

The Massachusetts Psychological Association Annual Conference

CHANGING MINDS, CHANGING LIVES:

Rethinking Treatment for People Living with Serious Mental Illness

**Saturday, November 2, 2019
Four Points by Sheraton
Norwood, Massachusetts**

Presented in collaboration with the Massachusetts Department of Mental Health

**The Massachusetts Psychological Association
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CHANGING MINDS, CHANGING LIVES: Rethinking Treatment for People Living with Serious Mental Illness (6CE)

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The Massachusetts Psychological Association 2019 Annual Conference

CHANGING MINDS, CHANGING LIVES: Rethinking Treatment for People Living with Serious Mental Illness (6CE)

Saturday, November 2nd at the Four Points by Sheraton in Norwood, MA

8:00am	Registration and Breakfast
8:15am - 8:45am	Annual Business Meeting (Tiffany Ballroom)
8:45am - 9:00am	Welcome (Tiffany Ballroom) MPA President, Margaret Lanca, Ph.D. and Conference Co-Chair, Emily Mohr, Ph.D.
9:00am - 10:15am	Keynote Address (Tiffany Ballroom) <i>Severe Mental Illness: Recognizing and Responding to the Impact on Families (1.5CE)</i> by Margaret Guyer, Ph.D. Prevalence rates for mental illness in the United States range from 25 to 32% including substance use. In Massachusetts, more than 180,000 adults live with bipolar disorder or schizophrenia. A person living with severe mental illness, like any one of us, is part of a family and is loved by parents, siblings, children, friends, and other community members. Recognizing and responding to the impact of living with severe mental illness for an individual and for the people who love them is essential for any behavioral health provider. Through the lens of the intergenerational impact of mental illness across the lifespan, this presentation will provide an overview of assessments strategies, interventions, and community resources to equip private practice practitioners with the tools to recognize and respond to the impact of severe mental illness. Models of 'recovery' and the role of people with lived experience of severe mental illness in the transformation of contemporary behavioral health interventions will be discussed.
10:15am - 10:30am	Break (Foyer)
10:30am - 11:30am	Morning Breakout Session (choose one): Breakout #1 (Tiffany Ballroom) - <i>Screening, Assessing, and Treating the Suicidal Patient (1CE)</i> by Gregg Januszewski, Psy.D. This presentation will provide an overview of the evolution of suicide risk evaluation approaches, describing the strengths and limitations of each model. It will outline the practice recommendations of the Massachusetts Department of Mental Health for screening and assessing patients for suicide risk. The interrelated constructs of suicide

risk assessment and treatment of the suicidal patient will be discussed.

**Breakout #2 (Room 105/106) - *Supported Employment and Education* (1CE)
by Kim T. Mueser, Ph.D.**

This presentation will describe the principles and application of supported employment and education (SEE) for persons with serious mental illness. Clinical resources to guide clinicians in providing SEE will be provided. The research evidence for the effectiveness of SEE programs on improving employment and educational outcomes will be reviewed. Strategies for enhancing the effectiveness of SEE programs will be briefly discussed, including the evidence supporting those strategies.

**Breakout #3 (Room 103) - *Advances in Detection, Prevention, and Intervention for Youth at Clinical High Risk for Psychosis* (1CE)
by Michelle Friedman-Yakoobian, Ph.D.**

This presentation will involve an overview of the emerging field of early detection and intervention for youth showing signs of clinical high risk for psychosis. The important implications of early detection and treatment of psychosis will be discussed, followed by a description of how warning signs for psychosis risk are assessed. The emerging evidence base for treatment of youth at risk for psychosis will be described. Finally, information about a local program that specializes in assessing and treating youth at risk for psychosis will be provided.

11:30am - 12:00pm

Student Poster Session (Foyer)

12:00pm - 1:00pm

Awards Luncheon (Tiffany Ballroom)

1:00pm - 1:15pm

Break (Foyer)

1:15pm - 2:15pm

Afternoon Breakout Session I (choose one):

Breakout #1 (Tiffany Ballroom) - *Engaging Young People with a First Episode of Psychosis in Individual Resiliency Training (IRT)* (1CE) by Corinne Cather, Ph.D.
Individual Resiliency Training (IRT) is a manual-based therapy that emphasizes the enhancement of resiliency and strengths in order to support an individuals' pursuit of meaningful goals and to improve their symptom self-management, social functioning, quality of life, and well-being. In keeping with the theme of this conference, we will focus on the ways which IRT was developed to promote client engagement and also review key intervention techniques.

