

QUALITY IMPROVEMENT NEWSLETTER



MONTEREY COUNTY BEHAVIORAL HEALTH

Avanzando Juntos Forward Together

IN THIS ISSUE:

- ◆ Expenditure Form
- ◆ Update - Documentation Guide
- ◆ AIM for Awareness Ad Contest Reception
- ◆ Combining MI and CBT Interventions
- ◆ Working with Individuals with Substance Use Challenges
- ◆ Foundations in Supervision: a CBT Perspective
- ◆ Using CBT with Clients who are Suicidal
- ◆ Training at a glance

EXPENDITURE FORM

- This form is used to track expenditures for specific items noted in the form. It may be completed by any staff member, at the direction of the County Case Coordinator/ Manager

[Click here to view the form](#)

DOCUMENTATION GUIDE UPDATE

- QI merged previously released memo information related to CANS-50, PSC- 35 and New Client Timeliness Tracking. QI also updated the Patient's Rights Advocate phone number.

[Click here to view the form](#)

AIM FOR AWARENESS AD CONTEST RECEPTION



The entire Monterey County Community is invited to attend the AIM for Awareness Ad Contest Exhibit and Reception in Salinas next Thursday evening. Your invitation with event details is attached, please feel free to pass it along to colleagues, friends, and family.

“The Carmel Sunset Rotary Club invites you to an exhibition of art by student artists from Monterey County whose inspiring work promotes mental health awareness.”

THURSDAY, MARCH 12, 2020

5:00 - 7:00 PM

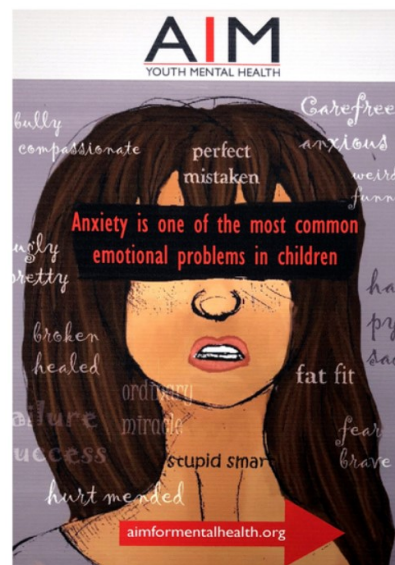
PROGRAM BEGINS AT 6:00 PM

LOCATION:

CSUMB SALINAS CITY CENTER - ROTUNDA

1 MAIN STREET, SALINAS

Open to the public, family-friendly event.
Light refreshments provided.



MOTIVATIONAL INTERVIEWING



COMBINING MI AND CBT INTERVENTIONS

PRESENTED BY **KRISTIN DEMPSEY, LMFT, LPCC, Ed.D.**

TARGET AUDIENCE: MCBH and Provider Licensed and Licensed Eligible Staff

COURSE DESCRIPTION: This training will identify core MI and CBT concepts and consider where the best place is to use each and how can we think through using them both together. Participants will practice useful skills and interventions that they can use immediately in their practice. Fidelity tools used to ensure proper adherence to the model will also be discussed, as will ways to use MI in rehabilitation, case management, psycho educational, and therapy settings.

AS A RESULT OF THIS TRAINING, PARTICIPANTS OF THE TRAINING WILL BE ABLE TO:

- List the four processes of MI and identify where at least three cognitive behavioral interventions would fit in the model.
- Determine at least two strategies that will help clients focus on their treatment goals.
- Create at least one treatment plan based on SMART goals.
- Use at least three interventions to that will help promote change talk and/or change goals.

Kristin Dempsey, LMFT, LPCC, Ed.D., has

provided psychotherapy in the Bay Area for almost 25 years.



Dr. Dempsey's areas of clinical interest include treatments for co-occurring mental health and substance use disorders, complex trauma in childhood and adolescence, eating disorders, panic/anxiety, and many behavioral challenges such as anger management and impulse control disorders. In addition to clinical work, Dr. Dempsey trains providers in several evidence-based and promising practices. She is a member of the Motivational Interviewing Network of Trainers, and has experience teaching and training cognitive behavioral therapy (CBT), cognitive behavior therapy for psychosis (CBTp), & dialectical behavior therapy (DBT).

TRAINING DETAILS

THURSDAY, MARCH 19, 2020 OR

**LOCATION:
MARINA TRAINING CENTER**

9:00 am - 4:30 pm

[CLICK HERE FOR FLYER](#)

**SNACKS ARE PROVIDED
LUNCH ON YOUR OWN**

REGISTRATION COST: NO FEE

ENROLLMENT myLearningPointe

CONTINUING EDUCATION

SIX (6) CREDITS FOR:
FOR: LCSW, LMFT, LPCC, AND LEP

BACKOUT CODE: 2005

CONTINUING EDUCATION INFORMATION

To receive CE credits, participants must:

Attend the course in its entirety. Partial credit for partial attendance cannot be granted. Sign-in and sign-out at the beginning and end of the day, respectively. Complete and turn in an evaluation for the course.

