

15th ANNUAL & 5th REGIONAL
Behavioral Health, Aging & Wellness Conference



BRIDGING THE GAP:
The Art and Science of Collaborative Care

September 17, 2010

7:30 am—4:00 pm

Keynote Speaker

Sandy C. Burgener, Ph.D, GNP-BC, F.A.A.N

**Associate Professor and Gerontological Nurse Practitioner
University of Illinois College of Nursing**

***** CONTINUING EDUCATION HOURS AVAILABLE *****

Conference Sponsors: Chestnut Health Systems, Illinois Department on Aging, Madison County Mental Health Board, St. Clair County Mental Health Board, Area Agency on Aging of Southwestern Illinois and cooperative assistance from Department of Human Services Division of Mental Health.

New Conference Location

Regency Conference Center at Hilton Gardens, O'Fallon, Illinois

Welcome and Introductions

Dr. Anthony Traxler, Emeritus Professor of Psychology and Gerontology, SIU Edwardsville

Mary Killough, Division Manager, Illinois Department on Aging

Keynote Presentation (9:00 am—11:00 am)

“Medical Disorders and the Mind: The Relationship between Physical Illnesses and Cognitive Symptoms in Older Adults”

Presented by Keynote Speaker Sandy C. Burgener, PhD, GNP-BC, F.A.A.N.

This session addresses the relationship between physical or medical conditions, their effects on mental functioning, including depression. The relationships among common medical conditions in the elderly, including cardiac-related illnesses, diabetes, and other conditions that affect metabolic functioning, and cognitive symptoms will be explored. Evidence-based management strategies will be described, focusing on prevention and management of cognitive symptoms.

Luncheon Presentation (11:45-12:45)

“The Therapeutic Value of Hope”

Presented by Melanie Wylie, RN, MSN, CNS, APN, Chestnut Health Systems

The presentation will focus on the value of hope, both personally and in the clients we work with. Hope will be examined and defined with emphasis on ways to generate and maintain hope. Learn ways to encourage the use of hope as a coping skill and strategy in order to enhance the quality of the living experience, even in the face of life threatening illness and depression.

Afternoon Sessions

1:00—2:00 (Pick One)

- **“Many Faces of Compassion Fatigue: Impact & Resources for Families & Professionals”**

Presented by Janis McGillick, MA, LNHA, Director of Education, Alzheimer’s Association, St. Louis, MO

This workshop will review the concept of compassion fatigue (CF) from both a mental health professional and family caregiver’s perspective. Examples of CF’s impact on both personal and professional function will be explored. Speaker will interactively present resources for monitoring and addressing compassion fatigue and caregiver stress.

- **“Avoiding Undue Influence: Dangers, Misconceptions and Warning Signs”**

Presented by Martin W. Siemer, Attorney at Law, Resch Siemer Law Office, LLC, Effingham, IL

This session will look at the important topic of undue influence on the elderly and disabled. The impact and legal definition of undue influence will be considered, along with suggestions for avoiding it. The line between undue influence and good planning can sometimes be difficult to find; missing it can cost a fortune.

- **“Poly Pharmacy and the Older Adult: What Every Care Provider Needs to Know”**

Presented by Pharmacy/Nursing Faculty With Specialized Gero Certification

Learn the most commonly prescribed medications used by seniors, the issues related to “Over-the-Counter” medications, signs and symptoms associated with incompatibility, improper dosing, side effects and adverse reactions, and the special considerations regarding the use of multiple medications within the same class. Focus will be on the use of mood altering medications and meds that impact cognition and behavior.

2:15—3:45 (Pick One)

- **“Hoarding and Compulsive Behavior” (45 minutes) and “Understanding Schizophrenia and Utilizing Therapeutic Alliance” (45 minutes)**

Presented by Dana Barrows, MA, and Beth Orr, MA, LCPC, Director of Case Management Services, Chestnut Health Systems

This session will explore symptoms of hoarding and other compulsive behaviors. It will also examine the latest neurobiological research with schizophrenia, discussing implications to client approaches given symptom presentation. It will discuss techniques, such as therapeutic alliance used to engage client in services, improve outcomes and assist in the successful linkage to additional community resources.