**Breakout #2 (Room 103) - *The Road to Recovery* (1CE) moderated by
Raquelle Mesholam-Gately, Ph.D.**

This session is geared towards helping clinicians improve care to persons with psychosis by learning from firsthand experience. Moderated by a psychologist with longtime experience treating and advocating for SMI, a panel of persons with lived experience in psychosis discuss the impact of their illness on their lives, their journey to recovery, and the positive and negative aspects of their treatment.

**Breakout #3 (Room 105/106) - *Closing the Gap: Reducing Racial/Ethnic Disparities in Behavioral Health by Targeting Multiple Clinical and Policy Mechanisms* (1CE)
by Benjamin Cook, Ph.D., MPH**

The goal of this presentation is to increase understanding about the epidemiology and health services research demonstrating racial/ethnic disparities in behavioral health and behavioral health treatment. As the field moves from identifying disparities to

developing and testing interventions to reduce these disparities, I will also present a summary of how structural racism and provider discrimination act as mechanisms underlying these disparities and examples of policy and clinical interventions that have been undertaken to address these mechanisms. Key to the success of these interventions are the development of partnerships between community stakeholders, academic institutions, and clinicians.

2:15pm - 2:30pm

Break (Foyer)

2:30pm - 3:30pm

Afternoon Breakout Session II (choose one):

Breakout #1 (Tiffany Ballroom) - *Acceptance and Commitment Therapy for Psychosis: Current Scientific Status and Application* (1CE) by Brandon A. Gaudiano, Ph.D.

This presentation will discuss acceptance and commitment therapy (ACT) and its application to treating individuals with psychotic-spectrum disorders. The talk will provide a brief overview of this approach, information about the current research in this area, and a case illustration.

Breakout #2 (Room 105/106) - *Coordinated Specialty Care for First Episode Psychosis in the VA* (1CE) by Rachelle Calixte, Ph.D.

This presentation will provide an overview of the opportunities and challenges associated with treatment of first episode psychosis and development of coordinated specialty care programs within the VA. Factors that will be highlighted include impacts of military, Veteran, and VA culture, as well as systemic opportunities and barriers. Challenges and clinical considerations associated with engaging consumers in early psychosis will also be presented. Finally, the presentation will review efforts to develop a coordinated specialty care program at the Bedford VA Medical Center and the future directions for the program.

Breakout #3 (Room 103) - *The Massachusetts Civil Commitment Process* (1CE) by Joseph A. Robinson, Esq. and Robert Mendoza, Psy.D.

This presentation will provide participants with an overview of the Massachusetts Civil Commitment legal process from the time a patient is referred for an evaluation by a treating clinician until the adjudication of Petition for Commitment by a court.

3:30pm - 5:00pm

Plenary Presentation & Closing Remarks (Room 101) - *Another Way of Looking: Empathy, Community, and Ego Integrity Through the Window of Our Personal Experience* (1.5CE) by Alan Bodnar, Ph.D.

In this presentation, psychologist Alan Bodnar will describe how reflecting on our experiences in our personal lives and our work as mental health professionals can help us build bridges of empathy to our patients and all with whom we come into contact. Applying Harry Stack Sullivan's premise that "we are all much more simply human than otherwise" to the concepts of community and ego integrity, Dr. Bodnar will show how our empathic connections can deepen our knowledge of the ideas that guide our understanding of mental health and illness.