Following successful completion of the course:

CE Certificates will be:

- Available on myLearnignPointe

BBS Licensure:

Motivational Interviewing: Combining MI and CB Interventions

meets the qualifications for **6.0 hours** of Continuing Education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.

- **Monterey County Behavioral Health (MCBH)** is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs. MCBH {Provider Number 70472} maintains responsibility for this program/course and its content.

Contact Information:

- **Accommodations** related to access or food:

MCBH Training Department: 831-755-4727 or 415-Training@co.monterey.ca.us.

- **Concerns or Grievances**

Jill Walker, Ph.D., MCBH Training Manager, at 831-796-1271 or walkerj@co.monterey.ca.us, or MCBH Quality Improvement, 831-755-4545

- **MCBH's Policy regarding CE credits** {Policy 207):

<http://qi.mtyhd.org/index.php/policies-and-procedures-2/>

ADVANCING MOTIVATIONAL INTERVIEWING



WORKING WITH INDIVIDUALS WITH SUBSTANCE USE CHALLENGES

PRESENTED BY **KRISTIN DEMPSEY, LMFT, LPCC, Ed.D.**

TARGET AUDIENCE: MCBH and Provider Staff

COURSE DESCRIPTION: Review core MI concepts, practice skills related to stage of change and receive consultation re: clinical dilemmas, all with a focus on clients struggling with substance use.

AS A RESULT OF THIS TRAINING, PARTICIPANTS OF THE TRAINING WILL BE ABLE TO:

- List the four processes of MI and identify SUD strategies to use for each processes
- Develop two interventions to help individuals move through the four stages of change
- Consider the meaning behind client statements and provide a relevant reflection

BACKOUT CODE: 2005

Kristin Dempsey, LMFT, LPCC, Ed.D., has

provided psychotherapy in the Bay Area for almost 25 years.

Dr. Dempsey's areas of clinical interest include treatments for co-occurring mental health and substance use disorders, complex trauma in childhood and adolescence, eating disorders, panic/anxiety, and many behavioral challenges such as anger management and impulse control disorders. In addition to clinical work, Dr. Dempsey trains providers in several evidence-based and promising practices. She is a member of the Motivational Interviewing Network of Trainers, and has experience teaching and training cognitive behavioral therapy (CBT), cognitive behavior therapy for psychosis (CBTp), & dialectical behavior therapy (DBT).



TRAINING DETAILS

**FRIDAY, MARCH 20, 2020 OR
FRIDAY, MAY 1, 2020**

**LOCATION:
MARINA TRAINING CENTER**

Course: 8:30 am - 12:00 pm

[CLICK HERE FOR FLYER](#)

REGISTRATION COST: NO FEE

ENROLLMENT
MCBH & Contract Provider Staff:
myLearningPointe

CONTINUING EDUCATION: THREE (3) CREDITS
FOR: LCSW, LMFT, LPCC, AND LEP

SNACKS ARE PROVIDED

CONTINUING EDUCATION INFORMATION

To receive CE credits, participants must:

Attend the course in its entirety. Partial credit for partial attendance cannot be granted. Sign-in and sign-out at the beginning and end of the day, respectively. Complete and turn in an evaluation for the course.

Following successful completion of the course:

CE Certificates will be:

- Available on myLearnignPointe

BBS Licensure:

Motivational Interviewing: Working with Clients with Substance Use Challenges meets the qualifications for **3.0 hours** of Continuing Education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.

- **Monterey County Behavioral Health (MCBH)** is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs. MCBH {Provider Number 70472} maintains responsibility for this program/course and its content.

Contact Information:

- **Accommodations** related to access or food:
MCBH Training Department: 831-755-4727 or 415-Training@co.monterey.ca.us.
- **Concerns or Grievances**
Jill Walker, Ph.D., MCBH Training Manager, at 831-796-1271 or walkerj@co.monterey.ca.us, or MCBH Quality Improvement, 831-755-4545
- **MCBH's Policy regarding CE credits** {Policy 207):
<http://qi.mtyhd.org/index.php/policies-and-procedures-2/>

FOUNDATIONS IN SUPERVISION



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A CBT PERSPECTIVE

PRESENTED BY DONNA SUDAK, MD

TARGET AUDIENCE: All MCBH Unit Supervisors and Field Instructors.

COURSE DESCRIPTION: Participants will learn basic philosophy and skills that will support supervision of staff who are using a wide range of treatment interventions. Basic skills will reflect those used in CBT

PARTICIPANTS IN THE TRAINING WILL LEARN TO...

