

Learning Objectives

Personality Disorders

- ◆ Review theories about normal personality development
- ◆ Identify factors which influence development of personality pathology
- ◆ Review nature and characteristics of the DSM 5 clusters of personality disorders
- ◆ Learn management techniques for personality disorders

Fear and Anxiety

- ◆ Review the complex brain biochemistry and neurocircuitry of normal fear, arousal, anxiety and evolutionary biology.
- ◆ Understand why DSM 5 unbundled anxiety disorders from Trauma and stressor-related disorders and from Obsessive Compulsive and related disorders
- ◆ Review epidemiology and characteristics of anxiety and trauma related disorders
- ◆ Review therapeutic and medication management of these diverse clinical disorders

Suicide

- ◆ Identify prevalence of suicide by age, gender, race, state, and differences observed internationally
- ◆ Identify risk and mitigating factors influencing attempted and completed suicides
- ◆ Understand the limitations of suicide predictions
- ◆ Learn risk management strategies and resources to reduce suicide attempts and completion.

What's New In Psychiatry

- ◆ Review new medications and new indications for existing meds
- ◆ Other trends emerging in psychiatry

Afternoon sessions will break down
"seeing the forest for the trees."

7th Annual SCCBI Mental Health Conference

Register **ONLINE** at
www.SCCBI.info

Registration Deadline is September 30, 2018

Registration Rates

Regular	\$99/person
Agency Groups of 6 or more	\$80/person
County Staff within SCCBI	\$50/person
Students	\$50/person

Rates include materials and lunch on site

Payment

Invoices will be emailed upon registration.

CANCELLATIONS WILL BE ACCEPTED WITH A FULL
REFUND, UNTIL SEPTEMBER 30, 2018.

Intended Participants: Mental Health Professionals and Practitioners, Nurses, Social Workers, Case Managers, LADCs, Primary Care Physicians, Community Support Workers, Rehabilitation Workers, and Group Home Staff.

CEUs being applied for Boards of Behavioral Health, Psychology, Nursing, Social Work, Licensed Alcohol and Drug Abuse Counselor, Licensed Professional Counselor, Licensed Professional Clinical Counselor, and Licensed Marriage and Family Therapist.

This training is sponsored by:



**SOUTH CENTRAL COMMUNITY
BASED INITIATIVE**

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In partnership with:
Department of Social Work
Minnesota State University, Mankato



7th Annual SCCBI Mental Health Conference

See the Forest for the Trees

*Theoretical Framework and Practical
Approaches for Suicide, Anxiety, and
Character Pathology*



Keynote Speaker:

**Michael Farnsworth
MD, DFAPA**

Tuesday, October 2, 2018

Minnesota State University, Mankato
Centennial Student Union Ballroom
Mankato, MN



About the Speakers



KEYNOTE SPEAKER

Michael Farnsworth, MD, DFAPA, is a Board Certified General Adult and Forensic Psychiatrist with 30 years of experience evaluating and managing complex mental health issues in both inpatient and outpatient settings. Dr. Farnsworth currently serves as the Medical Director of the Blue Earth County Mental Health Center in Mankato from his home in Nisswa, MN and maintains an active forensic practice.

Ross Aalgaard, DSW, MDiv, LICSW, LADC, started at Minnesota State University, Mankato in Fall 2013 as an Assistant Professor and in Fall 2014 continued as a tenure-track Assistant Professor. Before becoming a social worker, Ross had careers in pastoral ministry and customer service. In addition to his faculty position, he practices as a psychotherapist at Mankato Marriage & Family Therapy Center.

Michael Goblisch, APRN, CNP, is a Board Certified Psychiatric Mental Health Nurse Practitioner practicing on an outpatient basis at Blue Earth County Mental Health Center and Avera in Marshall. Past experience includes working at the Competency Restoration Program.

MaLinda Henderson RN, FPMHNP, CNP, is a Board Certified Family Practice and Mental Health Practitioner and a Board Certified Family Nurse Practitioner. MaLinda is currently employed at State Operated Services Forensic Hospital, Blue Earth County Mental Health Center, and Mayo Clinic Health Systems Mankato.

Eric Hull is a mental health recovery advocate with lived experience with mental illness. A student at Metropolitan State University majoring in Human Services Leadership and Administration, Eric recently completed an internship with the South Central Community Based Initiative.

William "Bill" Paige-Evans, MA, LP, has been working in the behavioral health field since 1986. In 2011, he began his current private practice providing individual therapy, marital therapy, family therapy, group therapy, and psychological evaluations. He also provides supervision to Somali organizations providing ARMHS services, Autism services, and outpatient mental health services to East African Communities.

Rochelle Perry, RN, FPMHNP, CNP, is a board-certified Family Mental Health Nurse Practitioner who provides comprehensive mental health treatment including diagnostic assessments and medication management for clients across the lifespan. Areas of special interest include working with adolescents, young adults in the transition to adulthood, and clients who are working towards recovery from severe mental illness and/or substance abuse.

Ann Wheaton, MSW, LICSW, is a licensed Clinical Social Worker at Sioux Trails Mental Health Center currently working with adolescents and adults, providing individual, group and couples counseling. Ann has specialized training and experience in Dialectical Behavior Therapy (DBT) and in treating personality disorders, grief, trauma, relationship issues, marital issues, depression, anxiety, as well as adolescents presenting with conduct problems.

Jen Withrow, MSW, LICSW, is a Team Lead Adult Mental Health/Adult Protection Worker with Nicollet County Human Services. Her undergraduate and graduate degrees were completed at Minnesota State University, Mankato. Jen has been working with Nicollet County for the past 10 years.

Kimberly Zammitt, PhD, joined the Social Work faculty in Fall 2007. She has over 16 years of clinical social work practice experience in the fields of community behavioral health, child and adolescent behavioral health, and geriatric behavioral health. Dr. Zammitt maintains a local practice specializing in trauma and attachment issues, birth to five, and couple's counseling using Emotion Focused Therapy and Mindfulness-based Interventions.

Program Overview

AGENDA

7:30-8:15	Registration
8:15-8:30	Welcome & Introduction
8:30-9:30	Personality Disorders Michael Farnsworth, MD, DFAPA
9:30-10:30	Fear and Anxiety Michael Farnsworth, MD, DFAPA
10:30-10:45	Break
10:45-11:30	Suicide Michael Farnsworth, MD, DFAPA
11:30-12:00	What's New In Psychiatry Michael Goblisch, APRN, CNP
12:00-1:00	Lunch
1:00-2:30	Round 1 Breakout Sessions
2:30-2:45	Break
2:45-4:15	Round 2 Breakout Sessions
4:15-4:30	Wrap-Up & Adjourn

Three separate panels will be offered during each round of afternoon breakout sessions. Conference attendees may choose one of the three panels to attend during each session.

BREAKOUT SESSION PANELS

<u>Topic</u>	<u>Presenters</u>
Personality Disorders	Rochelle Perry Ann Wheaton
Fear & Anxiety	Ross Aalgaard MaLinda Henderson Kimberly Zammitt
Suicide	Eric Hull Bill Paige-Evans Jen Withrow