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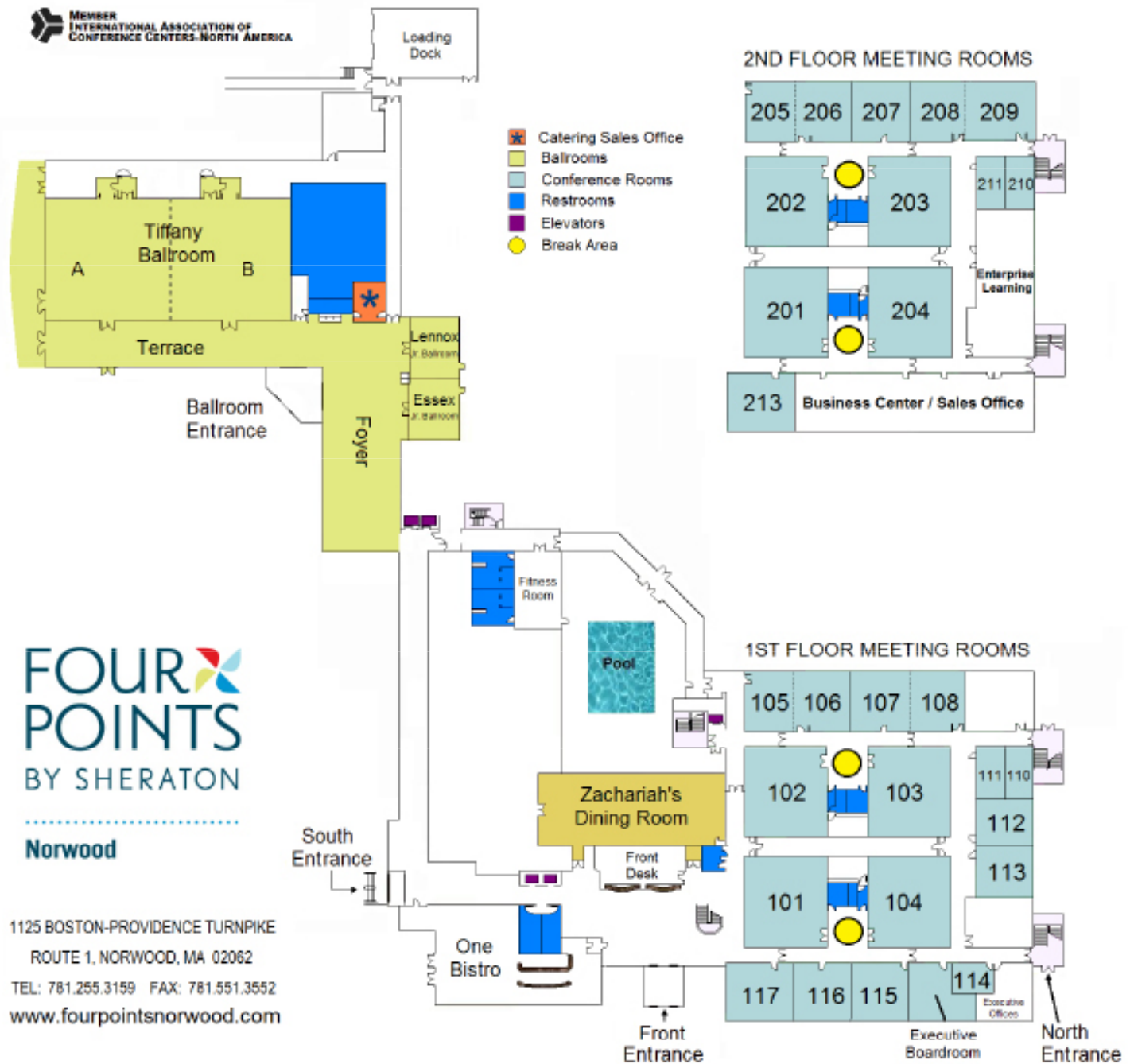
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Enhancement of its Educational, Psychological,
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OUR 2019 CONFERENCE PRESENTERS



Keynote Speaker

Margaret Guyer, Ph.D.

**Director, Workforce Development
Clinical and Professional Services**

Massachusetts Department of Mental Health

Margaret Guyer, Ph.D. (she/her/hers) is a clinician who has worked with people with severe mental illness for more than 20 years. As an administrator with the Massachusetts Department of Mental Health she is responsible for the identification, evaluation, and dissemination of evidence-based practices within the Department of Mental Health and among community providers. She maintains a private practice in Brookline and particularly enjoys working with couples and families impacted by severe mental illness.



Plenary Speaker

Alan Bodnar, Ph.D.

Psychologist Emeritus

Worcester Recovery Center and Hospital

Alan Bodnar, Ph.D. is a clinical psychologist with more than forty years of experience working in DMH clinics and hospitals with people living with serious mental illness. Throughout his career, he has been deeply involved in the training of doctoral students in psychology, having served as the co-director of the APA accredited internship at Westborough State Hospital and, most recently, as the co-director of psychology training at the Worcester Recovery Center and Hospital. Dr. Bodnar's "In Person" column has appeared in *Massachusetts Psychologist* and *New England Psychologist* since 1993. He is the author of *Simply Human: Reflections on the Life We Share* (2018). Dr. Bodnar earned his Bachelor's degree at Villanova University and his doctorate in clinical psychology at Boston University.