- 1) Develop a Needs Assessment and Goals
- 2) Set a Supervision Agenda for each Meeting
- 3) Give Feedback in a Supportive Manner
- 4) Identify Methods of Adult Learning
- 5) Identify Methods of Evaluation

BACKOUT CODE: 2000



Donna Sudak, MD, is professor and vice chair for education in the Department of Psychiatry, at Drexel University in Philadelphia, PA. She has previously served as interim program director for the Adult Psychiatry Residency. Dr. Sudak began a one-year term as president of the American Association of Directors of Psychiatric Residency Programs in 2018. Dr. Sudak is director of the psychotherapy training program and is board certified in psychiatry, with special expertise in both psychopharmacological treatments and cognitive behavioral treatments.

TRAINING DETAILS

TRAINING DETAILS
MONDAY, MARCH 23, 2020

LOCATION:
MARINA TRAINING CENTER

Course: 9:00 AM – 4:30 PM

[CLICK HERE FOR FLYER](#)

REGISTRATION COST: NO FEE

ENROLLMENT FOR
ELIGIBLE INDIVIDUALS (MAX = 50)

CONTINUING EDUCATION: SIX (6) CREDITS
FOR: LCSW, LMFT, LPPC, AND PSYCHOLOGISTS
PROFESSIONALS

SNACKS ARE PROVIDED

LUNCH ON YOUR OWN.

USING CBT WITH CLIENTS WHO ARE SUICIDAL



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USING CBT WITH CLIENTS WHO ARE SUICIDAL

PRESENTED BY DONNA SUDAK, MD

TARGET AUDIENCE: Licensed and Licensed eligible staff.

COURSE DESCRIPTION: Participants will learn effective approaches to assessing, safety planning and treating clients with suicidal ideation and behavior.

PREREQUISITE: None. However, course content is geared toward participants with a basic understanding of CBT.

PARTICIPANTS OF THE TRAINING WILL LEARN...

- 1) A structure for assessing for suicide.
- 2) How to create a hope box for clients.
- 3) Strategies for helping clients manage automatic thoughts and helplessness.

BACKOUT CODE: 2000



Donna Sudak, MD, is professor and vice chair for education in the Department of Psychiatry, at Drexel University in Philadelphia, PA. She has previously served as interim program director for the Adult Psychiatry Residency. Dr. Sudak began a one-year term as president of the American Association of Directors of Psychiatric Residency Programs in 2018. Dr. Sudak is director of the psychotherapy training program and is board certified in psychiatry, with special expertise in both psychopharmacological treatments and cognitive behavioral treatments

TRAINING DETAILS

TRAINING DETAILS
TUESDAY, MARCH 24, 2020 OR
FRIDAY, MAY 22, 2020

LOCATION:
MARINA TRAINING CENTER

Sign-in: 8:30 - 9:00 am
Course: 9:00 AM – 4:30 PM

[CLICK HERE FOR FLYER](#)

REGISTRATION COST: NO FEE

ENROLLMENT FOR
ELIGIBLE INDIVIDUALS (MAX = 50)

CONTINUING EDUCATION: SIX (6) CREDITS
FOR: LCSW, LMFT, LPPC, AND PSYCHOLOGISTS
PROFESSIONALS

SNACKS ARE PROVIDED

LUNCH ON YOUR OWN.

TRAININGS AT A GLANCE

TRAINING	DATE	TIME	LOCATION
March			
Treatment Planning	11th	8:30AM-12:30PM	Marina Training Center
Motivational Interviewing: Combining MI and CBT Interventions	19th	9:00AM-4:30PM	Marina Training Center
Advancing Motivational Interviewing: working with individuals with Substance Use Challenges	20th	8:30AM-12:00PM	Marina Training Center
Foundations in Supervision: A CBT Perspective	23rd	9:00AM-4:30PM	Marina Training Center
April			
Progress Notes	16th	8:30AM-12:30PM	Marina Training Center
Using CBT with Individuals with Personality and Anger Issues	23rd	9:00AM - 4:30PM	Marina Training Center
Using CBT with Individuals with Anxiety, including PTSD	24th	tbd	Marina Training Center
Motivational Interviewing: Brief Action Planning with Clients in Crisis (AM & PM classes available)	30th	8:30AM-12:00PM 1:00PM - 4:30PM	Marina Training Center

MENTAL HEALTH SERVICE DELIVERY WITH MYAVATAR

⇒ March 20, 2020
⇒ 9:00 am to 4:30 pm

Whitney Conference Rooms
1270 Natividad Road
Salinas, CA 93906

⇒ April 17, 2020
⇒ 9:00 am to 4:30 pm

Whitney Conference Rooms
1270 Natividad Road
Salinas, CA 93906

To Register for any of the trainings, including AVATAR training, [click here](#)

For instructions on how to register [click here](#)

CONTACT US IN QUALITY IMPROVEMENT.



Quality Improvement - 1611 Bunker Hill Way, Ste 120 - Salinas, CA 93906
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