- **“Keeping Your Brain Young”**

Presented by Abhilash Dasai, M.D., Director, Center for Healthy Brain Aging; Associate Professor, Department of Neurology and Psychiatry; Division of Geriatric Psychiatry, Saint Louis University School of Medicine

More than 30-50% of elders will develop some form of dementia by age 85. Research indicates that genetics accounts for only a portion of the risk. Learn the specific changes in diet, lifestyle, learning and brain fitness, as well as behavioral and attitudinal changes which impact emotional and psychological health. These changes not only reduce risk of dementia, but might prevent depression, and help us reach our potential for true quality of life.

REGISTRATION FORM

Name/Title: _____

Agency/Organization: _____

Address: _____
Street City State Zip

Telephone #: _____ Fax #: _____

Email: _____ Social Security #: _____
(Must be included to receive CEUs)

Professional License Number: _____
(Must be included to receive Nursing Home Administrator or Social Work CEUs)

CEUs are included in registration fee. Please check which category:

_____ MSW/LCSW _____ LNHA _____ LCPC _____ General Attendance
CCP Care Coordinator Recertification will be available for attending this conference.

REGISTRATION FEE (please check)

Registration Fee	\$50	_____
Exhibitor Table**	\$30	_____
Full-Time Student Registration Fee	\$30	_____
Seniors/Consumers— Complimentary Registration (Please call, limited availability)		<input type="checkbox"/>

Total Amount Enclosed _____

PAYMENT: Checks for registration fee should be made payable to Chestnut Health Systems. Mail the registration form and check for registration to:

Chestnut Health Systems * Attention Kathi Morris
50 Northgate Industrial Drive * Granite City, IL 62040

Lunch Provided — Please check here if a vegetarian meal is needed.

**** NOTE: All table assignments must include a minimum of one conference registration.****

Please submit one (1) registration form per person; copy as needed. Please reply by September 3, 2010, to ensure space availability. Registrations will be accepted up to and including the day of the conference on a space-available basis.

To help better prepare for your attendance, please select one session at 1:00 pm:

- Many Faces of Compassion Fatigue
- Avoiding Undue Influence
- Poly Pharmacy and the Older Adult: What Every Care Provider Needs to Know

Please select one session at 2:15 pm:

- Hoarding and Compulsive Behavior/Understanding Schizophrenia and Utilizing Therapeutic Alliance
- Keeping Your Brain Young

Chestnut Health Systems
50 Northgate Industrial Drive
Granite City, IL 62040



Bridging the Gap: The Art and Science of Collaborative Care: A conference for aging services, case managers, adult protective services, health and human services and long-term care providers and mental health counselors. We welcome students, caregivers, consumers/seniors, and all those interested in aging well.

Exhibitor Tables: Registered conference participants representing organizations wishing to highlight services or share pertinent materials may reserve an exhibitor table. Contact Kathi Morris at 618-877-4420, Ext. 3013 for additional information.

BORDERS[®] Bookstores will provide books related to topics covered by conference presenters and the overall theme of mental health and aging. Payment must be in cash or by check.

Conference Hotel Information: Contact **Hilton Garden Inn, Shiloh/O'Fallon, Illinois** directly at (618) 624-4499 to inquire about hotel accommodations, driving directions and parking. Limited rooms are available for the night of September 16th at an \$89.00 rate but these must be reserved no later than **August 17, 2010**, to ensure the rate and availability.

Continental Breakfast • Lunch/Luncheon Speaker • Door Prizes

Lee Fraser, Conference Coordinator

**For additional information, call Kathi Morris at 618/877-4420 x 3013 or
kamorris@chestnut.org.**