OUR 2019 CONFERENCE PRESENTERS

Rachelle Calixte, Ph.D.

Dr. Rachelle Calixte is a psychologist at the Bedford VA Medical Center. She values providing recovery-oriented, resiliency-focused services to Veterans through a Coordinated Specialty Care model, which is reflected in her work in the STEER first-episode psychosis program, Supported Employment and Education, Peer Services, and Suicide Prevention.

Corinne Cather, Ph.D.

Dr. Corinne Cather is a licensed clinical psychologist with a diplomate in cognitive behavioral therapy from the Academy of Cognitive Therapy. She is the Director of the DMH-funded MGH Center for Psychosocial and Systemic Research, the Director of Psychological Services for the Massachusetts General Hospital (MGH) Schizophrenia Program, and Associate Professor of Psychology in the Department of Psychiatry at Harvard University School of Medicine. She is also the Associate Director of the MGH Psychosis Consultation Service, a service which provides second opinion diagnosis and treatment recommendations.

Dr. Cather is a researcher, clinician, and expert trainer. Her research centers on the design and implementation of evidence-based psychosocial treatments for individuals with first episode psychosis as well as those with longer histories of mental illness. A particular focus of her work has been the development and training of CBT-based health interventions to reduce cardiovascular disease among individuals with severe mental illness. As a clinician, she provides therapy to individuals and families in the MGH First Episode and Early Psychosis Program as well as to individuals with longer histories of illness in her private practice. She is an expert trainer for the NAVIGATE coordinated specialty care model for first episode psychosis and has trained clinicians across the country in cognitive behavioral therapy approaches for individuals with schizophrenia.

Benjamin Cook, Ph.D., MPH

Dr. Benjamin Cook is Director of the Health Equity Research Lab at Cambridge Health Alliance, and

Associate Professor in the Department of Psychiatry at the Harvard Medical School. He holds a Ph.D. in Health Policy from Harvard University and is a health services researcher focused on improving quality of life, and access and quality of treatment for individuals living with behavioral health disorders. His research interests center broadly around improving healthcare equity, tracking mental health and substance use treatment disparities in the U.S., and identifying innovative interventions that improve quality of care for underserved populations. He has been Principal Investigator of multiple NIH, AHRQ, and Foundation-funded studies, and currently leads NIH- and PCORI-funded grants related to discrimination in the healthcare setting, tobacco use among those with substance use disorder, the impact of Medicaid value-based payment initiatives and Medicare Accountable Care Organizations on behavioral health treatment disparities. He also co-leads projects assessing mental healthcare disparities among transgender individuals and evaluating criminal justice diversion programs. Dr. Cook assists with research training for Harvard Medical School psychiatry and psychology interns and fellows, and provides support to Cambridge Health Alliance clinicians interested in pursuing quantitative research studies screening, assessment, and treatment. He has provided guidance and training on suicide evaluation and treatment to psychiatrists, psychologists, nurses, social workers and administrators at hospitals around the state.

Michelle Friedman-Yakoobian, Ph.D.

Dr. Michelle Friedman-Yakoobian is a licensed clinical psychologist and is the Clinical Team Leader for the CEDAR Clinic. Dr. Friedman-Yakoobian supervises trainees in the clinic, and meets with young adults and families for consultations, educational groups, and cognitive behavioral therapy. In addition, Dr. Friedman-Yakoobian presents at schools and other community youth agencies to raise awareness about new advances in early detection and treatment of early signs of psychosis.

Dr. Friedman-Yakoobian is devoted to the development and implementation of effective psychosocial interventions for individuals experiencing psychosis (or signs of risk) and their families. She ran a pilot study evaluating a new family intervention designed to help clients and families learn strategies for overcoming cognitive deficits related to psychosis. She authored *Everything You Need to Know about Schizophrenia* (The Rosen Publishing Group, 2000), a book for teenagers about schizophrenia. Dr. Friedman-Yakoobian is an Instructor in Psychiatry at Harvard Medical School, at the Massachusetts Mental Health Center Public Psychiatry Division of the Beth Israel Deaconess Medical Center. She earned her undergraduate degree in Human Development and Family Studies at Cornell University and her doctorate in Clinical Psychology at the University of Massachusetts Boston.

