perspectives into staff roles and responsibilities but may not understand the consequences of embracing and institutionalizing diverse perspectives. This 1.5-day workshop will focus on the adaptive work that leadership staff can leverage to optimize diverse perspectives within agency teams, or the broader workforce. Together, we will build strategies to address the challenges and opportunities of our current-day organizations.

**Outcomes:**

- Identify aspects of diversity and culture that influence perspectives in the workplace and how they impact leadership
- Identify when adaptive challenges occur and what is needed to optimize our response
- Define the different tasks of adaptive leaders
- Determine when to apply the different tasks of adaptive leadership

**Intended Audience:**

- Mental health agency leaders and managers
- Policy makers
- Human resource officers
- Community partners
- Mental health advocates

Register for the 1.5-day training Track 1 here: <https://tinyurl.com/MHTTCAdaptiveLeadership>

**Registration is required and due by July 22nd. Space is limited.**



## **TRACK 2: Advancing Leadership of Early Career Mental Health Professionals: Achieving Change Using Adaptive Leadership ~ Facilitated by Youth MOVE National**

Are you a just starting your career in the mental health field and ready to lead positive change? Do you see yourself as a champion for youth and young adult health and wellness? This 1.5-day leadership training uses the adaptive leadership model to advance the capabilities of young adults serving in new or early career professional roles in the mental and behavioral health system (e.g., engagement, peer support, advocacy). Participants will identify individual capacity to lead and develop a sense of their personal leadership style. Participants will develop strategies for personal leadership potential.

### **Outcomes:**

- Understand how personal values, culture, and lived experiences shapes one's approach to leadership and ability to connect with others.
- Identify individual strengths and how to apply those strengths in leadership roles.
- Recognize the strengths others have and how to build on those to develop meaningful partnerships.
- Understand what it means to be an effective leader and identify resources and supports needed to become an effective leader.

### **Intended Audience:**

- Young adults of transition age (18-30 years) who are professionals, paraprofessionals (volunteers, advocates, champions) of youth/young adult mental health (mh)
  - Youth peer providers – individuals providing mh peer support services)
  - Lived-experience mental health workforce members (inclusive of those working in mental/behavioral health who have lived experience, whether or not their position calls for it)
- Young adults of transition age (18-30 years) who are considering joining the mh workforce

Register for the 1.5-day training Track 2 here: <https://tinyurl.com/AdaptiveLeadershipYYA>

**Registration is required and due by July 22nd. Space is limited.**

### **Additional Information:**

- Participants will be on their own for food as federally funded projects do not allow food to be provided.
- Participants are responsible for expenses and coordination of their own travel accommodations.
- Hotel lodging at the federal government rate is available at the Renaissance Hotel. Reserve your room here **by July 15th**: <https://book.passkey.com/go/CARSEvent>. Rooms are subject to availability.
- \*Onsite parking: Valet for 0-3 hours = \$12, 3-6 hours = \$19, 6+ hours = \$35 (Offsite parking is available at other nearby locations).

\*A limited number of parking vouchers are available if the cost is a barrier to participation.

### **Questions?**

For additional information regarding this event, please contact the Pacific Southwest MHTTC at 1-844-856-1749 or email [pacificsouthwest@mhttcnetwork.org](mailto:pacificsouthwest@mhttcnetwork.org).



## About the Trainers:

### Track 1 Trainers from Change Matrix



**Dr. Suganya Sockalingam** is a Founding Partner at Change Matrix, LLC, which supports agencies in addressing diversity, cultural competence, and cross-cultural communication as well as leadership, collaboration, and conflict management. Dr. Sockalingam focuses on supporting individuals, organizations, and systems to motivate, manage, and measure systems change. Currently, she serves as a training and technical assistance provider for several national technical assistance centers, and for other federal, national, state, territorial, and community agencies. She earned her doctorate at Washington State University

and has worked in many capacities in public and behavioral health, both nationally and internationally, for over 25 years.



**Annie Guo VanDan** works with diverse communities throughout Colorado to provide training and consultation focused on health equity and community engagement. Her background is in strategic communications, leadership, equity and inclusion. With a MBA in Health Administration, she previously managed operations for a nonprofit health clinic in Denver that provides medical services to refugee and immigrant populations.

### Track 2 Trainers from Youth MOVE National



**Johanna Bergan** is an advocate for youth with lived experience in the mental health system who is now working in the field of youth engagement to promote and encourage the inclusion of youth voice in policy change. Bergan has eleven years of experience advocating for important changes in the mental health system to improve the care options and treatment availability for youth adults with mental health challenges. Her voice has been heard on several national platforms including advising technical assistance and research and training centers which support and promote the value of youth voice. As the Executive Director for Youth MOVE National, Bergan assists chapters of the Youth MOVE network in creating and promoting successful youth driven organizations working to unite the voices and causes of youth at the local, state and national level. Her

duties include providing technical assistance and training to both youth and adult audiences, with an ongoing emphasis on ensuring that culturally diverse youth populations are well represented in systems change work, including historically disadvantaged communities, young adults of color, LGBTQ, both rural and urban experiences, teen parents, runaway and homeless youth, and youth with multi-system involvement. This work covers a diverse array of expertise areas including youth engagement in systems change, policy, youth adult partnerships, issues specific to transition aged youth, youth leadership, youth driven evaluation, and applying lived-experience as a resource to inform policy and systems change. In her role at YMN, Bergan provides direct technical assistance to federal grantees in the System of Care grant program, providing leadership and guidance to the evaluation protocols and process for the Children's Mental Health Initiative, as well as developing products and training materials to support the work of grantees.



**Lydia Proulx** is a Youth Program Specialist at Youth MOVE National. Proulx provides technical assistance to providers, communities, and organizations striving to become youth guided and implement trauma informed models of youth engagement to more effectively serve young adults with lived experience of mental health needs and/or system involvement. In their current role, Proulx is a Technical Service Provider for SAMHSA funded Systems of Care grantees as well as the National Quality Improvement Center for Tailored Services, Placement Stability, and Permanency for LGBTQ2S Children and Youth in Foster Care (QIC), providing technical assistance to implementation site

grantees. Previously, Proulx worked for the Parent/Professional Advocacy League in Massachusetts as the Youth Program Manager. Managing the youth program, Youth MOVE Massachusetts, included providing direct peer support to young adults, coordinating youth group and young adult support group events, and advocating at local and state platforms for the inclusion of youth voice and collaboration with young adults in decision-making. While at Youth MOVE Massachusetts, Proulx was able to expand programming to include a youth speakers' bureau, a comprehensive summer internship program, and trainings developed and provided by young adult members. Proulx's own lived experience, as well as the lived experience of Youth MOVE Massachusetts' members, directed their efforts as Youth Program Manager, ensuring the program met the needs and concerns of those directly participating. Proulx has been recognized by the Massachusetts Department of Mental Health multiple times for their advocacy and outreach work. They have also facilitated a number of presentations on youth voice and engagement in various systems, as well as contributed to publications regarding the experiences of young adults with mental health needs. Currently, Proulx volunteers as a comprehensive sexual health educator and with various community groups in an effort to address racial and gender inequity experienced throughout their own home city.