

QUALITY IMPROVEMENT NEWSLETTER



MONTEREY COUNTY
BEHAVIORAL HEALTH

Avanzando Juntos Forward Together

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Forward Together Initiative | Avanzando Juntos Iniciativa



Monterey County Behavioral Health is creating a series of **free** opportunities open to **everyone** in our community to come **together** to build our **strength** and **resilience**. Click here to visit our website www.MontereyForwardTogether.org for a calendar of events and opportunities to connect.

“In response to COVID-19 crisis we have worked together to develop and launch the Forward Together Initiative. The aim is to provide a series of sessions that are open to the community and free.

Please check out the new section of the website outlining the sessions which are specific to key groups like parents, teens etc.” :<https://www.co.monterey.ca.us/government/departments-a-h/health/behavioral-health/forward-together-avanzando-juntos>

- [English flyer](#)
- [Spanish flyer](#)

QUALITY IMPROVEMENT

We have a new section of the QI website which you can view by [clicking here](#) (it is in the special topics of the QI website)

On the website we have:

- A field based services protocol
- Directions on setting up telehealth visits
- Information for clients on coping with stress



CONGRATULATIONS TO OUR NEW QI SUPERVISOR!

Janet Hernandez Barajas, LCSW, obtained her Masters in Social Work at CSU Monterey Bay and has been with Behavioral Health for 11 ½ years. Over the last year, Janet was working in Quality Improvement expanding her mental health and substance use disorder clinical and administrative knowledge. Janet provided mental health services to children and families throughout the county within the Children’s System of Care for 6 years. She acquired great clinical skills while working in various settings and programs such as New Paths, Services to Education, and Juvenile Justice. Janet also gained valuable experience working per diem with the Crisis Team for 1 ½ years. Janet is passionate about serving our community and has provided parenting classes and Youth Mental Health First Aid trainings to members in the community. She is excited and motivated in supporting staff, clients, and the community in a different capacity.

ADVANCING MOTIVATIONAL INTERVIEWING



BRIEF ACTION PLANNING WITH CLIENTS IN CRISIS

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

TARGET AUDIENCE: MCBH and Provider Clinical Staff

COURSE DESCRIPTION: This training will help participants develop new strategies to support clients who are in acute distress

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

- Identify the four components of the "spirit of MI" necessary to engage individuals in emergency and crisis support services.
- Practice reflective listening skills, evocative questions, affirming statements, and summarizing responses that help initiate and sustain conversations to support crisis resolution
- Apply the steps of Brief Action Planning to assist individuals in developing achievable goals.

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

THURSDAY, APRIL 30, 2020

8:30 am - 12:00 pm (AM session)

Or

1:00 pm - 4:30 pm (PM Session)

**LOCATION:
GOTO TRAINING**

**A LINK WILL BE EMAILED TO YOU
THE DAY BEFORE THE TRAINING**

[CLICK HERE FOR FLYER](#)

REGISTRATION COST: NO FEE

ENROLLMENT

Request a course in myLearningPointe Link to GoToTraining will be emailed the day before the training

CONTINUING EDUCATION

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



JOIN US EACH THURSDAY IN MAY AT 12PM PST FOR

RESILIENCE

Survivors of Human Trafficking Master Class

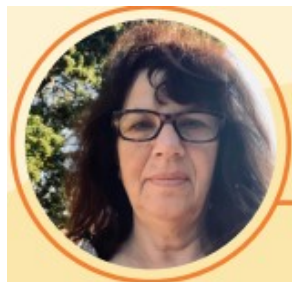
In light of our yearly conference, we will be hosting a series of four webinars from four survivor leaders every Thursday in May at 12pm



May 7 - Sara Kruzan

Sex Trafficking Survivor, Freedom Fighter & Agent of Hope

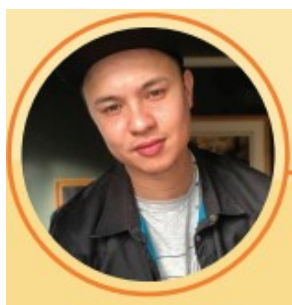
Falling Forward: Reframing Resilience as a Personally Sacred Journey of Vulnerability While Being Able to Take a Present Breath



May 14 - Cari Herthel

Survivor Leader, Speaker Consultant, Resource Specialist and Engaged Coalition Partner based in Monterey County, California

Cultivating Resilience



May 21 - Erik Gray

Innovations HTC Programs Director, Thurston County Human Trafficking Taskforce Chair