Brandon Gaudiano, Ph.D.

Dr. Brandon Gaudiano is a clinical psychologist and researcher at Butler Hospital in Providence, Rhode Island. He holds appointments as Associate Professor in the Department of Psychiatry and Human Behavior at the Warren Alpert Medical School of Brown University, and in the Department of Behavioral and Social Sciences at the Brown School of Public Health. At Butler Hospital, he develops and directs transitional outpatient programming, focusing on treatment delivery for patients across levels of care. Dr. Gaudiano's research has been supported by grant funding from the National Institutes of Health, Department of Veterans Affairs, and other private foundations. He has conducted treatment research for individuals with various forms of severe mental illness, including schizophrenia, severe mood disorders, suicidal behaviors, and comorbid substance use. As a Senior Investigator in the Mindfulness Center at Brown University, Dr. Gaudiano studies novel acceptance/mindfulness-based interventions, including applications for individuals with psychosis. In 2015, he published a book titled *Incorporating Acceptance and Mindfulness into the Treatment of Psychosis* by Oxford University Press. In addition, Dr. Gaudiano has served in editorial roles for several scientific journals in psychiatry and psychology. He currently chairs the Publications Committee of the American Psychology Association (APA) for Division 12 (Clinical

Psychology), and recently was appointed to the APA's Advisory Steering Committee on Clinical Practice Guidelines, which oversees the process of guideline development.

Gregg Januszewski, Psy.D.

Dr. Gregg Januszewski received his doctorate in clinical psychology from the University of Hartford in 1997. He worked briefly in a substance abuse clinic in Vermont before settling in central Massachusetts. He worked for 18 years at Community Healthlink, a community mental health center in Worcester. There he had the privilege of doing long term psychotherapy with patients who had severe and persistent mental illnesses, substance use issues, and homelessness. Some of his other roles during those years included Urgent Care Coordinator, Clinical Director of a Crisis Stabilization Unit, and Liaison to Worcester State Hospital to facilitate the transition of patients from hospital to community care. Four years ago he began his work at the Worcester Recovery Center and Hospital, a state-of-the-art public sector psychiatric hospital that opened in Fall 2012. WRCH replaced inpatient beds from the former Worcester State Hospital, Westborough State Hospital and Taunton State Hospital. In this position he has become actively involved in the both the hospital's and the state's Zero Suicide committees, helping to shape policies and practices related to suicide screening, assessment, and treatment. He has provided guidance and training on suicide evaluation and treatment to psychiatrists, psychologists, nurses, social workers and administrators at hospitals around the state.

Robert Mendoza, Psy.D.

Dr. Robert Mendoza is a neuropsychologist who has been working in the field of forensic mental health for over 20 years. He is hired for criminal and civil cases and performs a wide range of court related evaluations including criminal responsibility, competence to stand trial, commitment evaluations, and aid in sentencing evaluations. He has consulted on many homicide and multiple homicide cases and frequently lectures in these areas. Dr. Mendoza also provides educational and scientific presentations to undergraduate and graduate students, attorneys, as well as medical and mental health professionals throughout the United States.

Raquelle Mesholam-Gately, Ph.D.

Dr. Raquelle Mesholam-Gately is a licensed clinical psychologist and neuropsychologist who directs the Consumer Advisory Board (CAB) and Neuropsychology Research at the Psychosis Research Program of the Massachusetts Mental Health Center Public Psychiatry Division, Beth Israel Deaconess Medical Center. She is also an Instructor in Psychiatry at Harvard Medical School. Her research career has been devoted to better understanding and improving neurocognitive and reward-related impairments in psychosis, and to the enhancement of these pursuits through collaboration with individuals who have lived experience with SMI. Dr. Mesholam-Gately has been privileged to partner with the CAB in participatory mental health research, including a recent project on therapeutic alliance and quality of life in SMI as well as a just launched project on renaming schizophrenia.

Kim T. Mueser, Ph.D.

Dr. Kim Mueser is a clinical psychologist at the Center for Psychiatric Rehabilitation, Boston University, and Professor of Occupational Therapy, Psychological and Brain Sciences, and Psychiatry. His research interests are on the development and evaluation of psychosocial interventions for persons with serious mental illness. His work has involved a range of different treatments, including supported employment and education, integrated treatment for co-occurring mental illness and substance use disorders, cognitive behavioral therapy for post-traumatic stress disorder, illness management and recovery, cognitive remediation, family psychoeducation, interpersonal skills training, and treatment of first episode psychosis. He has published several hundred peer reviewed publications and co-authored over ten books. His research has been supported by the National Institute of Mental Health, the National Institute on Drug Abuse, and the Substance Abuse and Mental Health Services Administration.

Joseph Robinson, Esq.

Joseph Robinson, Esq. is the Trial Panel Director for the Mental Health Litigation Division (MHL) of the Committee for Public Counsel Services (CPCS). MHL provides attorneys to defend clients

in Civil Commitment and Guardianship Petitions. The Trial Panel Director provides support and oversight to 300 private attorneys who represent clients throughout Massachusetts in Commitment and Guardianship proceedings. Prior to this position Joe was a trial attorney in CPCS's Bridgewater State Hospital Commitment concentrating on defending clients in forensic commitment cases filed by the Bridgewater State Hospital or District Attorneys. In addition, Joe has, worked extensively with both public defenders and private practitioners on cases involving competence to stand trial and mental health evaluations and treatment of criminal defendants. Prior to joining CPCS, Joe spent 26 years in private practice both as a solo practitioner and in small firms, including 14 years as a member of the MHL private attorney panel. Joe has represented Hospitals, Respondents, Family Members and Fiduciaries in Guardianship cases. He has argued appeals before the Supreme Judicial Court, the Appeals Court as well as cases in the Appellate Division of the District Court. He has represented clients in competency hearings in criminal cases and Petitions for Discharge of patients from the Massachusetts Treatment Center for sexually dangerous persons.



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The Impact of Law and Order: Special Victims Unit on Survivors of Childhood Sexual Assault

Taylor Allard, M.S., Brian Ott, Ph.D., and Shyamala Venkataramen, Ph.D.

WILLIAM JAMES COLLEGE

Perceived Stress, Social Support, and Aspects of Communication During Deployment and its Relationship to Adjustment and Relationship Satisfaction of the Female Spouse at Home

Amanda Connerton

WILLIAM JAMES COLLEGE

Psychology Trainees' Knowledge and Perceptions of Psychopathy Compared to the General Public

Shannon Brown

WILLIAM JAMES COLLEGE

The Trifecta: An Examination of Tourism, Terrorism, and the Media

Felicia Wolotonis

CLARK UNIVERSITY

Two-Sides of the Same Coin: The Experiences of High-Achieving Women in the Swedish Workplace

Daniela Perez, M.A.

WILLIAM JAMES COLLEGE

The Recognition and Evaluation of Distress in Adolescents: A Quantitative Study

Angela L. Walter, M.S.

ANTIOCH UNIVERSITY NEW ENGLAND

COSA: A Community Re-Entry Program for Substance Use Offenders in New Hampshire

Damon A. Pryor, LMHC, Gemima St. Louis, Ph.D., David Haddad, Ed.D., and Yota Gikas, Ph.D.

WILLIAM JAMES COLLEGE

Life Stressors and Overall Mental Wellness in Black Men

Shannon Hughley, M.A., Sae-Mi Jeon, M.A., and Asha Ragin, Ph.D.

UNIVERSITY OF MASSACHUSETTS BOSTON

The Impact of Therapy on Youth Service Workers' Self-Efficacy and Distress

Adetutu Ajibose, M.A., Claire Fialkov, Ph.D., and David Haddad, Ed.D.

WILLIAM JAMES COLLEGE

The Impact of the Always Keeping Girls in School Program on Self-Efficacy, Authenticity, and School Achievement in Adolescents in Kenya

Charisse Del Vecchio

SPRINGFIELD COLLEGE

The Effects of American Individualism on Social Connectedness and Mental Health

Stephani Synn, M.A., Yohana Beraki, B.S., Marina Wilson, and Sarah Tannenbaum, Psy.D.

WILLIAM JAMES COLLEGE

A Pilot Study of Camp Baker, an Adapted Summer Treatment Program for Children with ADHD

Angela L. Walter, M.S., and

Alicia MacDougall, M.S.