LGBTQ2IA + Human Trafficking, Healing Justice, and Resiliency



May 28 - Regina Evans

Member of the AC United Council, SHADE Movement, and Survivor Advocate for Claire's House

The Void

Find out more and register at CoalitionToEndHumanTrafficking.org/webinars

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, MAY 1, 2020

8:30 am - 12:00 pm

LOCATION:
GOTOTRAINING

A LINK WILL BE EMAILED TO YOU THE DAY BEFORE THE TRAINING

[CLICK HERE FOR FLYER](#)

REGISTRATION COST: NO FEE

ENROLLMENT

Request a course in myLearningPointe Link to GoToTraining will be emailed the day before the training

CONTINUING EDUCATION:

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

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 myLearningPointe

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/>

ADVANCING MOTIVATIONAL INTERVIEWING



TIPS & TECHNIQUES FOR ONLINE THERAPY

PRESENTED BY LIANA LOWENSTEIN, MSW, RSW, CPT-S

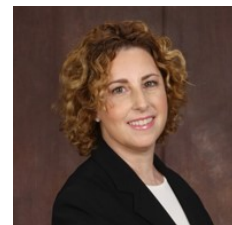
TARGET AUDIENCE: This webcast is for mental health professionals who have foundational training in providing therapy to children, and who are seeking innovative strategies to transition to online counseling

COURSE DESCRIPTION: Suggested viewing before this webcast: To familiarize yourself with some basics of online therapy with children, we recommended you watch the following free YouTube video by Rachel Alvater before attending the webinar: <https://bit.ly/2WJfjC9>

In the midst of the COVID-19 pandemic, many child therapists are shifting their clinical practice to online sessions. While there are many issues to consider when conducting online therapy, one of the most important is how to engage children and help them work through their treatment issues. This can be particularly challenging when therapist and child are in different physical locations and there is a screen separating them. This webinar outlines innovative techniques to engage children in online therapy.

As the result of this training, participants, we will be able to:

- Describe key guidelines for conducting an online intake meeting with caregivers
- Implement creative online-friendly techniques to build therapeutic rapport with children
- Utilize a variety of online-friendly interventions to assess children and to help them express feelings and learn effective coping strategies



Liana Lowenstein is a Registered Social Worker, Certified Play Therapist-Supervisor, and Certified TF-CBT Therapist who has been working with children and their families in Toronto since 1988. She presents trainings across North America and abroad. Recent speaking engagements include China, South Africa, Israel, England, and Australia. She provides clinical supervision to mental health practitioners, and consults to mental health agencies. Liana's 12 books on child and family therapy are known internationally for their innovative and practical techniques. She is winner of the Monica Herbert award for outstanding contribution to play therapy in Canada.

Check out Liana's article (includes a list of resources for online therapy with children): Creative Interventions for Online Therapy with Children: Techniques to Build Rapport: <https://bit.ly/2WObw6O>

TRAINING DETAILS

WEDNESDAY, MAY 6, 2020 1:00 PM - 3:00 PM

OR

FRIDAY, MAY 15, 2020 1:00 PM - 3:00 PM

LOCATION: ZOOM
[CLICK HERE FOR FLYER](#)

A LINK WILL BE EMAILED TO YOU THE DAY BEFORE THE TRAINING

REGISTRATION COST: NO FEE

ENROLLMENT

Via myLearningPointe (mLP), through the "Request A Course" function.

Continuing Education: None

BACKOUT CODE: 2005

TRAININGS AT A GLANCE

TRAINING	DATE	TIME	LOCATION
April			
Brief Action planning with Clients in Crisis	30th	8:30 am - 12:00 pm Or 1:00 pm - 4:30 pm	GoToTraining
May			
Working with Individuals with Substance Use Challenges	1st	8:30 am - 12:00 pm	GoToTraining
Tips and Techniques for Online Therapy with Children	6th	1:00 pm - 3:00 pm	ZOOM
Coalition to End Human Trafficking: Sara Kruzan	7th	12:00 pm	CoalitionToEndHumanTrafficking.org/webinars
Coalition to End Human Trafficking: Cari Herthel	14th	12:00 pm	CoalitionToEndHumanTrafficking.org/webinars
Tips and Techniques for Online Therapy with Children	15th	1:00 pm - 3:00 pm	ZOOM
Coalition to End Human Trafficking: Erik Gray	21st	12:00 pm	CoalitionToEndHumanTrafficking.org/webinars
Coalition to End Human Trafficking: Regina Evans	28th	12:00 pm	CoalitionToEndHumanTrafficking.org/webinars

CONTACT US IN QUALITY IMPROVEMENT.



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