ANTIOCH UNIVERSITY NEW ENGLAND

Integrated Primary Care: Training the Behavioral Health Workforce

Shira Fishman, Ph.D., and Nicole Mullhal, LMHC

WILLIAM JAMES COLLEGE

Practitioners' Beliefs about Diagnosing Borderline Personality Disorder in Adolescents

Ziyi Xiu

WILLIAM JAMES COLLEGE

Acculturation, Personality and Psychological Distress among Chinese/Chinese-American Young Adults in the U.S.

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CONFERENCE NOTES



NAMI-Cambridge/Middlesex is a volunteer-run, non-profit membership organization whose mission is to better the lives of those with mental illness and their families through support, education, and advocacy for improved care and services.

Our free programs include two monthly Family Support Groups, the Family to Family education course for family members, Peer to Peer for persons in recovery, and regularly scheduled public education programs including our annual June Speaking of Science lecture on the latest research into mental illness.



A young man in recovery tells his inspiring story at the 2019 NAMI-CM Auction Event.

**Visit our Website for more information:
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CONFERENCE NOTES

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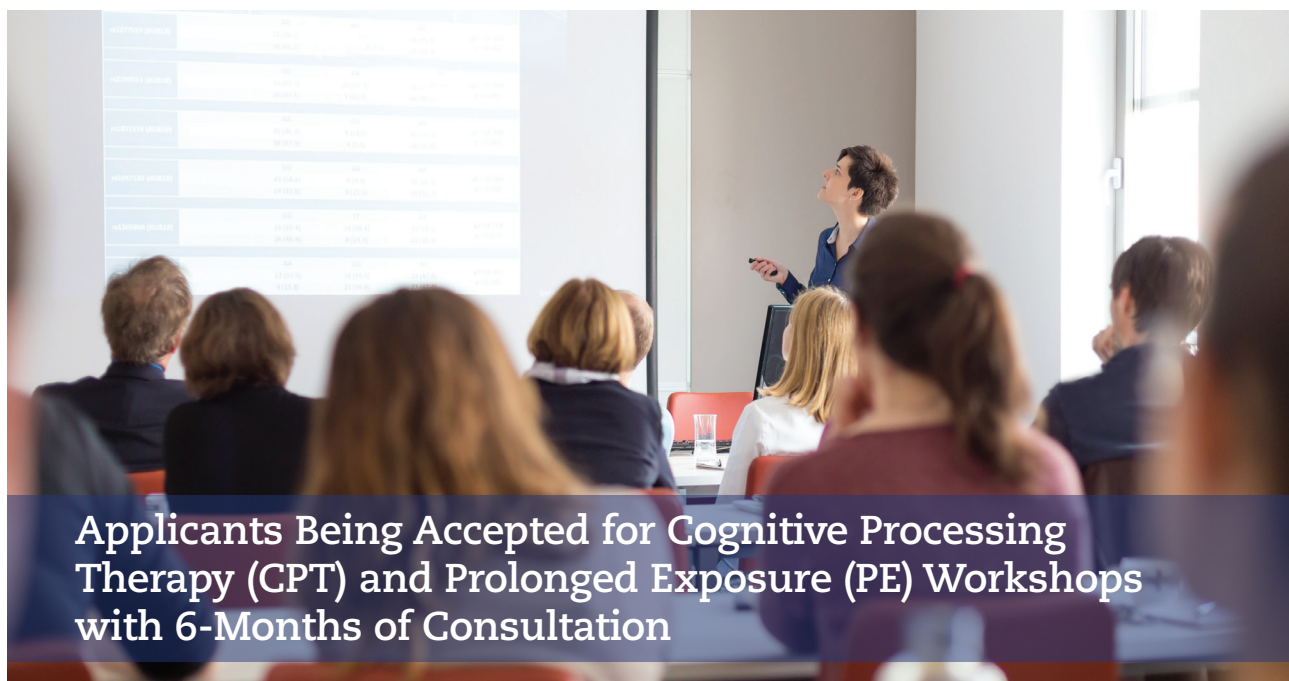
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Location: Worcester, MA

CPT WORKSHOP II

Dates: December 16 – 18, 2019

Location: Cape Cod, MA

PE WORKSHOP

Dates: January 6 – 8, 2020

Location: Westfield, MA

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